

Sitopia: How Food Can Save The World

Celebrating the
Power of Organic

For nearly 30 years, **Kashi** has placed a high value not just on the foods we make, but on how we make them. Since 2005, we've nearly **tripled our use of organic ingredients**¹ and now use approximately **28 million pounds** of organic ingredients annually², which contributes to our **Organic Promise** line of cereals.

Here's how **organic farming** can benefit our planet and wellbeing:

- 1/3 Fresh Air**
Switching to the use of organic farming practices across the US could help **eliminate carbon dioxide** from the air equivalent to at least **a third of the cars** in our world.³
- Energy Savings**
Organic practices could help **reduce the energy** used in farming up to **45%**.⁴
- 40% Nature's Ally**
In a world where nearly **40% of the farming land** is suffering significant degradation, organic farming can help **protect soils and conserve wildlife**.⁴

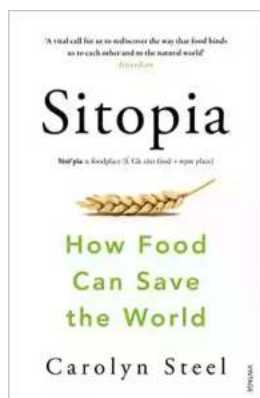
Sources:
1 www.kashi.com/naturaliving/organic/kashi-and-the-morning-project
2 www.kashi.com/naturaliving/organic
3 www.usda.com/organic/offer/100gofact.html
4 rodaleinstitute.org/our-work/farming-systems.html

Kashi
The Good Food Company

Food - a basic necessity that sustains life, fuels our bodies, and brings people together. But have you ever thought about the deeper impact that food can have? In his groundbreaking book, "Sitopia: How Food Can Save The World," renowned food writer Carolyn Steel explores the profound connections between food and the world we live in.

Food as a Social Fabric

Food has always played a central role in human societies. It not only nourishes our physical bodies but also acts as a social glue, bringing people together, fostering connections, and creating communities. From ancient civilizations sharing meals around communal tables to modern-day family dinners, food has the power to bridge gaps and create a sense of belonging.



Sitopia: How Food Can Save the World

by Carolyn Steel (Kindle Edition)

★★★★☆ 4.5 out of 5

Language : English

File size : 11641 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 364 pages





Steel argues that if we embrace food as a social fabric, we can strengthen our communities and promote inclusivity. By creating spaces where people can come together to grow, prepare, and share meals, we can foster a sense of togetherness and address issues of isolation and loneliness.

Food and Environmental Sustainability

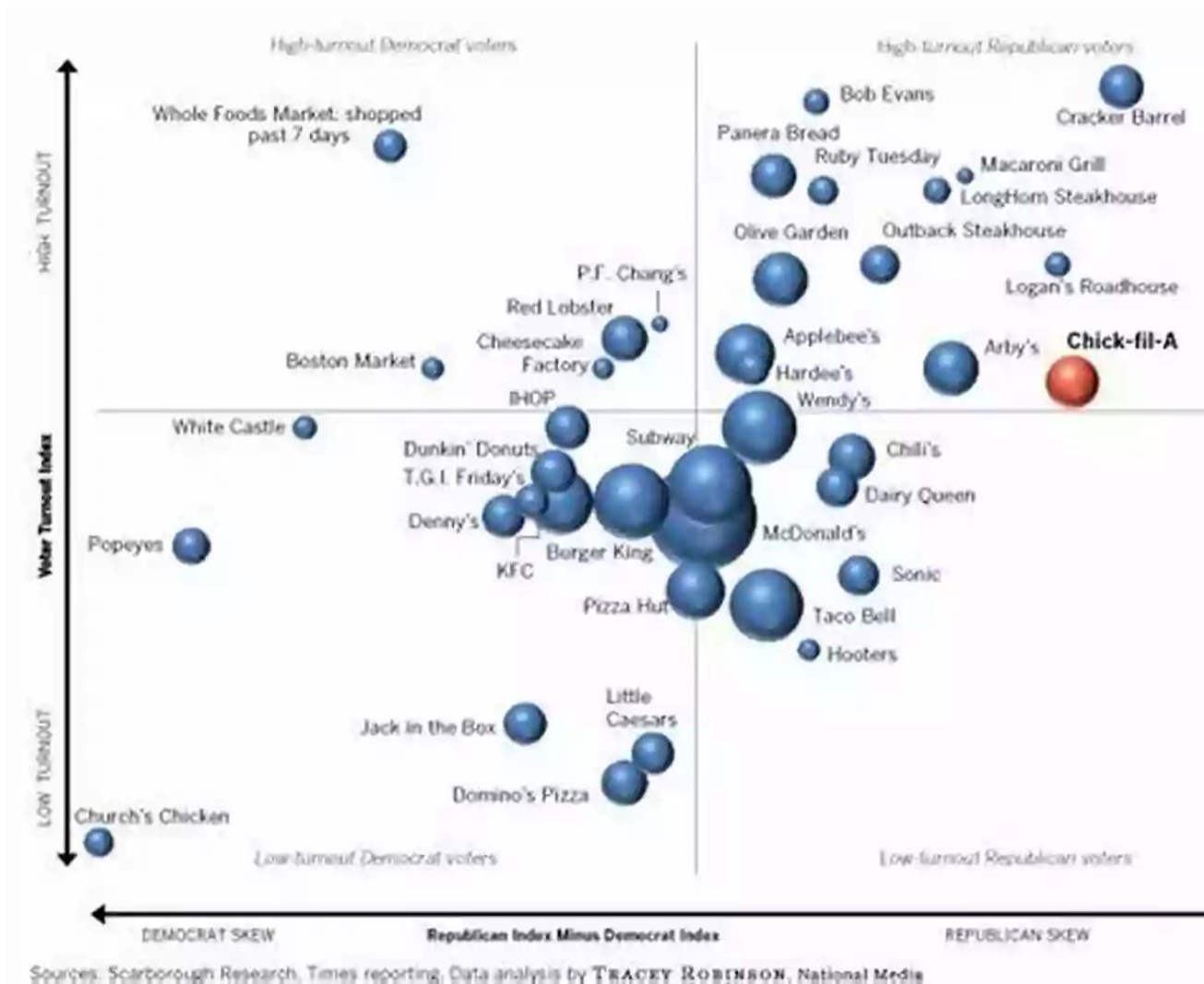
Our current global food system is unsustainable, both in terms of its ecological impact and its contribution to social inequalities. Steel highlights the detrimental effects of industrialized agriculture, food waste, and the unequal distribution of resources. She urges for a shift towards regenerative agriculture, shortening food supply chains, and embracing sustainable practices.



