

# eating for liberation

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\*documentary & book developed with Eduardo Herrera

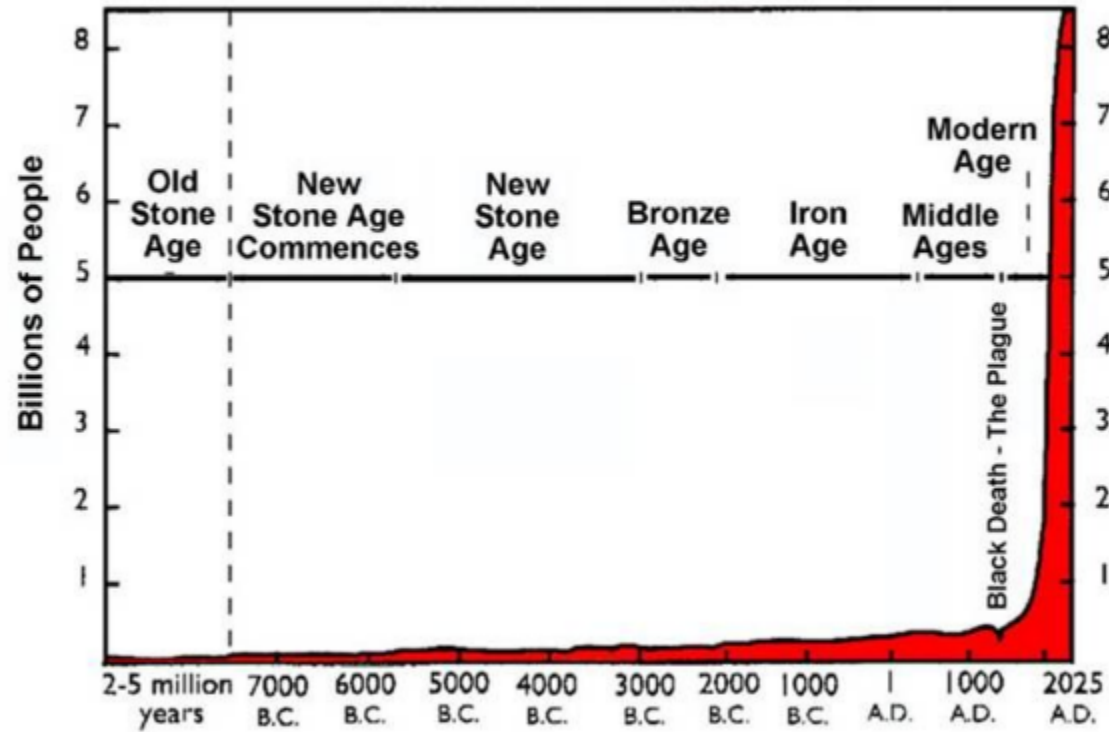
Law Student - JD Juris Doctor, Masters Digital Media Design, Masters  
Education & Information Technology



justice  
equality  
sustainabili  
ty



## World Population Growth Through History

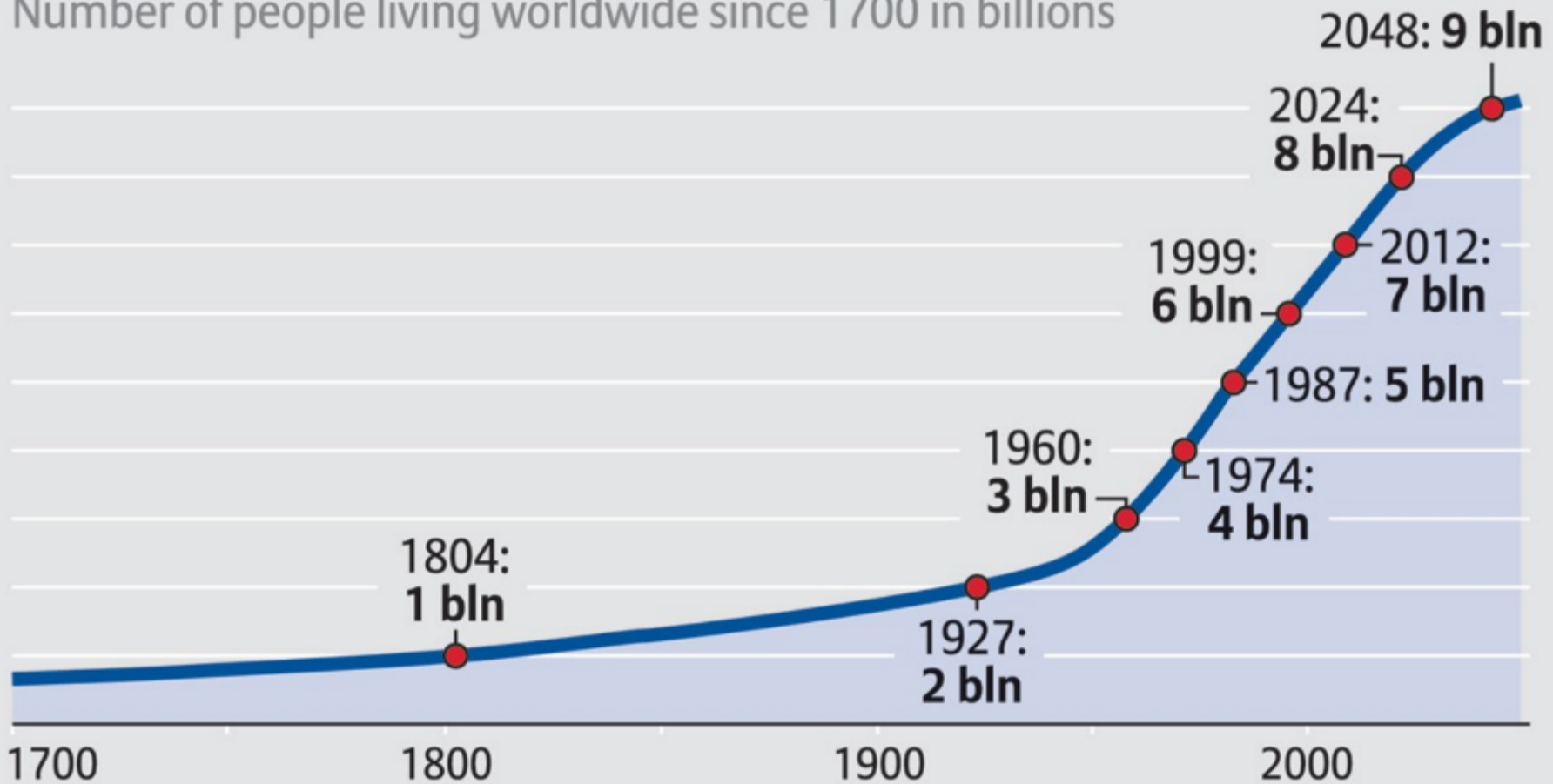


From "World Population: Toward the Next Century," copyright 1994  
by the Population Reference Bureau

# POPULATION OF THE EARTH



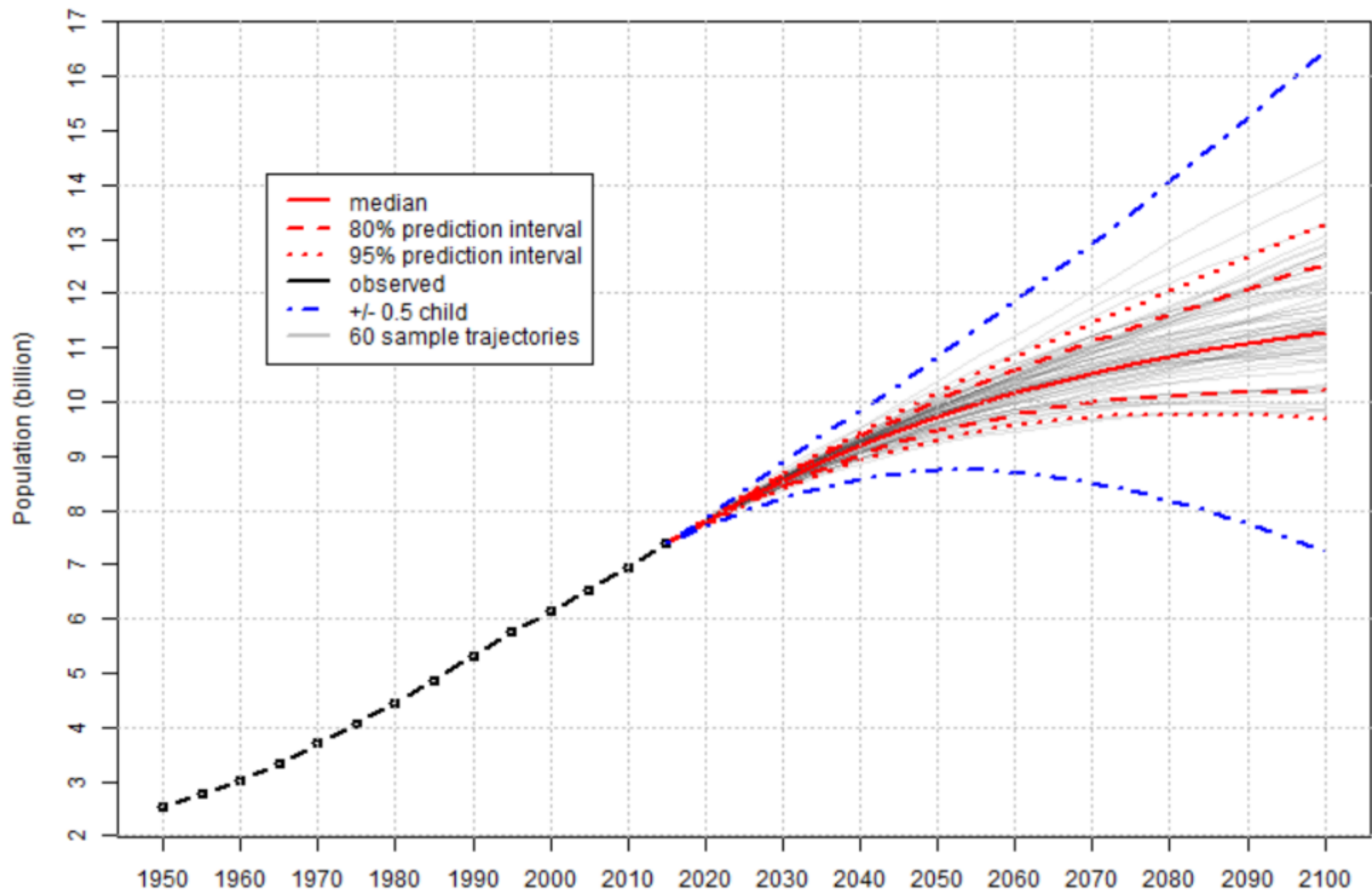
Number of people living worldwide since 1700 in billions



