

# hungry for change: food, ethics, and sustainability

## JOIN THIS DISCUSSION COURSE

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## ABOUT THIS DISCUSSION COURSE

What we eat matters – the food choices we make everyday have an impact on our planet. Hungry for Change helps participants explore the truism “you are what you eat”.

Learn about our roles as both consumers and as creators – of food, of systems, and of the world we live in. Discuss how food choices have an impact on a range of issues, including ecosystem health, factory and farm worker treatment, and our global economy. Participants create personal action plans and discover how to create a healthy food environment.

### SESSION ONE

the first  
bite

### SESSION TWO

politics of  
the plate

### SESSION THREE

a healthy  
appetite

### SESSION FOUR

just  
food

### SESSION FIVE

eating  
for earth

### SESSION SIX

hungry  
for change

## BENEFITS OF THIS COURSE

- Explore the interconnected nature of food systems and our relationships to them.
- Examine the impact our food choices have on our health, the health of other beings, and the health of our planet.
- Consider the ethical and political implications of our current food system and our personal food choices.

### ABOUT ECOCHALLENGE.ORG

Since 1993, Ecochallenge.org has provided ways for everyone to connect the dots between our actions, our impact, and our will to create significant environmental + social change. Together, we witness how our collective behavior connects with a better shared future.

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