By taking care of the land, biodiversity, and ecosystems, we can ensure a healthier planet for future generations to come. Steel argues that reconnecting with the sources of our food and understanding the ecological processes involved can lead to more conscious food choices and a more sustainable future.

Food as a Political Tool

Food is deeply intertwined with political power. Steel delves into the historical, cultural, and political roots of our food systems, highlighting how they have been shaped by colonization, capitalism, and globalization. She argues that understanding the political forces behind our food choices is crucial for addressing societal problems.



By demanding transparency, supporting local farmers, and advocating for fair trade practices, we can challenge the existing power imbalances and create a more equitable food system. Steel believes that by embracing food as a means of collective action, we can steer towards a more just and democratic society.

Food and Cultural Identity



FOOD AND CULTURAL IDENTITY

DIVANA OLIVAS, MENTOR- DR. IRENE VASQUEZ, MCNAIR 2015

Food is deeply intertwined with our cultural identities. It reflects our traditions, history, and values. Steel explores how our food choices and culinary practices have evolved over time, shaped by migration, cultural exchanges, and the ongoing quest for novelty. She argues that preserving culinary diversity is essential for the well-being of our societies.

By valuing local cuisines, protecting traditional farming methods, and respecting indigenous knowledge, we can celebrate cultural diversity and empower marginalized communities. Steel advocates for embracing food as a tool for cultural preservation and appreciation.

The Power of Food

THE POWER OF FOOD

100 Essential Recipes for Abundant
Health and Happiness

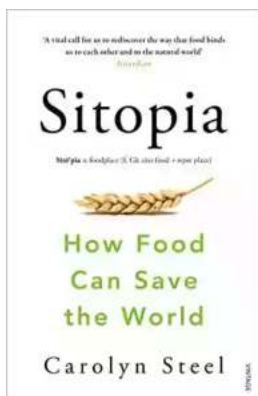
ADAM HART

FOREWORD BY DAVID WOLFE

whitecap

Sitopia: How Food Can Save The World challenges us to reimagine our relationship with food. It highlights the transformative potential that lies in our everyday food choices and practices. By recognizing the diverse roles that food plays in our lives, we can harness its power to positively impact our social, environmental, and political landscapes.

As Carolyn Steel puts it, "nothing is more important to us as individuals and as a society than food." It is time to harness the power of food and work towards a more sustainable, equitable, and inclusive world.



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'A visionary look at how quality food should replace money as the new world currency' Tim Spector

'Hugely ambitious and beautifully written...destined to become a modern classic'
Bee Wilson

How we search for, make and consume food has defined human history. It transforms our bodies and homes, our politics and our trade, our landscapes and our climate. But by forgetting our culinary heritage and relying on cheap, intensively produced food, we have drifted into a way of life that threatens our planet and ourselves.

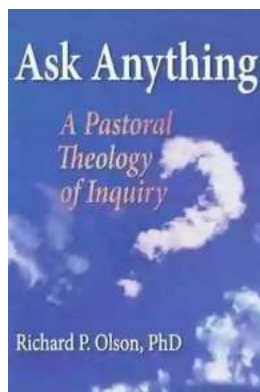
What if there were a more sustainable way to eat and live? Drawing on many disciplines, as well as stories of the farmers, designers and economists who are remaking our relationship with food, this inspiring and deeply thoughtful book

gives us a provocative and exhilarating vision for change, and points the way to a better future.

'Utterly brilliant' Thomasina Miers

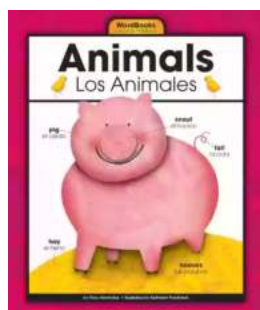
WINNER OF THE 2021 GUILD FOOD OF WRITERS AWARD FOR BEST FOOD BOOK

Shortlisted for the Wainwright Prize 2020



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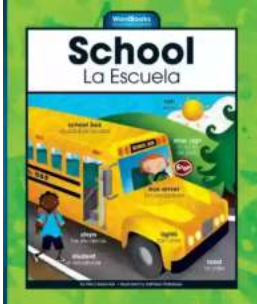
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