



Food Writing  
Recommended Reading and Viewing

**Reading**

Day of Honey: A Memoir of Food, Love, and War  
By Annia Ciezadlo

Fast Food Nation  
By Eric Schlosser

Four Fish: The Future of the Last Wild Food  
By Paul Greenberg

Salt: A World History  
By Mark Kurlansky

Pig Tales: An Omnivore's Quest for Sustainable Meat  
Tomatoland  
By Barry Estabrook

The Omnivore's Dilemma  
In Defense of Food  
Food Rules  
The Botany of Desire  
By Michael Pollen

Food Politics  
By Marion Nestle

United States of Arugula: How We Became a Gourmet Nation  
By David Kamp

Eating Animals  
By Jonathan Safran Foer



## **Viewing**

### Dive!

Dumpster diving at supermarkets to demonstrate how much good food is thrown away every day.

### Food, Inc.

“This powerful film changed the way millions of Americans eat. Find out why.”

### That Sugar

“That Sugar film is one man’s journey to discover the bitter truth about sugar.”