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.minlib.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.minlib.net/iii/encore/record/C__Rb2669918