

[Get free] Stuffed and Starved: The Hidden Battle for the World Food System

Stuffed and Starved: The Hidden Battle for the World Food System

Raj Patel

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Raj Patel : Stuffed and Starved: The Hidden Battle for the World Food System before purchasing it in order to gauge whether or not it would be worth my time, and all praised Stuffed and Starved: The Hidden Battle for the World Food System:

4 of 4 people found the following review helpful. the malnutrition of the poor in urban communities should be an important point as ...By VictoriaI am currently a senior chemical engineer taking a food science class. I have learned about food distribution and accessibility issues through trips to Nicaragua and an urban development class. Both of

these looked at the economic issues people in these groups faces but never the emotional and mental toll hunger has. I am thankful that this book opened up my eyes to the emotional trauma farmers go through due to the globalization of crops. Throughout reading the book, I realized that a lot of the things that Patel was talking about were things I think most people already know but choose to actively ignore when purchasing food, know but are not aware that they know, or logical conclusions that one can make when really thinking about the process of how our food gets to us. I think the book could have focused a little more on supermarkets impact on economies in "the Global South." It was mentioned briefly through the mention of the farmers getting angry at ShopRite for taking all of their customers but I definitely think this is something that could be further discussed and studied. It is an issue that it's furthering the malnutrition of farmers and their families - something that is one of the main topics of this book. This book focused a lot on farmers, the globalization of crops, and how farmers are impoverished and malnourished. However, the opposite end of the food spectrum, those who are obese, seemed to be severely lacking in detail. To me, it is important to note that not everyone who is obese is that way because they are glutinous. This was a point that was brought up but I feel that not enough emphasis was put on it. If the malnutrition of farmers is going to be such a big point, the malnutrition of the poor in urban communities should be an important point as well. The obesity problem of poor urban people seemed to be glossed over as an issue that had to do more with their lack of space to grow food and ease of public transportation instead of food accessibility. I don't think I am able to believe that space and transportation affect weight more than the ability to get healthy food. Most poor urban communities are food deserts. Instead of supermarkets, families need to shop at corner stores because that's what is closest to them. These stores are more expensive than supermarkets and filled with sugary drinks and foods high in sodium and fat. However, due to economic issues, long work days, and the time it takes to use public transportation, families do not have much of a choice but to buy from these stores. I'm glad the author cares so much about farmers and the struggles they have but there are some parts of this book that could have been taken out to allow more time to be focused on the poor in urban areas. Overall, I enjoyed the book. It brought to light a lot of issues that I was unaware of, such as farmer suicide and government using food as a bargaining chip. However, there are a lot of aspects in the food market that I think could have been talked about or were talked about but could have had a lot more detail. This book would be beneficial for an introduction to the topic but other books would be needed to have more information about some of the issues that were briefly touched on in the book or issues that exist but were not really talked about at all.

14 of 14 people found the following review helpful. Recommending Stuffed and Starved. By Lambarie This is an excellent book, logical, full of information and clearly written. For years, I have had serious doubts and alternative thoughts about our modern society, and wondered how it is that most people seem to see it quite differently than I do. It was such a pleasure to read this book and have my thoughts expressed so well, and those doubts and questions answered. I never thought I could read a book about economics and not go to sleep or give up in disgust, but I practically swallowed this one in one gulp and wished for more. My only criticism of the book is that there are a few typos and bungled sentences.

2 of 2 people found the following review helpful. Very thought provoking look at food and who produces genuine food. By Mary Ann You probably have no accurate idea about how your food is produced and by whom - - around the world. Michael Pollen changed how we think about food itself in his Omnivore 's Dilemma. Joel Salatin and many others have shown how it should be grown. Now, Patel lays out the economics of the food industry under which both the people who physically do the farming and those who buy food suffer, while all is controlled by a very few corporations that reap the big profits and government agencies that help them do it. Patel argues for a return to the beauty of locally and/or personally grown food (animal and vegetable), it's loving preparation in the kitchen, and it's return to being a means of gathering family and community together. We need to slow down a bit. When you learn the true costs of the food you are eating I hope you might rethink some of your choices. Stuffed and Starved is not long - - and well worth your time to read it.

