

Week 4: Food

Web



EAT-Lancet Commission Brief for Everyone

<https://eatforum.org/lancet-commission/everyone/>

“The EAT-Lancet Commission presents a global planetary health diet that is healthy for both people and planet. Discover the report’s key takeaways and specific actions that we all can take to contribute to the Great Food Transformation.” This site also links to podcasts, recipes and other resources related to climate change and diet.



Seasonal Food Guide - Massachusetts

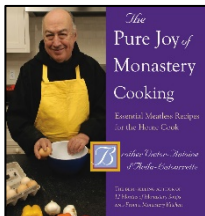
<https://www.seasonalfoodguide.org/massachusetts/>



MassGrown Map - Massachusetts farms and farmers markets

<https://massnrc.org/farmlocator/map.aspx>

Books



The pure joy of monastery cooking: essential meatless recipes for the home cook / Brother Victor-Antoine d'Avila-Latourrette

Available via Minuteman Library Network

https://find.minilib.net/iii/encore/record/C_Rb2877760



No Impact Man (see “Chapter 6: The Cabbage Diet Saves the World”)/
Colin Beavan

Available via Minuteman Library Network

https://find.minilib.net/iii/encore/record/C_Rb2669918