

Canadian Earth Institute sustainability discussion course
Menu for the Future

In response to a growing need to consider the larger implications of our food choices and understand food's relationship to sustainability, the **Canadian Earth Institute** through the Northwest Earth Institute (NWEI) is offering the newest of their seven sustainability discussion courses, *Menu for the Future*. Through our daily food choices we as individuals have significant potential to effect change. This six session discussion guide offers participants the opportunity to examine the effects of modern industrial agriculture on both human and ecological health, explore emerging food system alternatives, and discuss how we as individuals can contribute to a more sustainable food supply.

James Beard once said, "Food is our common ground, a universal experience." For centuries food has been used to mark the change of the seasons, to bring together a family at the end of day and as an integral part of many celebrations. In recent years, food has grown to represent a multi-billion dollar global industry and a point of confusion for many struggling to understand the risks and benefits associated with choices such as organic vs. conventional, meat vs. vegetarian or local vs. global. Food impacts our lives and environment in so many ways, on a multitude of levels. Yet, few people take the time to weigh questions such as: "Where is my food coming from?" and "What are the implications of my food choices?"

Menu for the Future offers people a unique opportunity to gather in small groups assisted by a well laid out study guide that includes brief readings, provocative questions and a "putting it into practice" section. The peer setting of the discussion group stimulates deeper understanding of the problem, empowers thoughtful action towards lasting solutions while building community and leadership among participants.

The Earth Institute discussion circles are the perfect forum for exploring both individual and community action towards creating the lifestyle and future you desire. We invite you to join the thousands of others (over 80,000) gathering to explore solutions and take action in addressing food system issues through the North American Earth Institute Network.

Please contact CEI at info@CanadianEarthInstitute.org or visit us on the web at www.CanadianEarthInstitute.org for more information about *Menu for the Future* and other sustainable discussion courses.