

Modern Food, Moral Food: A New Framework for Sustainable Eating

In his new book, "Modern Food, Moral Food," food systems expert Matthew Evans argues that our food choices have profound moral implications. He explores the ways in which our food system contributes to environmental degradation, climate change, and social injustice.



Modern Food, Moral Food: Self-Control, Science, and the Rise of Modern American Eating in the Early

Twentieth Century by Helen Zoe Veit

★★★★☆ 4.8 out of 5

Language : English
File size : 2101 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 310 pages



Evans offers a new framework for sustainable eating that is based on three principles:

1. **Eat food that is good for you.** This means choosing foods that are nutrient-rich and minimally processed.
2. **Eat food that is good for the planet.** This means choosing foods that are produced in a sustainable way and that do not contribute to environmental degradation.

3. **Eat food that is fair to all.** This means choosing foods that are produced by farmers and workers who are treated fairly and who are paid a living wage.

Evans argues that by following these principles, we can create a more sustainable and just food system. He provides practical tips for making ethical food choices and includes recipes for delicious and nutritious meals.

Why is "Modern Food, Moral Food" important?

Evans' book is important because it provides a new way to think about the moral implications of our food choices. He shows that our food system is not just a matter of personal preference, but that it has a profound impact on the environment, on society, and on our own health.

Evans' book is a must-read for anyone who is interested in eating more sustainably and ethically. It is a well-researched and thought-provoking book that will challenge your assumptions about food and inspire you to make positive changes.

What are people saying about "Modern Food, Moral Food"?

"Modern Food, Moral Food" has received critical acclaim from food experts and environmentalists.

"Evans' book is a powerful indictment of our current food system and a roadmap for a more sustainable future." - Marion Nestle, Professor of Nutrition, Food Studies, and Public Health, New York University

"Evans' book is a must-read for anyone who cares about the future of food. He provides a clear and concise framework for making ethical food

choices." - Michael Pollan, author of "The Omnivore's Dilemma" and "In Defense of Food"

Free Download your copy of "Modern Food, Moral Food" today

"Modern Food, Moral Food" is available now from all major booksellers. Free Download your copy today and start making ethical food choices for a healthier future.



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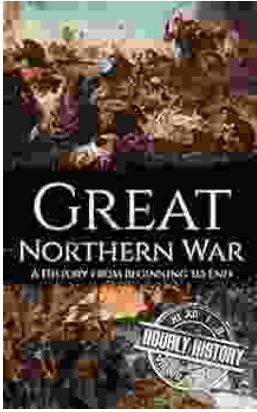
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