

FOOD & YOU!

7PM Tuesday Evenings

"EVERY MEAL IS A CHOICE"

Santa Cruz Public Libraries Presents
Food for Thought! 2013 Summer Film Series

1 June 18th @ 224 Church St, Santa Cruz **An Inconvenient Truth**

This Academy Award® winner provides an overview of the evidence for climate change, what's causing it, and how we can stop it.

takepart.com/an-inconvenient-truth

2 June 25th @ 224 Church St, Santa Cruz **Food, Inc.**

A look at our industrialized food system, controlled by a handful of corporations, who often overlook health, safety, and the environment. How to change the system with your food purchases.

takepart.com/foodinc

3 July 9th @ 7695 Soquel Dr, Aptos **King Corn**

Two college grads learn that most of the carbon in their bodies is from corn. They decide to grow corn using the subsidized industrial model and follow it into the food system.

kingcorn.net

4 July 16th @ 224 Church St, Santa Cruz **Vegucated**

Three New Yorkers answer a Craigslist ad and try a vegan diet for six weeks. A comedic look at their journey and an overview of the health, environmental, and animal welfare benefits.

getvegucated.com

5 July 23rd @ 224 Church St, Santa Cruz **No Impact Man**

A Manhattan family attempts to reduce their environmental impact to zero for a year, primarily through diet, energy use, and no garbage.

noimpactdoc.com

6 July 30th @ 224 Church St, Santa Cruz **A Place at the Table**

An investigation of hunger in America, where 1 in 6 Americans don't have enough food. 80% of people on food stamps are working. What you can do.

takepart.com/place-at-the-table

JOIN THE FOOD REVOLUTION!

meetup.com/scvegetarians

FOOD & YOU!

3PM Saturday Afternoons

"EVERY MEAL IS A CHOICE"

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1 June 29th @ 224 Church St, Santa Cruz **Forks Over Knives**

*The results of one of the most comprehensive health investigations ever undertaken on the links between diet and disease. Based on the bestselling book, *The China Study*.*

forksoverknives.com

2 July 13th @ 251 Kings Village Rd, Scotts Valley **Queen of the Sun**

An award-winning exploration of colony collapse disorder in bees, what's causing it, and the sometimes quirky bee keepers trying to keep their hives alive.

queenofthesun.com

3 July 27th @ 7695 Soquel Dr, Aptos **The Corporation**

How a short-term profit model for corporations encourages good people to do bad things. And how we can control our dollars and elect officials to provide a counterbalance.

thecorporation.com

Note to Parents: These films educate us about our environment and food systems, which include animals. There may be a few scenes that are best for mature audiences.

FOOD & YOU! 5 FOOD FACTS

Our food choices affect the planet:

- 1 Organically grown food removes greenhouse gases (CO₂) from the atmosphere, while conventional fertilizers can add it.
- 2 The UN estimates that raising animals for meat is 18% of global greenhouse gas emissions, more than all forms of transport put together (13%).
- 3 Switching one meal per day to animal-free can save 0.67 tons of CO₂ per year.
- 4 Compared to soy, meat production requires 6-17 times more land, 4.4-26 times more water, 6-20 times more fossil fuels, and 6 times more biocides.
- 5 The US wastes as much as half of its food supply, so use the food you buy.

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