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## Food manifesto for the future

by Rich Heffern

Eco Catholic

Mark Bittman writes on food and food safety for the New York Times. In his Feb. 1 column he presents a Food Manifesto for the Future."

"For decades, Americans believed that we had the world's healthiest and safest diet," he writes. "We worried little about this diet's effect on the environment or on the lives of the animals (or even the workers) it relies upon. Nor did we worry about its ability to endure ? that is, its sustainability.

"That didn't mean all was well. And we've come to recognize that our diet is unhealthful and unsafe. Many food production workers labor in difficult, even deplorable, conditions, and animals are produced as if they were widgets. It would be hard to devise a more wasteful, damaging, unsustainable system.

"Here are some ideas ? frequently discussed, but sadly not yet implemented ? that would make the growing, preparation and consumption of food healthier, saner, more productive, less damaging and more enduring."

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