

There's a schizoid quality to our relationship with animals, in which sentiment and brutality exist side by side.

Half the dogs in America will receive Christmas presents this year, yet few of us pause to consider the miserable life of the pig--an animal easily as intelligent as a dog--that becomes the Christmas ham.

Michael Polland, "Food with a Face"

In the United States, over 49 million people—including 16.7 million children—live in households that struggle to put food on the table. That means one in seven households in the U.S. are living with hunger or are at risk of hunger.

Household Food Security in the United States, 2008.

U.S. Department of Agriculture, November 2009.

The Centers for Disease Control and Prevention estimates that one in every three children born in the United States in the year 2000 will have diabetes some time in their life...Diabetes, already the sixth leading cause of death in the United States, is responsible for almost 200,000 deaths in the United States each year.

Francine Kaufman, M.D.

Which vision is correct? A world dominated by a few hyperefficient fast-food chains, most of them originating in the United States, or a world with many thousands of diverse eateries, each based in a specific culture?

Charles C. Mann, "Cart a la Carte"

Cooking is universal among our species.

Cooking is even more uniquely
characteristics of our species than
language. Animals do at least bark, roar,
chirp, do at least singal by sound; only
[humans] bake, boil, roast and fry.

Alfred W. Crosby, "Baked, Boild, Roasted, and Fried."

If every U.S. citizen ate just one meal a week (any meal) composed of locally and organically raised meats and produce, we would reduce our country's oil consumption by over 1.1 million barrels of oil *every week*. That's not gallons, but barrels. Small changes in buying habits can make big differences.

Steven L. Hopp in *Animal, Vegetable, Miracle*