Source: United Nations World Population Prospects, Deutsche Stiftung Weltbevölkerung

For further information please visit: [www.knowledge.allianz.com](http://www.knowledge.allianz.com)

## World: Total Population



Source: United Nations, Department of Economic and Social Affairs, Population Division (2017).  
*World Population Prospects: The 2017 Revision.* <http://esa.un.org/unpd/wpp/>





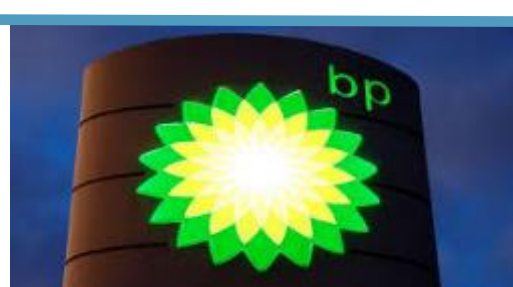
what is social change?







# oppressive





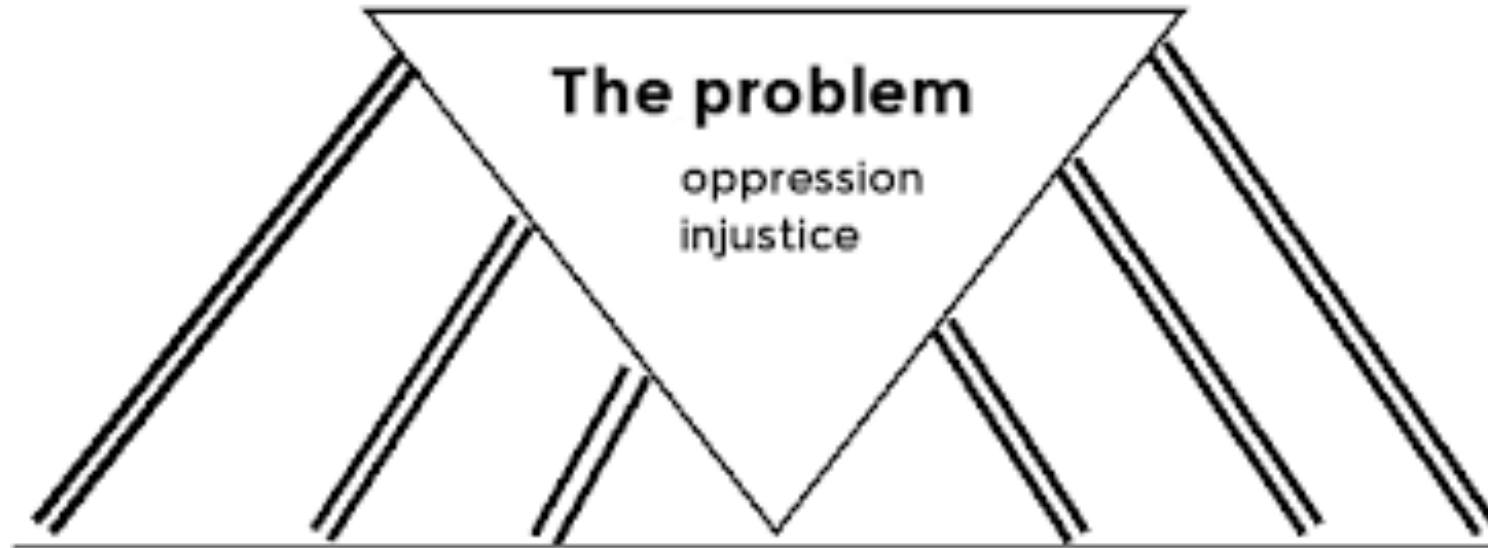
# liberatory



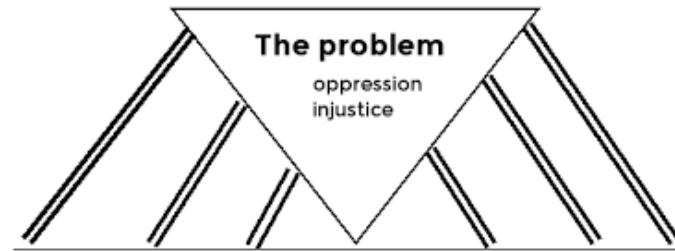
what's food got to do with it?



# hierarchy - 5 pillars



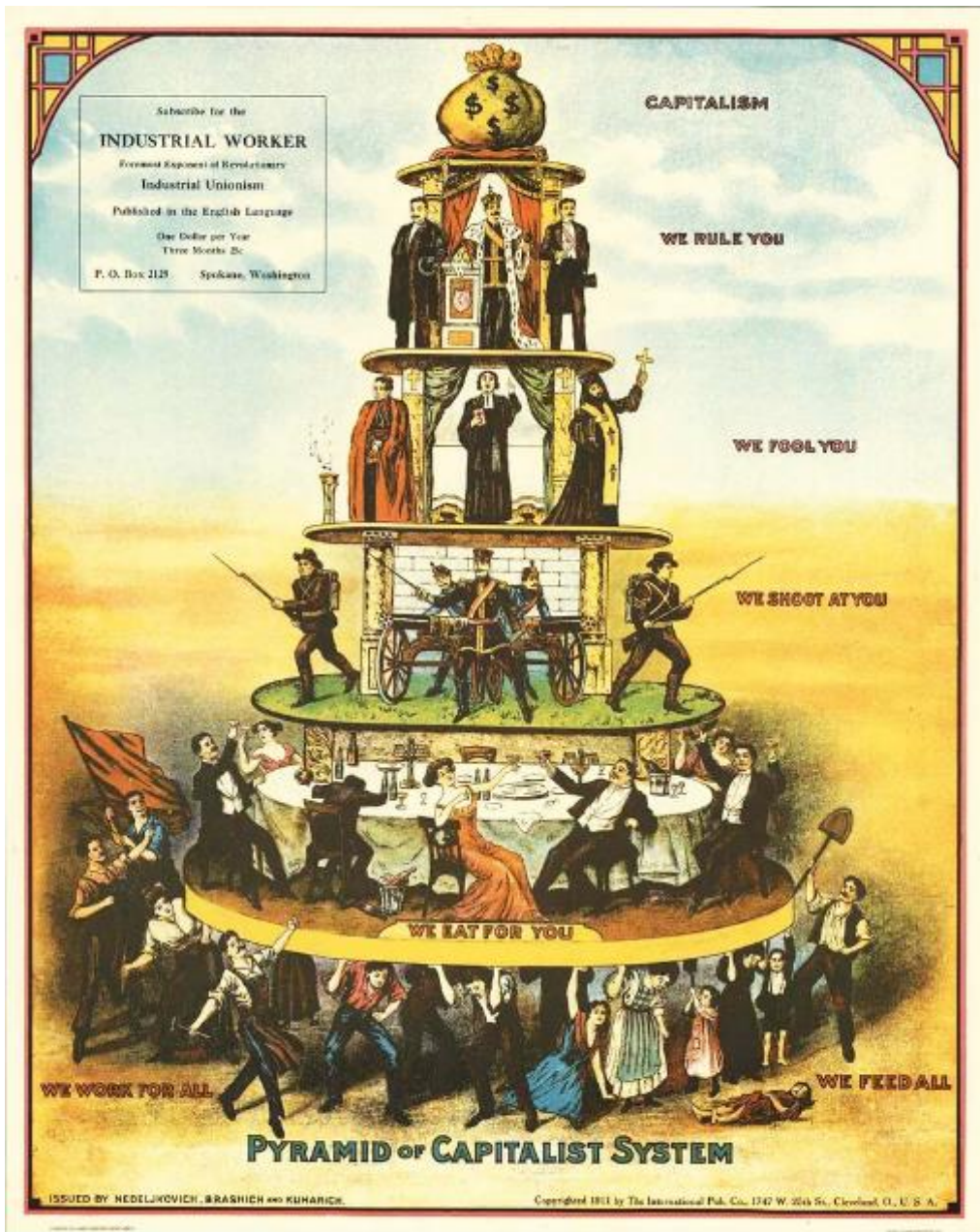
# 1. capitalism



# 1. capitalism

system that generates profits for tiny amount of people based on labor of vast ma

