



Environmental Nutrition

**You are
what you eat**

⌘ It's time to reverse
⌘ the cliché.



Environmental Nutrition

**You eat
what you are**

⌘ It's time to reverse
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You are what you eat.

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⌘ the cliché.

**You are
what you eat**

You are what you eat



⌘ What you are is inside of you.

⌘ The “you” that makes you *you* is your *body*.

⌘ What matters about food is that it's eaten.

⌘ The role of food is to serve our needs.

⌘ Food's gift to us is our piece-parts.

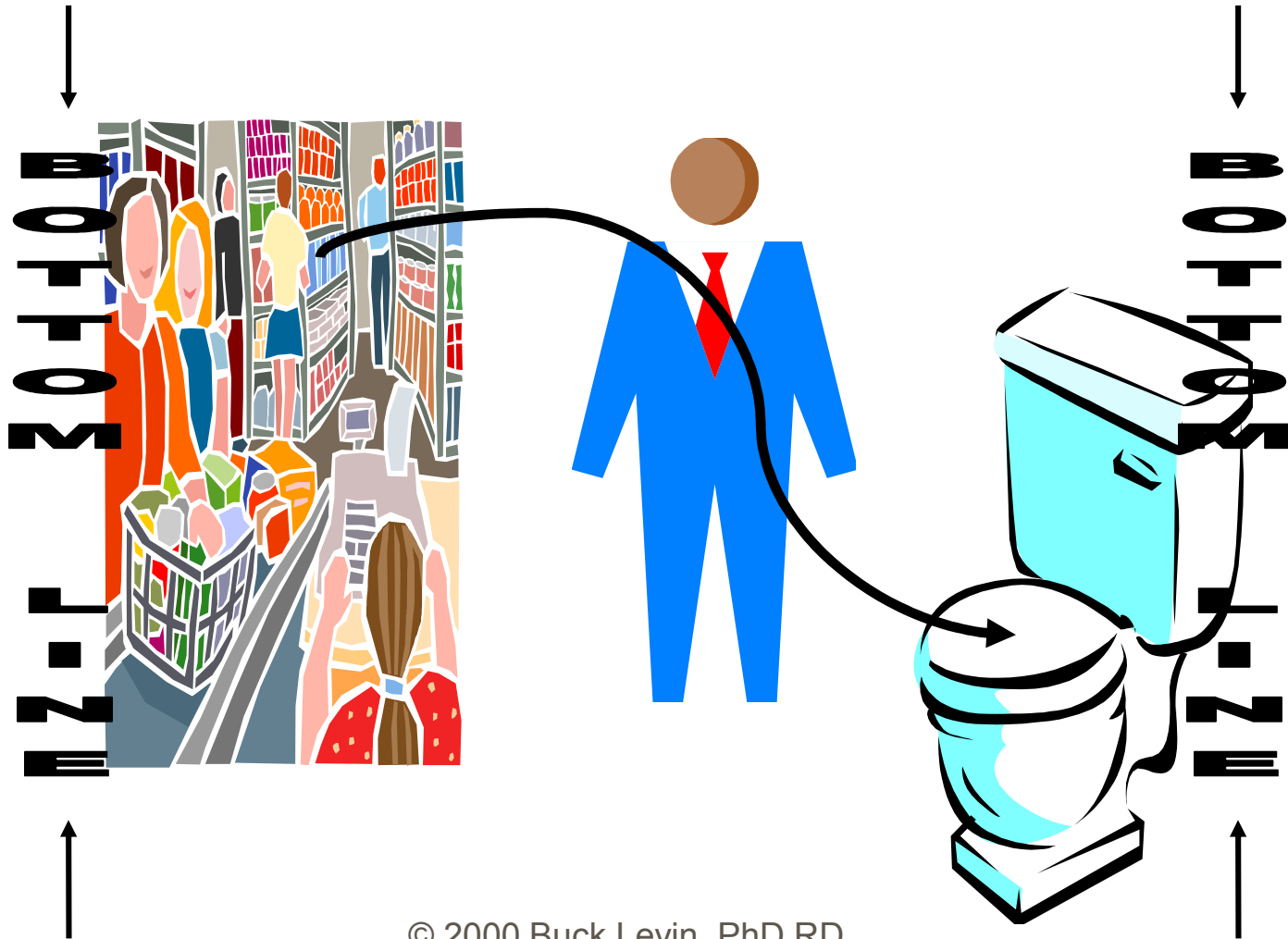
⌘ Food can't make us whole.

