



Food Writing
Recommended Reading and Viewing

Reading

Day of Honey: A Memoir of Food, Love, and War

By Annia Ciezadlo

Salt, Fat, Acid, Heat

By Samin Nosrat

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 Pollan

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.”