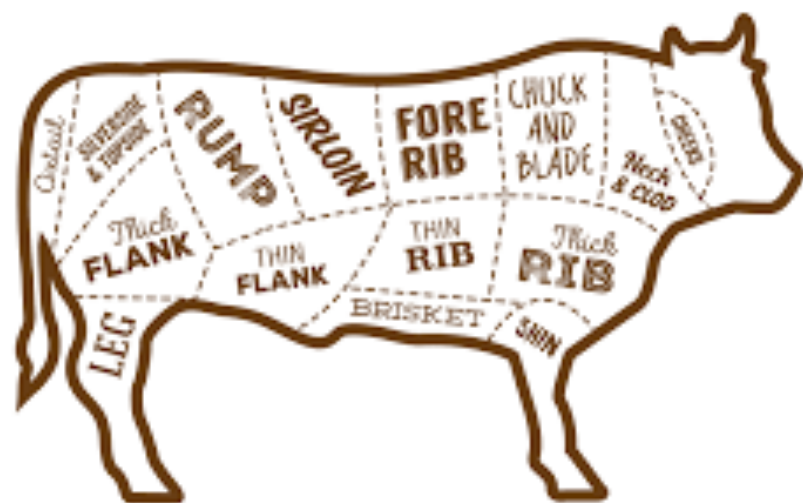


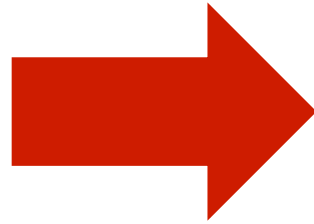


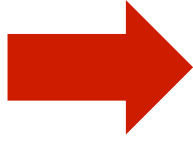












soy, corn, wheat, & other grains



one-third of all global arable land for feed for livestock



hormones



affect human health, increases cancer risk  
widely used in United States (like rBGH)  
increases risk that animals will get sick  
prohibited in Europe (EU)



antibiotics

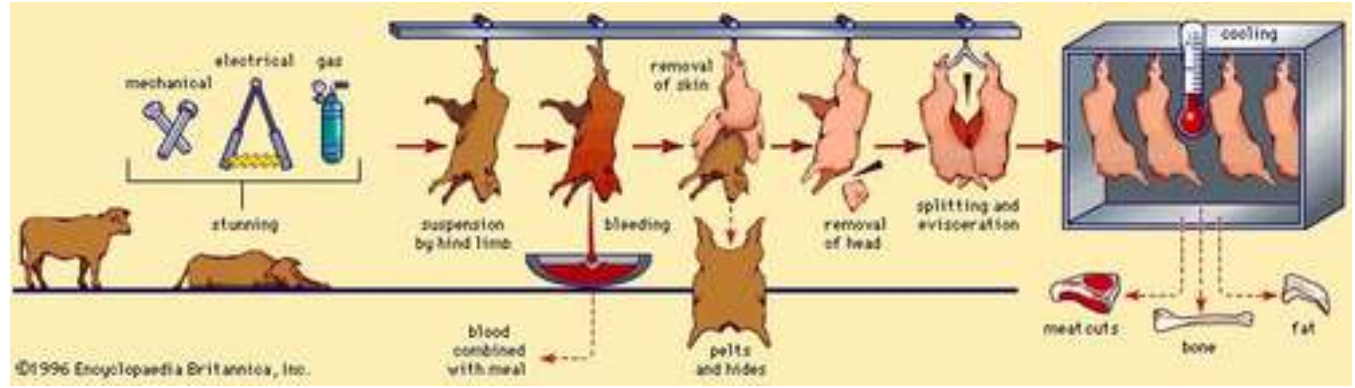


≈ 50-80% used in animals  
leads to drug-resistant bacteria (like MRSA)  
2 million people annually in US affected











500,000 workers in slaughterhouses & 'meat' pack

38% born outside the United States

suffer from injuries, repetitive stress, chronic pain

psychological trauma







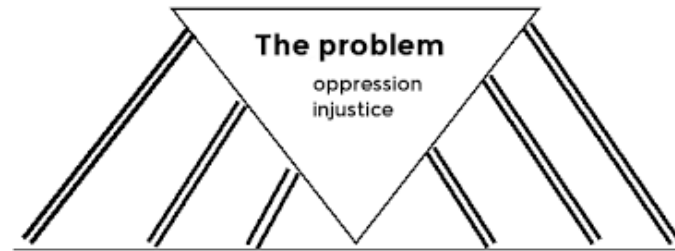


community  
gardens





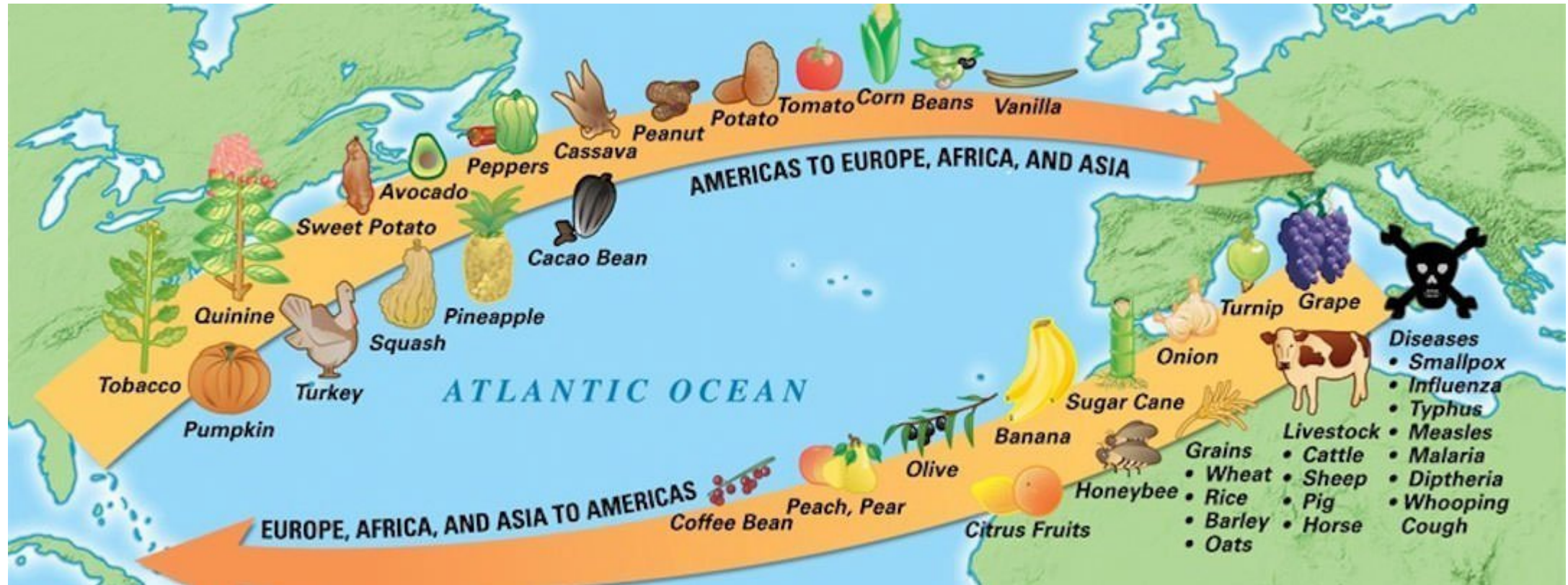
# 2. imperialism



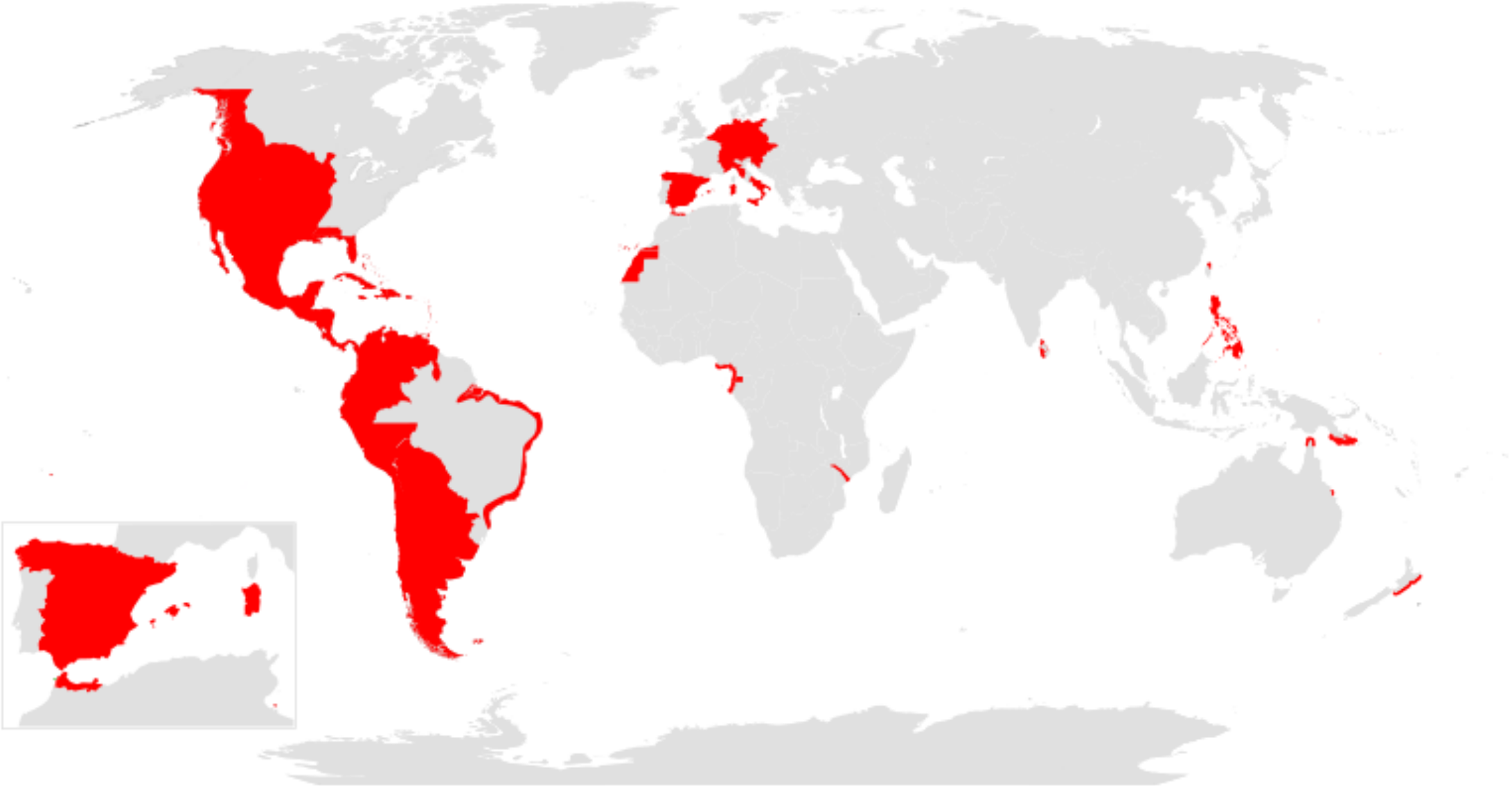
where did the cows come from?