One of the most dazzling books I have read in a very long time. The product of a brilliant mind and a gift to a world hungry for justice. Naomi Klein, author of No Logo and The Shock Doctrine Half the world is malnourished, the other half obese both symptoms of the corporate food monopoly. To show how a few powerful distributors control the health of the entire world, Raj Patel conducts a global investigation, traveling from the green deserts of Brazil and protester-packed streets of South Korea to bankrupt Ugandan coffee farms and barren fields of India. What he uncovers is shocking the real reasons for famine in Asia and Africa, an epidemic of farmer suicides, and the false choices and conveniences in supermarkets. Yet he also finds hope in international resistance movements working to create a more democratic, sustainable, and joyful food system. From seed to store to plate, Stuffed and Starved explains the steps to regain control of the global food economy, stop the exploitation of farmers and consumers, and rebalance global sustenance. RAJ PATEL, policy analyst for Food First, a leading food think tank, is a visiting scholar at the UC Berkeley Center for African Studies. He has written for the Los Angeles Times and the Guardian, and though he has worked for the World Bank, WTO, and the UN, he's also been tear-gassed on four continents protesting them.

From Publishers Weekly Journalist and scholar Patel (Promised Land: Competing Visions of Agrarian Reform) focuses

attention on the unfortunate irony of the current world food situation, in which the imbalance of world resources has created an epidemic of obesity in some parts of the world while millions in the "Global South" endure starvation. To make sense of the situation, Patel addresses the entire system of global food production, distribution and sale, concluding that "unless you're a corporate food executive, the food system isn't working for you." "Record levels of diet-related disease" plague consumers, cruel market realities (and unsympathetic officials) doom farmers, and communities are beset by a supermarket system that provides "cheap calories" while "bleeding local economies." Patel analyzes what can be done, presenting logical recommendations and strategies for individuals—eat locally, seasonally, and ecologically; support local business, workers' rights, and living wages; create a sustainable food system—though several primary components of his big vision (including ending agribusiness subsidies and corporate farming, and levying a tax on processed foods) are clearly a long way off. Those concerned about global health, social justice and the environment will be aware of many of the issues presented here, but should still find much to learn. Copyright Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. "Compelling. At first glance, Raj is another depressing voice in the chorus. But in traveling the world researching the book, he also found hope in international social movements working to create more democratic, sustainable, and joyful food systems." Mark Bittman, New York Times "For anyone attempting to make sense of the world food crisis, or understand the links between U.S. farm policy and the ability of the world's poor to feed themselves, Stuffed and Starved is indispensable." Michael Pollan, author of The Omnivore's Dilemma One of the most dazzling books I have read in a very long time. The product of a brilliant mind and a gift to a world hungering for justice. Naomi Klein, author of No Logo "Patel's broad treatment helps the layman connect the dots, as well as hear the voices of those who occupy the lower rungs of the global food chain." Time Magazine "A blistering indictment of the policies of multinational agribusiness conglomerates and charges that their drive for profit at any cost has left the developing world starving while wealthy countries like the United States are experiencing epidemic obesity rates and related health problems." Newsweek "For Patel, it is a short step from Western consumers 'engorged and intoxicated' with cheap processed food to Mexican and Indian farmers committing suicide because they can't make a living. The 'food industry's pabulum' makes us all cogs in an evil machine." The New Yorker "A book full of insight, that makes an important contribution to understanding that the politics of food is not a narrow matter of shopping, ethical or otherwise." The Guardian "Stuffed and Starved remains a brilliant didactic account of the powerful interests (dis)organizing our food systems, and why, when food is an object of profit, there are no modern solutions to modern problems such as endemic hunger, ill-health and environmental degradation...Raj Patel's unique sensibility and intelligence in evaluating grassroots alternatives provide a road map to understanding and changing the world through re-centering food as a cultural anchor rather than a product, especially at this moment of environmental uncertainty." Philip David McMichael, author of Development and Social Change "With its conversational tone, sense of humor, and real-life vignettes from the author's travels around the world, the book is accessible to general readers and will be as classroom-friendly as Michael Pollan's Omnivore's Dilemma." Reference and Research Book News About the Author Raj Patel, former policy analyst for Food First, a leading food think tank, is a visiting scholar at the UC Berkeley Center for African Studies. He has written for the Los Angeles Times and the Guardian, and though he has worked for the World Bank, WTO, and the UN, he's also been tear-gassed on four continents protesting them.