You eat what you are

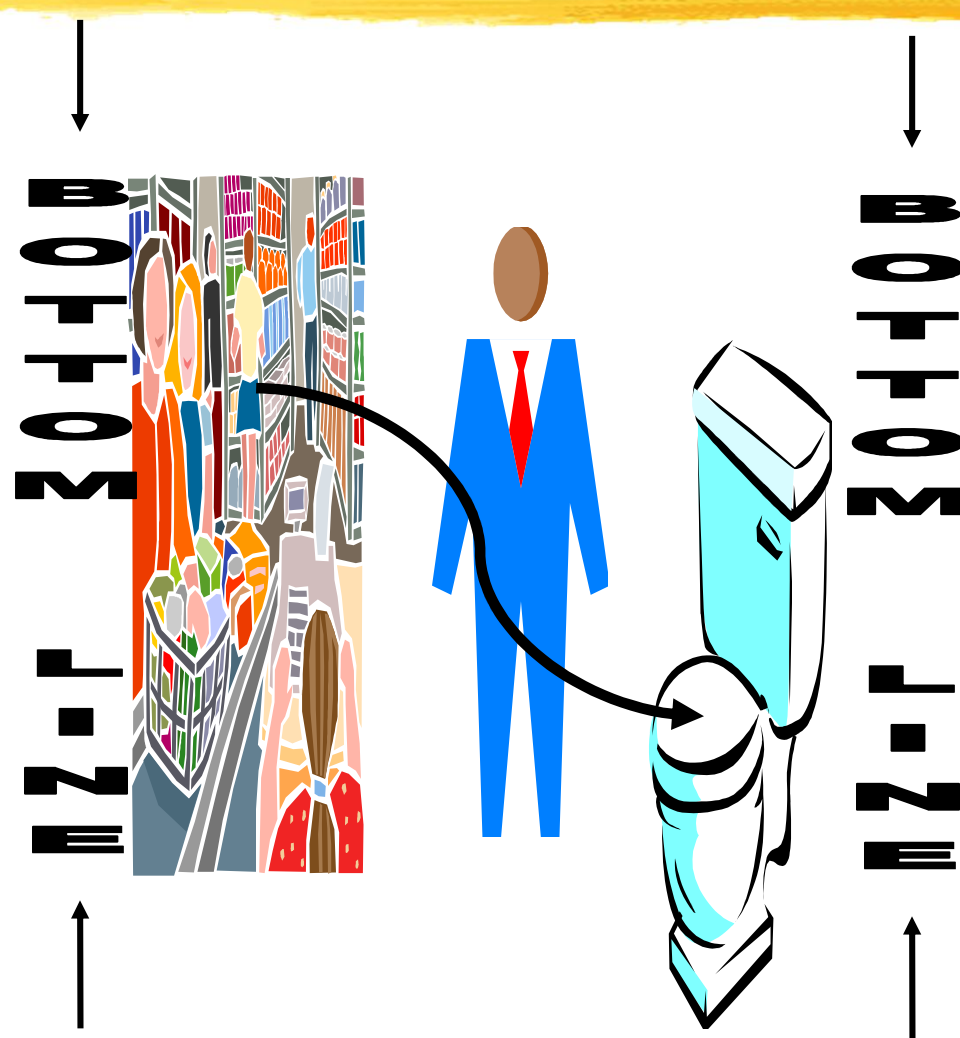


- ⌘ What you are is not locked into a particular place.
- ⌘ The “you” that makes you *you* involves your commitments.
- ⌘ What matters about food is how we live and relate to it.
- ⌘ We have the same role as our food: to cooperate.
- ⌘ Food’s gift to you is reaffirming who you are.
- ⌘ Food lets our lives unfold completely and as wholes.

Relationship with food



Beneath the bottom line



Beneath the bottom line



- ⌘ land as generic
- ⌘ pasture as factory without blueprint
- ⌘ forced yield
- ⌘ false fertility
- ⌘ barren soil
- ⌘ non-sustainability
- ⌘ air pollution
- ⌘ water pollution
- ⌘ acid rain
- ⌘ dried up rivers
- ⌘ human poverty
- ⌘ human exploitation
- ⌘ economic injustice
- ⌘ political injustice

Keeping the earth below the bottom line



⌘ Food sterility:

- aseptic packaging
- flash pasteurization
- disposables
- single serve packaging
- non-returnable containers
- the Hudson Foods recall

Beneath the bottom line



- ⌘ body as generic
- ⌘ infertility
- ⌘ in vitro fertilization
- ⌘ “no reproductive worries”
- ⌘ feeling disposable
- ⌘ feeling exploited