European colonization

where did the cows come from?

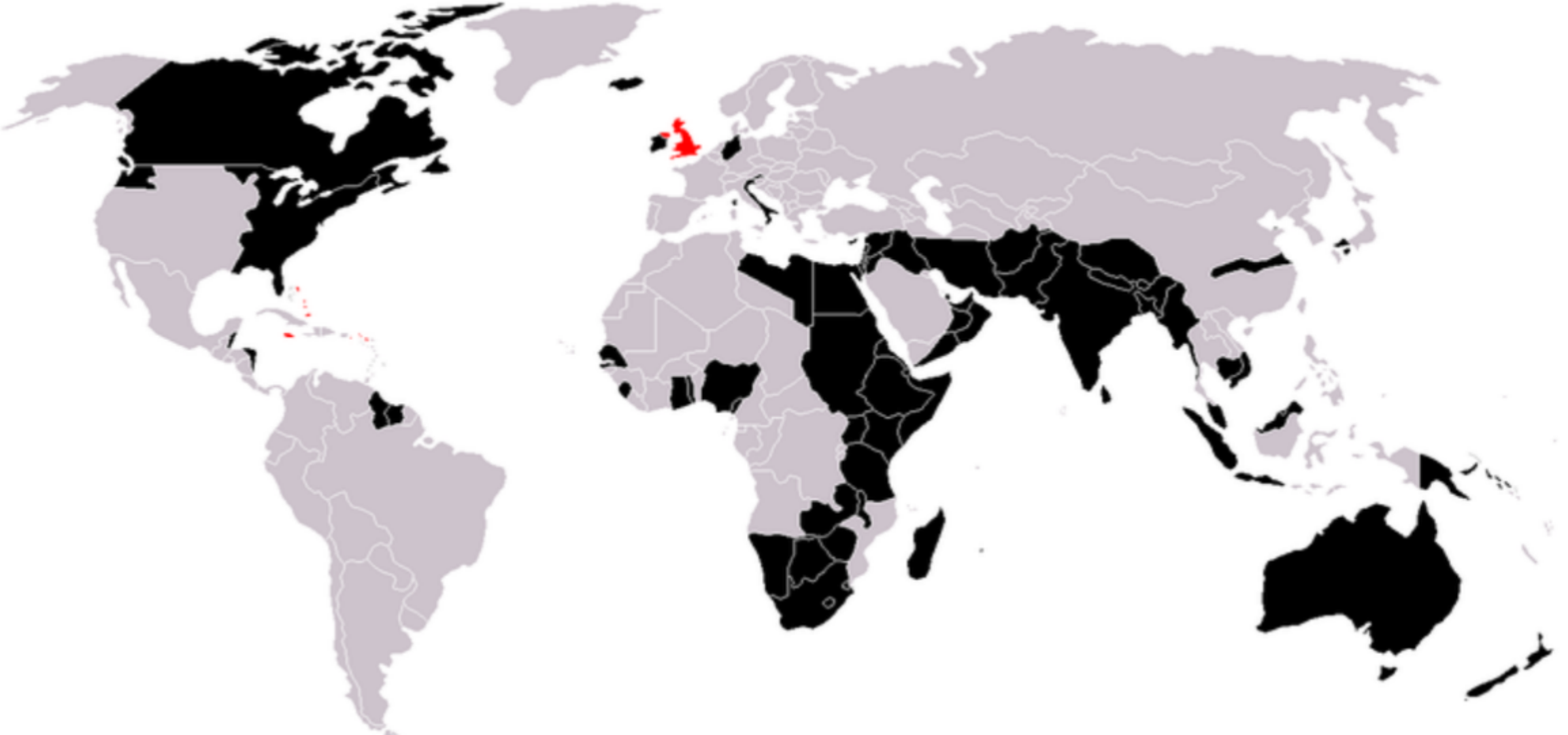


# Spanish empire

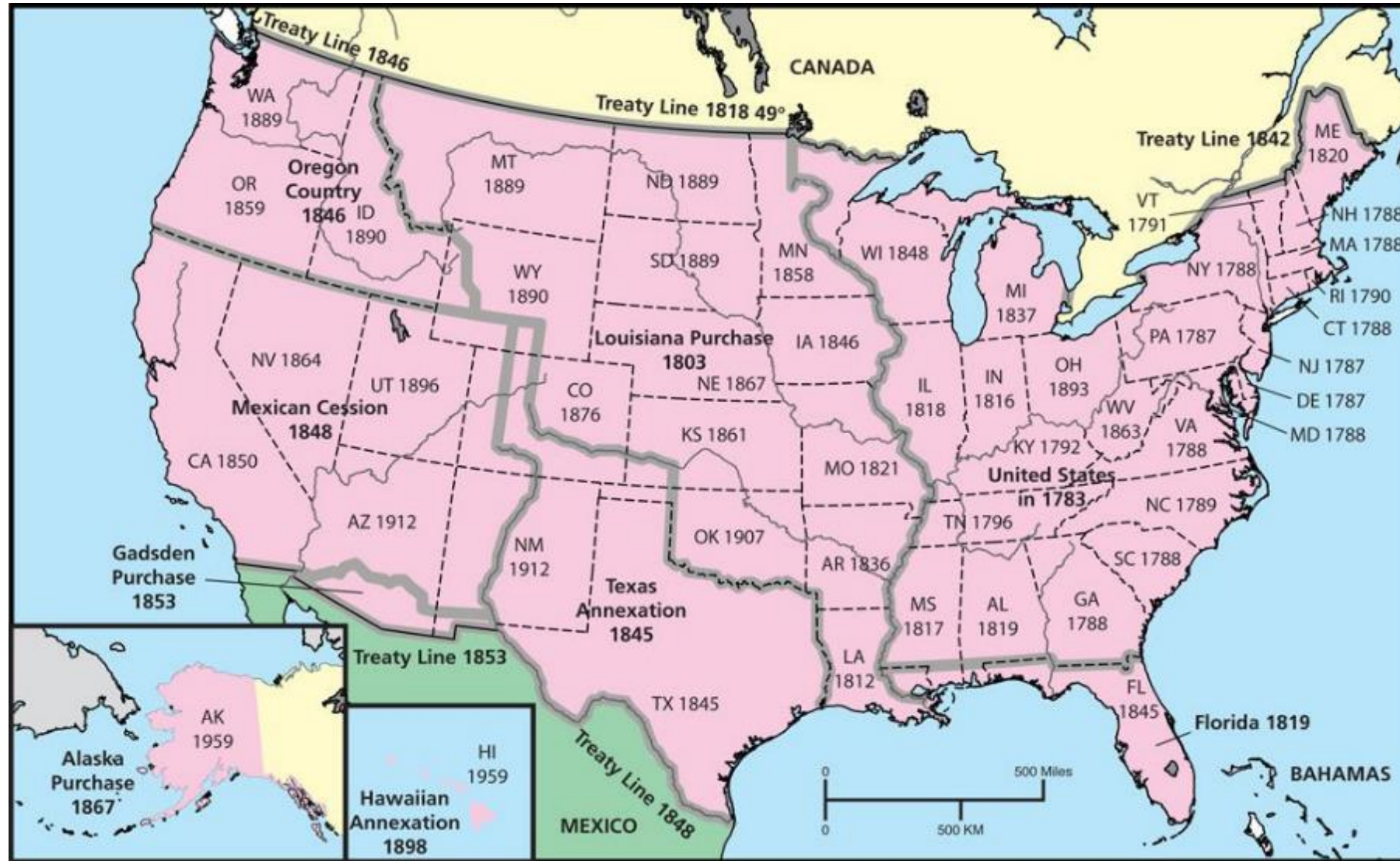




# British empire

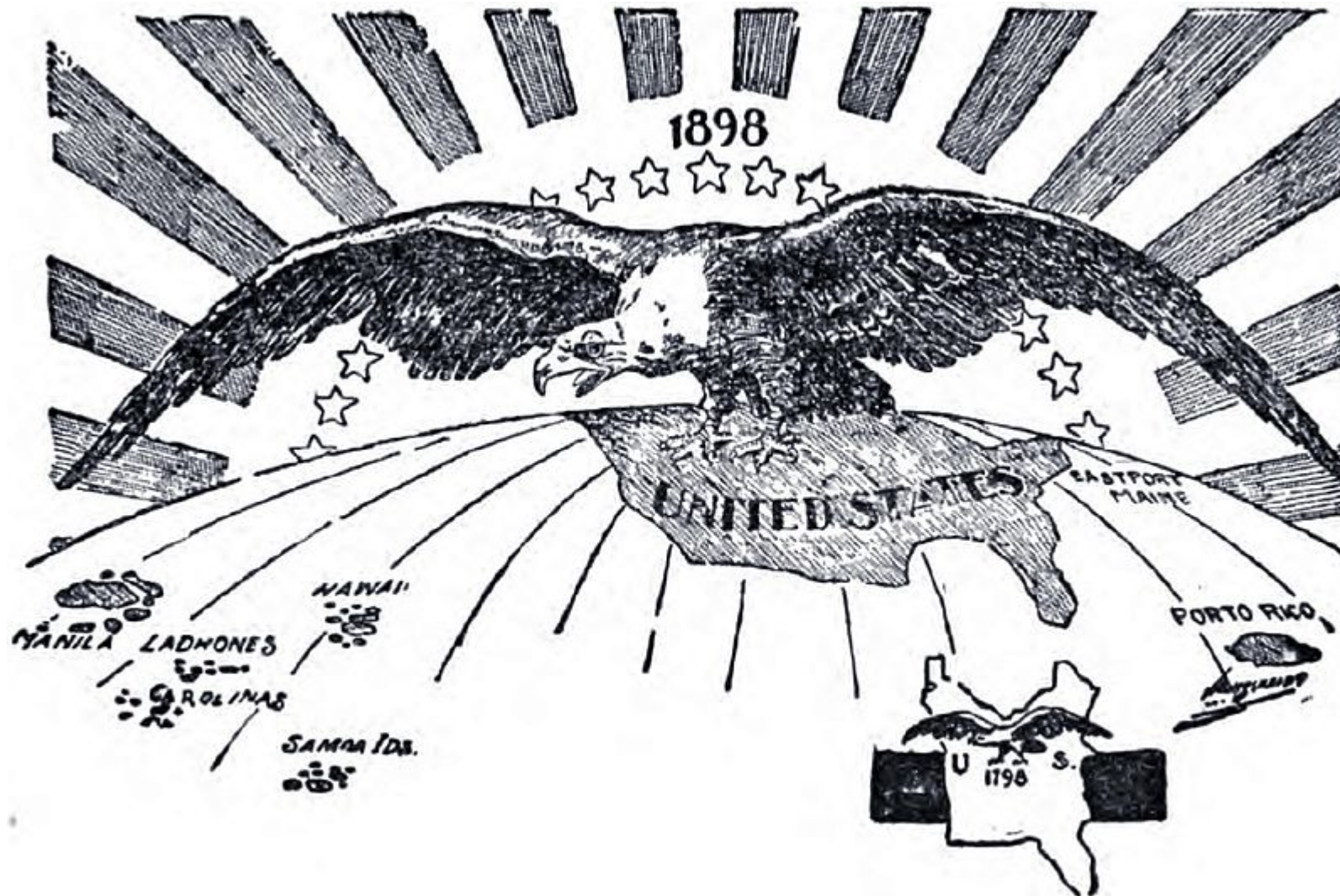


# United States 'expansion' = colonization with war & genocide





# United States Imperialism



Ten thousand miles from tip to tip.—Philadelphia Press.

military & economic



+

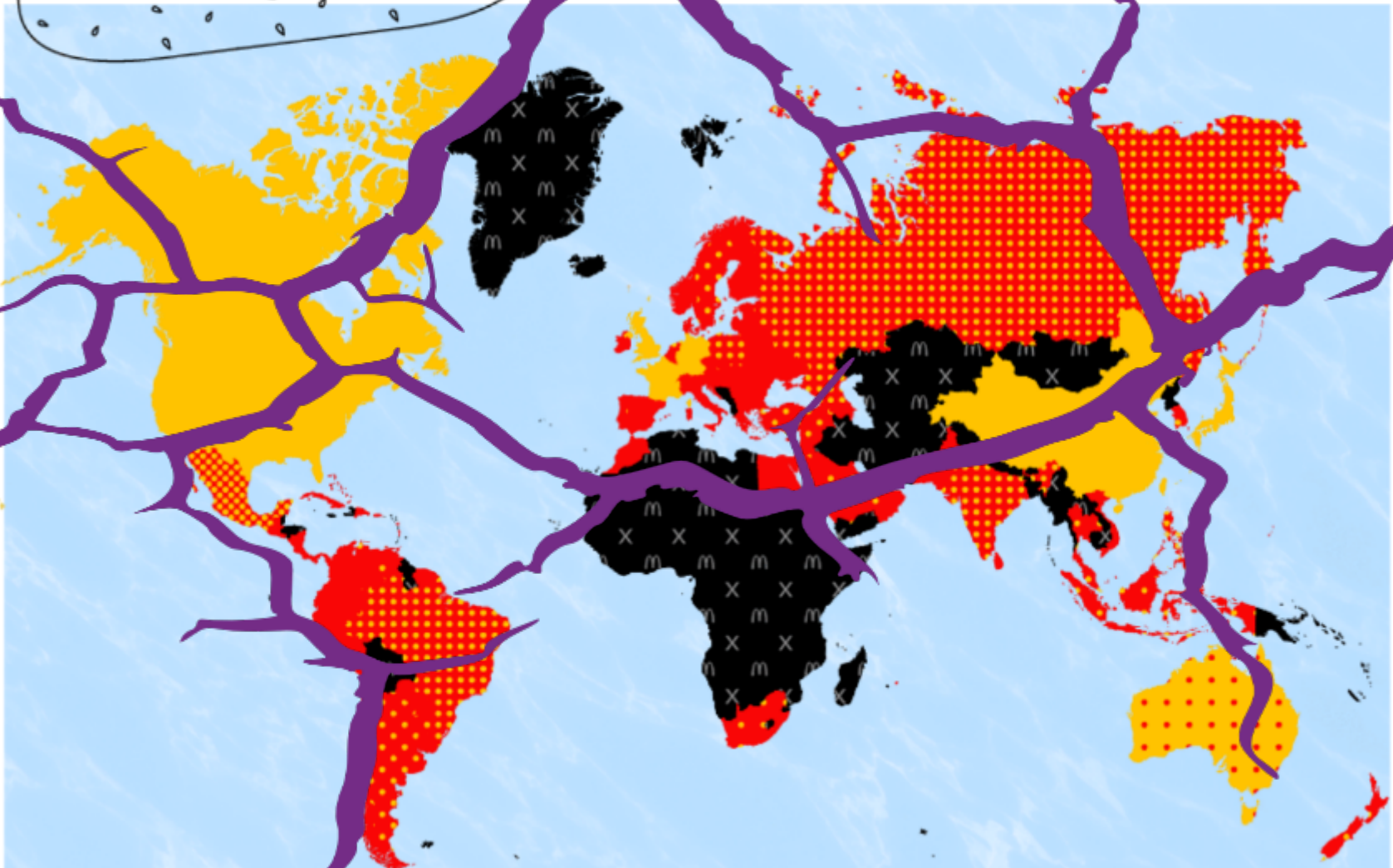






# MCDONALD'S RESTAURANTS WORLDWIDE

## NUMBER OF MCDONALD'S PER COUNTRY



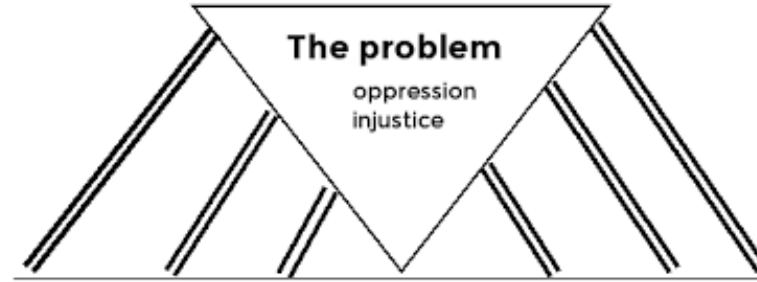
Source: McDonald's 2012 data. Updated for Vietnam.





**Food  
Not  
Bombs**

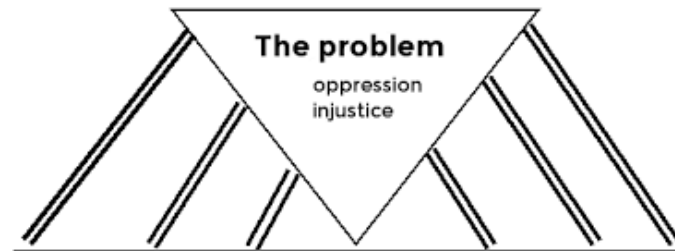




capitalism &  
imperialism



# 3. white supremacy



# white supremacy:

- ✓ socio-political and economic system
- ✓ whites overwhelmingly control power and material resources
- ✓ conscious and unconscious ideas of white superiority and entitlement are widespread
- ✓ relations of white dominance and non-white subordination are daily reenacted across a broad array of institutions and social settings

\*note on whiteness: it changes over time

Irish, Italians in US – not fully ‘white’ through mid-1900s  
can be white and Hispanic/Latinx, colorism

## NO IRISH NEED APPLY.

Written by John F. Puma, and sung, with humorous  
rhymes, by the great Comic-Farolist of the age, TONY PATTON.

I'm a dachsh boy, just landed from the town of Ballyfad;  
I want a situation; yis, I want it mighty bad.  
I saw a place advertised, it's the thing for me, says I;  
For the duty spoken-ended with: No Irish need apply.  
When I says I; but that's not local — though to get  
the place I'll try.

So, I went to see the manager with: No Irish need apply.  
