

# **FOOD FOR THOUGHT: FOOD ACTIVISTS**

**Alice Waters**: One of her books “The Art of Simple Food” started a revolution in the use of local or farm to table foods. She is a noted chef, restaurateur, author and food activist.

**Massimo Bottura**: This Milanese chef paired with Pope Francis to open the soup kitchen Refettorio which serves over 15 tons of “excess” food to homeless, working poor and refugees. He has since opened two others and plans to expand the concept world-wide.

**Dan Barber**: A passionate advocate of using “wasted” foods, his restaurant Blue Hill at Stone Farms uses local foods and as much as possible of the animal. His book “The Third Plate” takes a close look at food waste and sustainability.

**Herve This**: The chemist who invented molecular gastronomy in 1988. He explored the science behind cooking to deconstruct food for storage and transport. His book “NbN” or Note by Note chronicles the importance of this work for feeding the world.

**Sam Cass**: Chef who planted the first vegetable garden in the White House since Eleanor Roosevelt’s Victory Garden. First Senior White House Food Policy Advisor to President Obama and founder of the charitable organization the American Chefs Corps.

**April Bloomfield**: Her book “A Girl and Her Pig” explores her craft and her philosophy of using the whole animal in nose-to-tail cooking.

**Joan Roca**: Chef/activist who partners with Oceana to protect the health of our oceans and works to curb overfishing and the destruction of ocean habitat.

**Roy Choi and Daniel Patterson**: These chefs began a fast food chain known as Local. These restaurants serve quick, healthy affordable meals in underserved areas.

# **More Than One Story of Food**

## **Michael Pollan (Journalist, Author, Food Advocate)**

*In Defense of Food*

*The Omnivore's Dilemma*

*The Botany of Desire*

*Cooked: A Natural History of Transformation*

*Food Rules: An Eater's Manual*

*How to Change Your Mind*

*Second Nature*

## **Barbara Kingsolver (Award Winning Author)**

*Animal Vegetable Miracle*

## **Michael Moss (New York Times Investigative Reporter and Pulitzer Prize winner)**

*Salt, Sugar, Fat: How the Food Giants Hooked Us*

## **Tamar Adler (Author and Food Activist)**

*An Everlasting Meal: Cooking With Economy and Grace*