I started off to find the house, I got it mighty soon;  
There I found the cold chap seated; he was reading  
the Times.

I told him what I came for, while he in a rage did try;  
No I says he, you are a Paddy, and no Irish need apply!  
Tale I hit my dander rising, and I'd like to black his eye —  
To tell an Irish O'Connell: No Irish need apply!

I couldn't stand it longer; so, a booby of him, I took,  
And I gave him such a whacking as he'd get at Doneybrook.  
He bellowed: Millie meether! and to get away did try,  
And swore he'd never write again: No Irish need apply.  
He made a big apology; I hit him this good-bye,  
Saying: What next you want a bating, and: No Irish  
need apply!

Now, I've heard that in America it always is the plan  
That an Irishman is just as good as any other man;  
A home and hospitality they never will deny  
The stranger here, or ever say: No Irish need apply.  
But some black sheep are in the dock: a dirty job, say I;  
A dachsh man will never write: No Irish need apply!

Now, Paddy's heart is in his hand, as all the world does know,  
His pocket and his whistle he will share with friend or foe;  
His door is always open to the stranger passing by;  
He never thinks of saying: None but Irish may apply,  
and, in Columbia's history, his name is ranking high;  
This, the Devil takes the knives that write: No Irish  
need apply!

Old Ireland on the battle-field a lasting fame has made;  
We all have heard of MacArthur's men, and O'Connor's brigade,  
Though fools may flout and spite have, and fanatic may cry,  
Yet when they want good fighting-men, the Irish may apply.  
As I when for freedom and the right they raise the banner,  
Then the Devil talks begin to think: No Irish need apply!

# Crib

ES.

**ELEVEN ITALIANS LYNCHED.**

**WORK OF A NEW-ORLEANS MOB.**

**A PUBLIC MEETING HARANGUED WITH  
TERRIBLE RESULTS.**

**CONSEQUENCES OF THE FAILURE TO CONVICT**

## DON'T SPEAK THE ENEMY'S LANGUAGE!

DE DEMOKRATIE  
MUSS ZERSTÖRT  
WERDEN!

民主主義を  
破壊せよ!

BISOGNA  
DESTRUIRE  
LA DEMOCRAZIA!

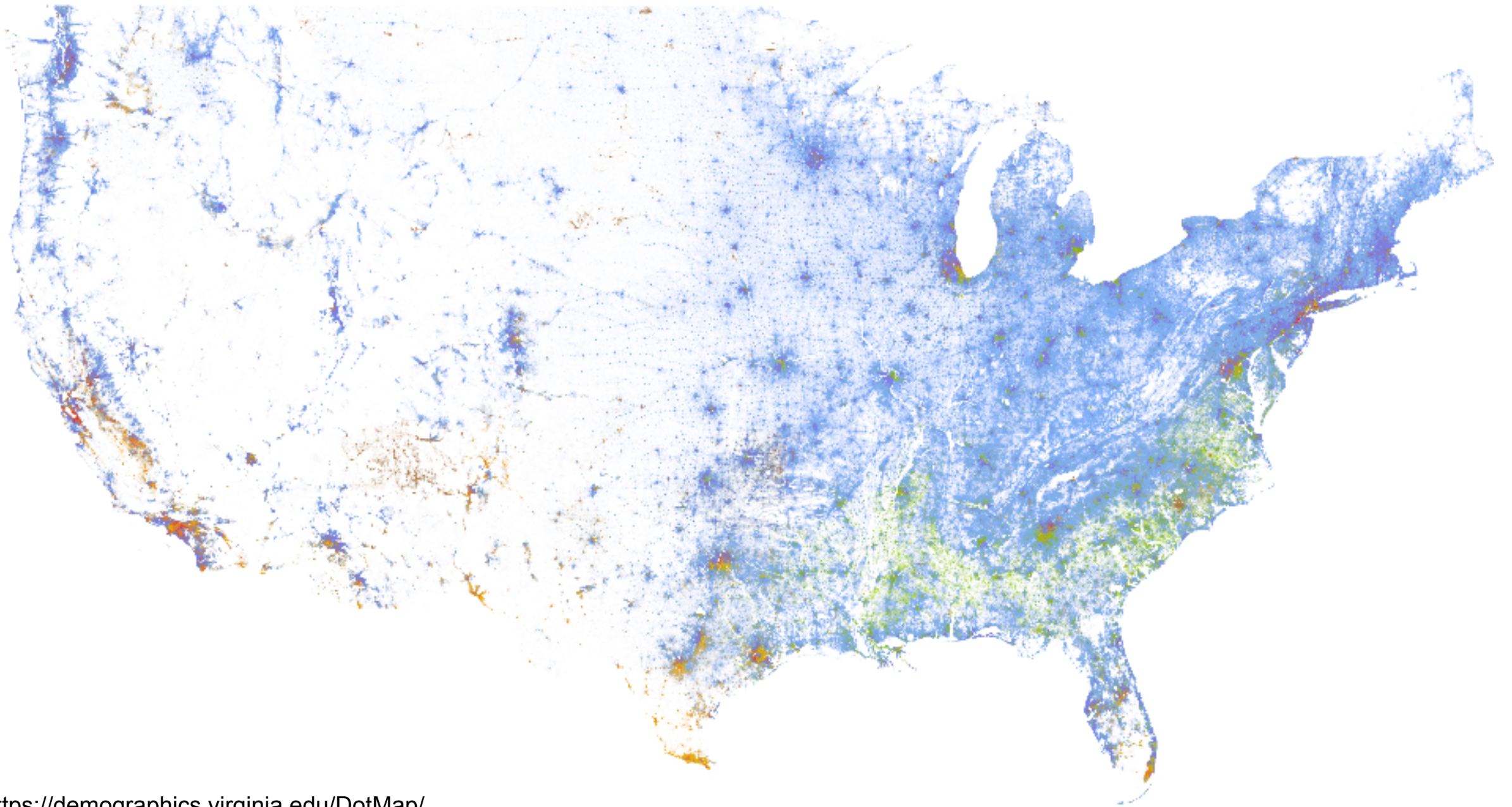
The Four Freedoms Are Not In His Vocabulary

## SPEAK AMERICAN!

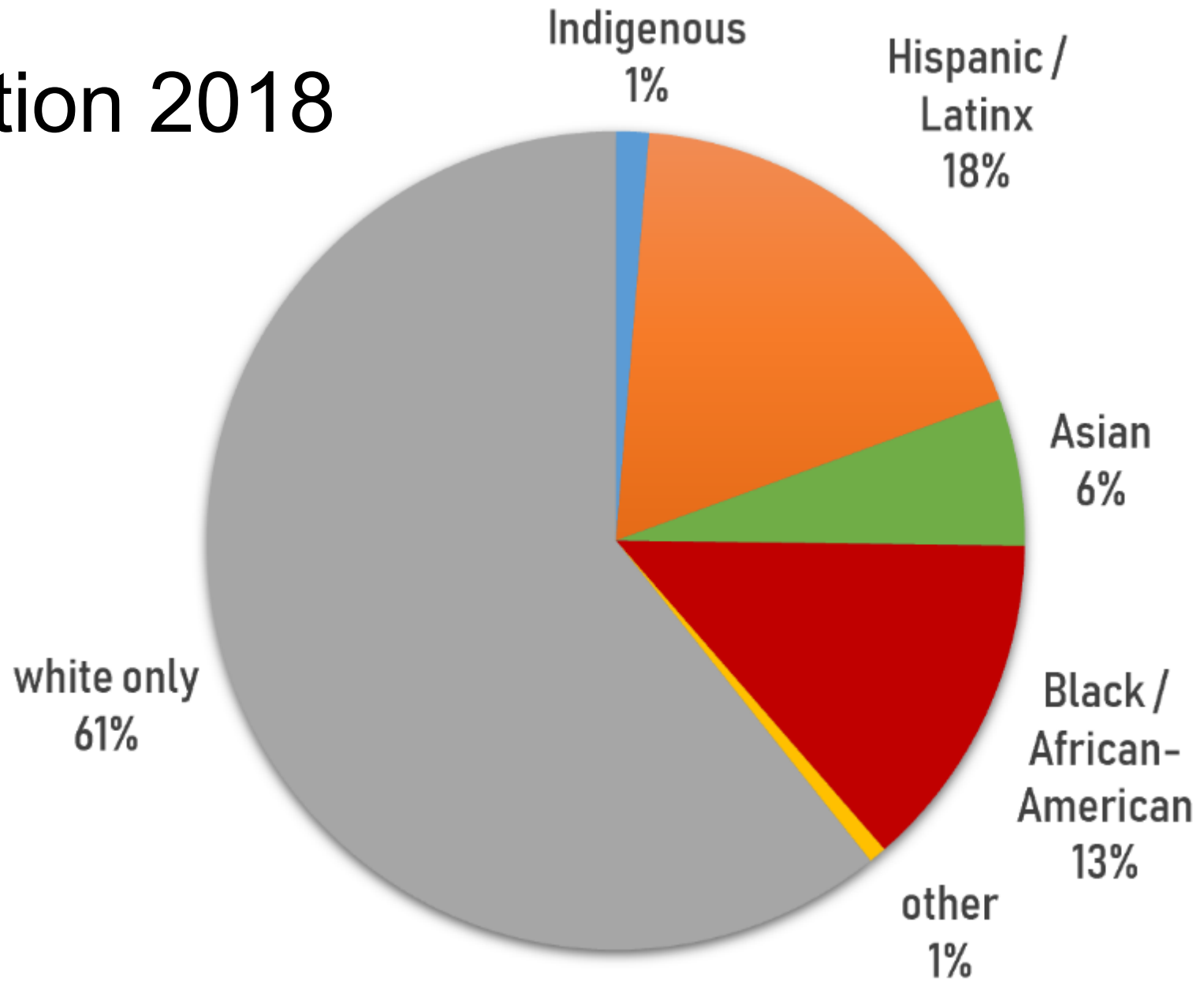
## construction of racial caste system in food & agriculture

- Hispanic / Latinx - farmworkers
- Indigenous / Native Americans – genocide, reservations
- Blacks / African-Americans – US South, slavery, loss of land
- Asian-Americans – Chinese in California, Hmong





# US population 2018





Your bones may be in jeopardy.

One in five osteoporosis victims is male. Luckily, milk has calcium bones to help beat it. Being your Harvard Ph.D. opponent? Well, that's another story.

got milk?

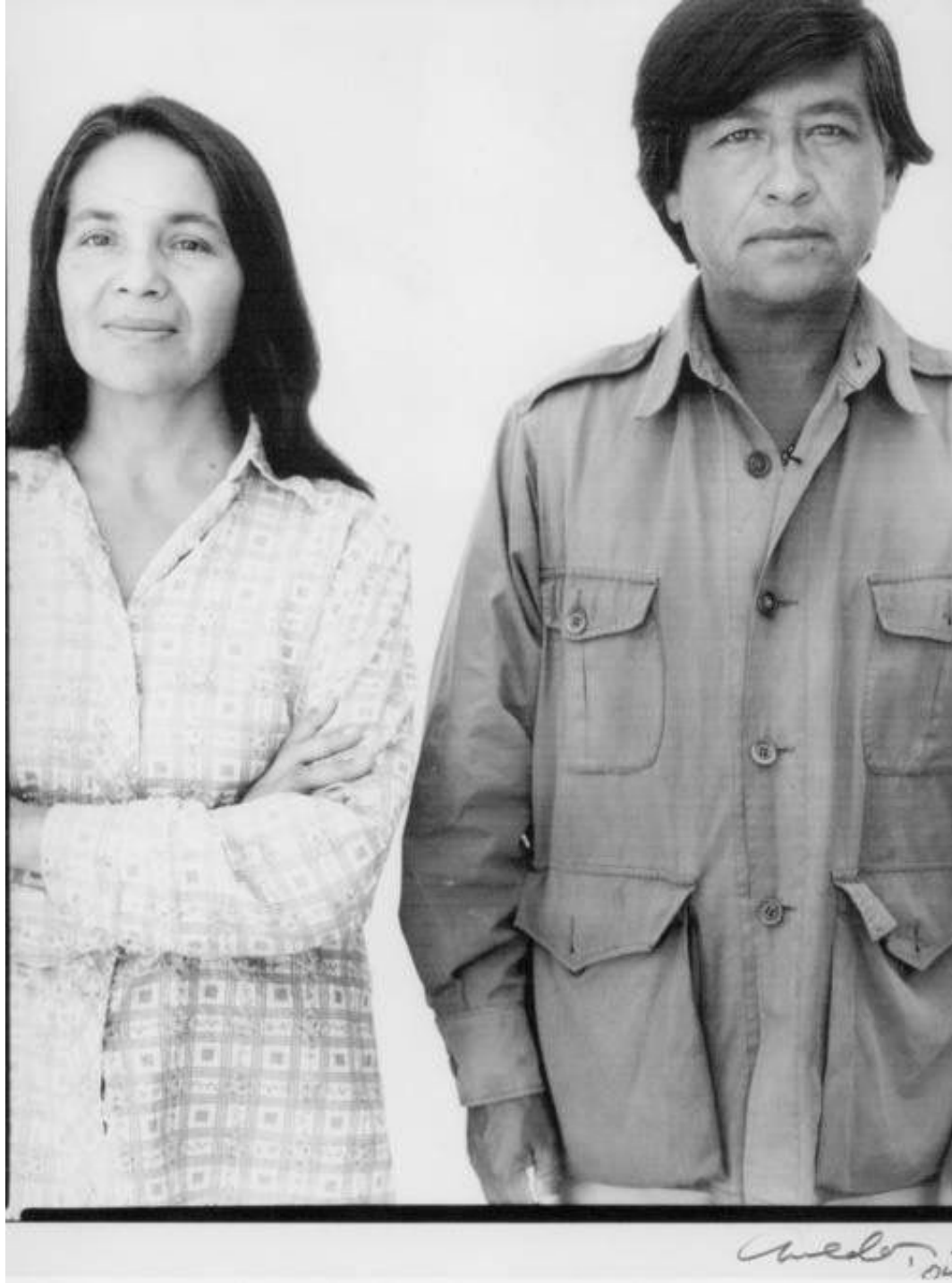
ANYTHING IS POSSIBLE WITH MILK. VISIT MILK.ORG FOR MORE INFORMATION.



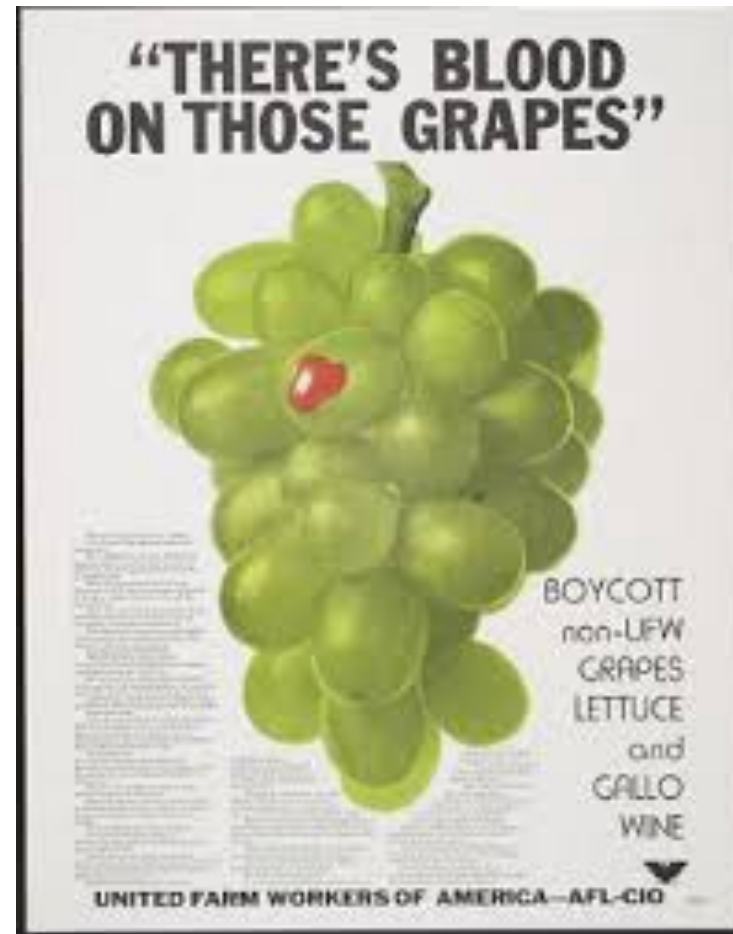
Ethnicity / Geographic Region	% With Lactose Intolerance
1. East Asian	90-100% <sup>1</sup>
2. Indigenous (North America)	80-100% <sup>3</sup>
3. Central Asian	80% <sup>1</sup>
4. African American (North America)	75% <sup>2</sup>
5. African (Africa)	70-90% <sup>1</sup>
6. Indian (Southern India)	70% <sup>1</sup>
7. French (Southern France)	65% <sup>1</sup>
8. Ashkenazi Jew (North America)	60-80% <sup>3</sup>
9. Balkans Region	55% <sup>1</sup>

Ethnicity / Geographic Region	% With Lactose Intolerance
10. Latinx/Hispanic (North America)	51% <sup>2</sup>
11. Indian (Northern India)	30% <sup>1</sup>
12. Anglo (North America)	21% <sup>2</sup>
13. Italian (Italy)	20-70% <sup>1</sup>
14. French (Northern France)	17% <sup>1</sup>
15. Finnish (Finland)	17% <sup>1</sup>
16. Austrian (Austria)	15-20% <sup>1</sup>
17. German (Germany)	15% <sup>1</sup>
18. British (U.K.)	5-15% <sup>1</sup>





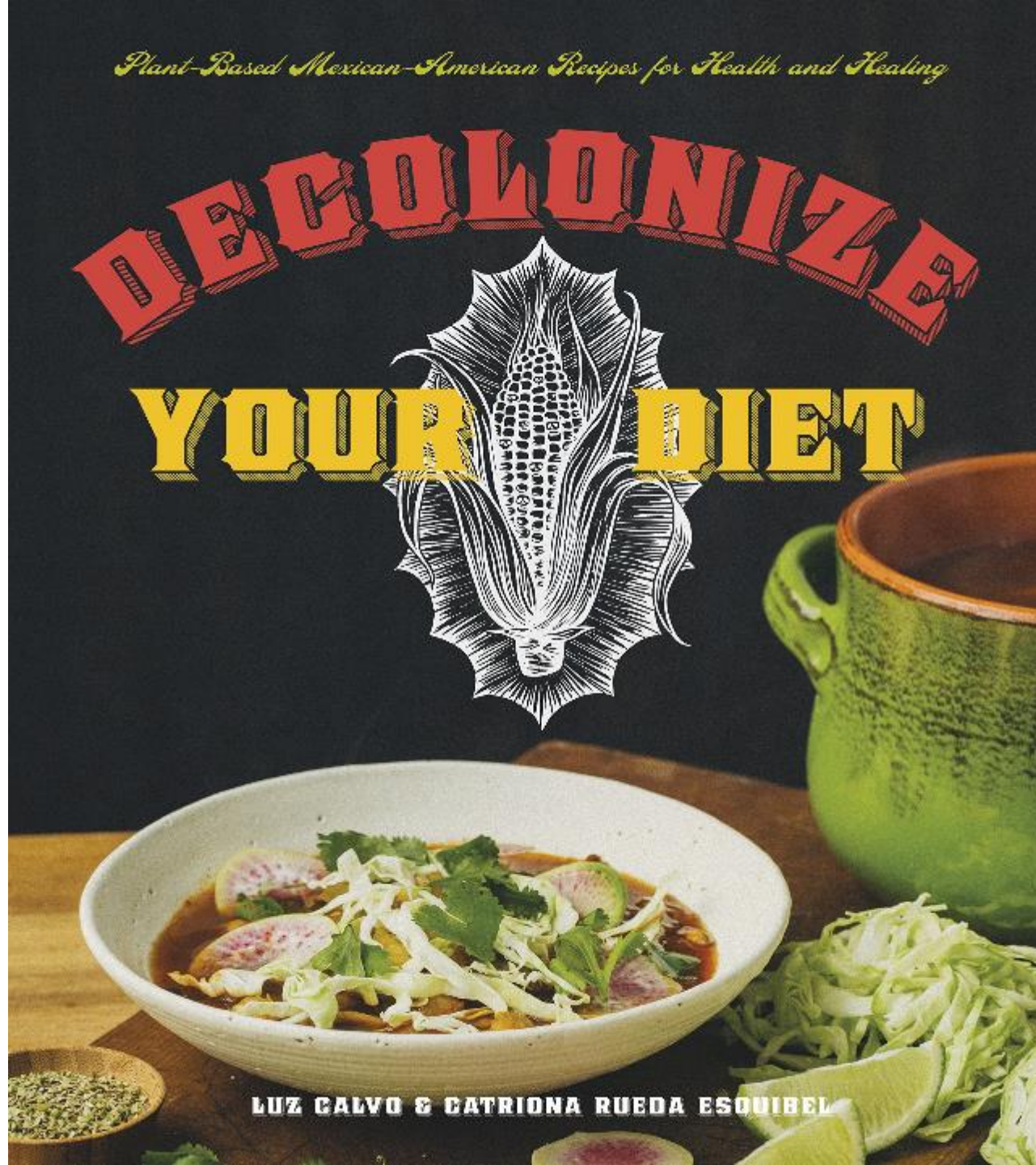
Dolores Huerta  
Cesar Chavez  
1960s farmworker organizing

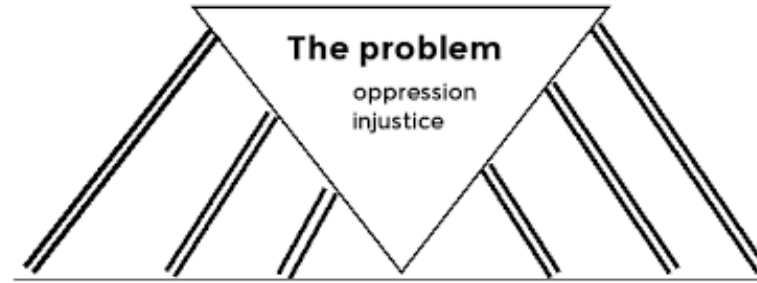




support racial  
equity

decolonize your  
diet

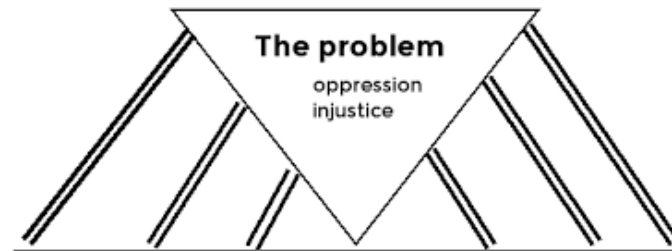




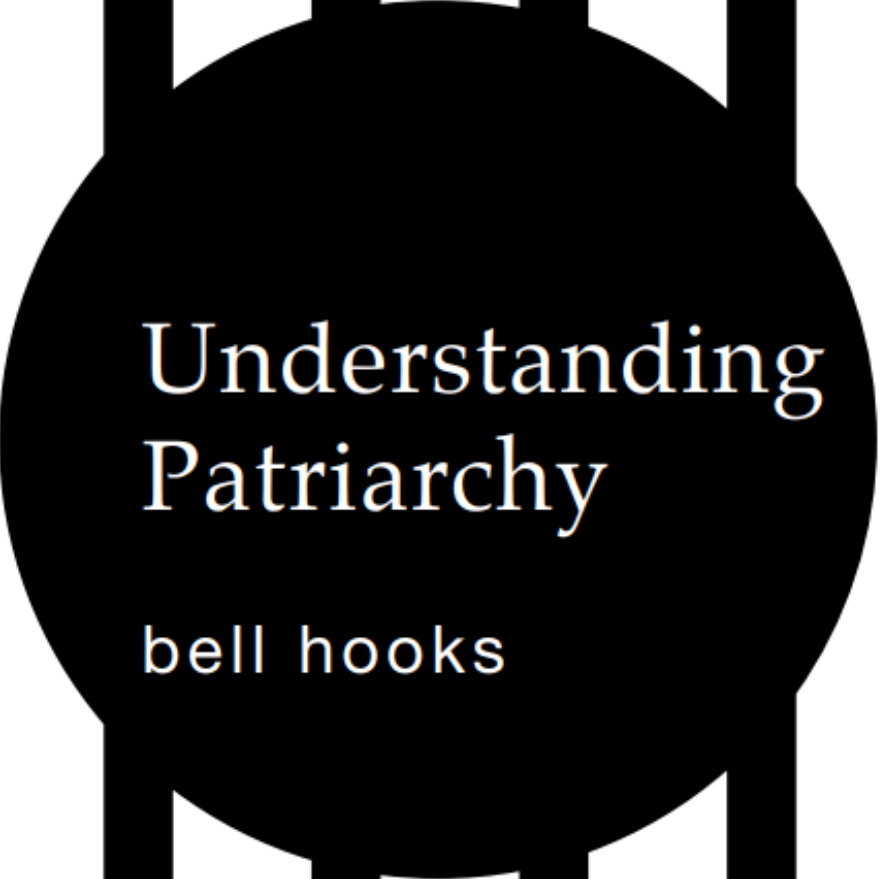
capitalism &  
imperialism &  
white supremacy



# 4. patriarchy



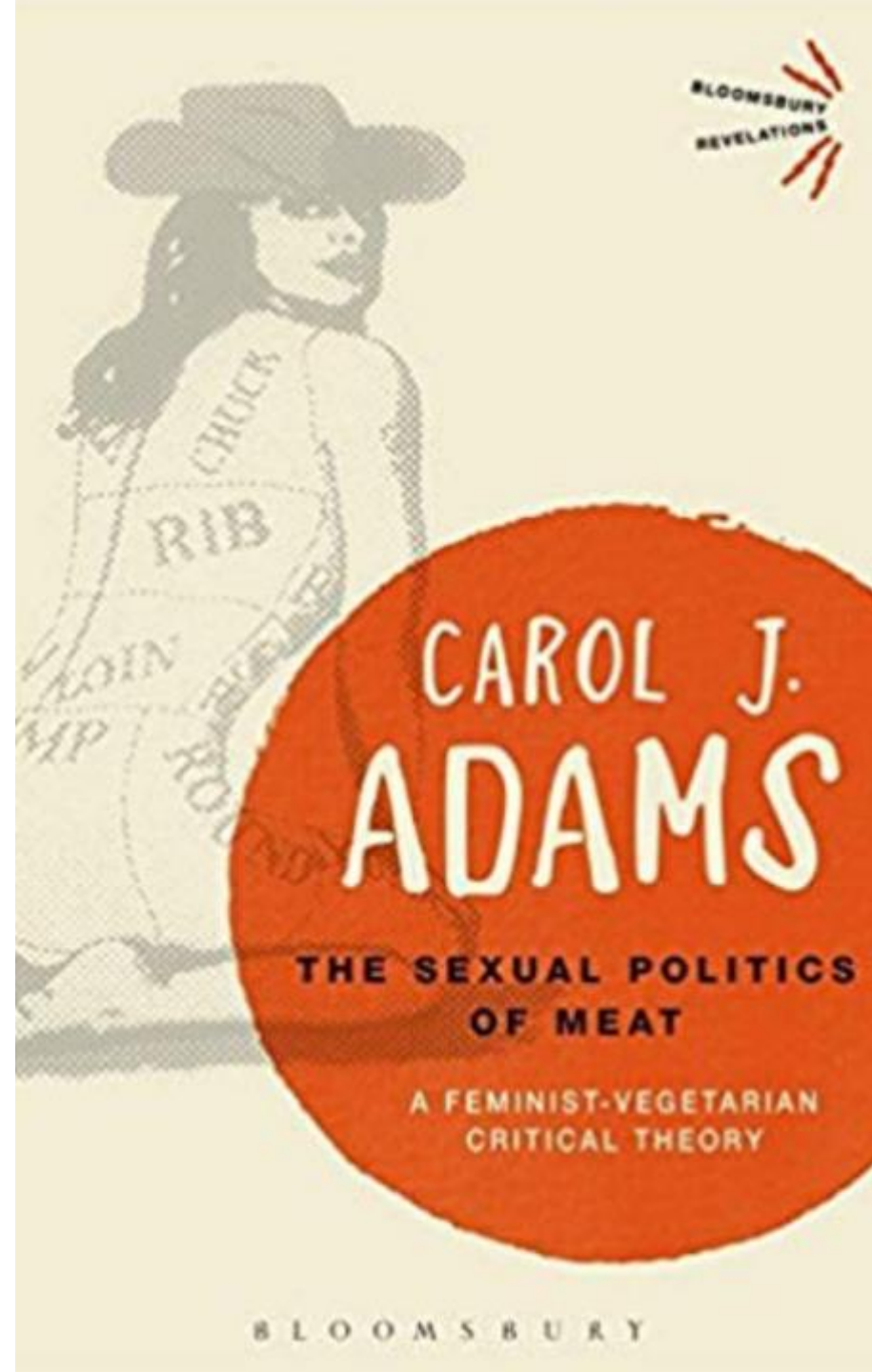
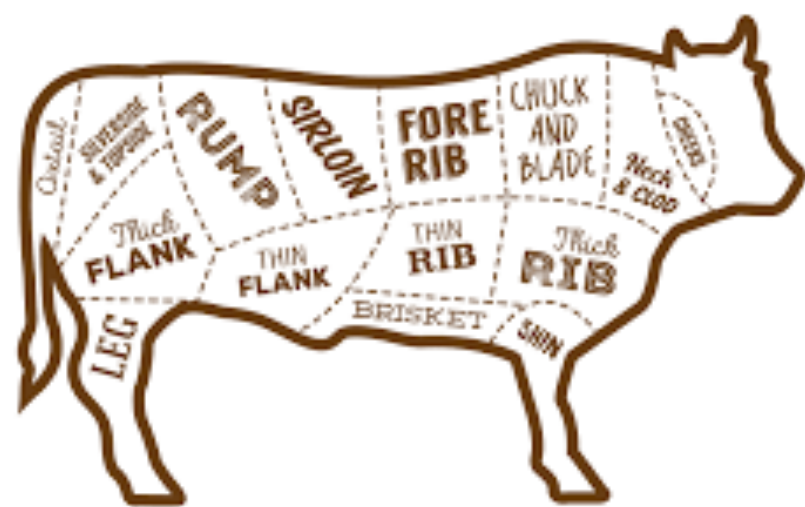




# Understanding Patriarchy

bell hooks

- ✓ political-social system that insists men are superior, dominant over all others
- ✓ produces a rigid binary: woman or man
- ✓ enacts power over 'weak' through psychological



# DRINK WHAT SHE'S WEARING.

milk with 50% more protein & calcium.\*



\*compared to ordinary milk.

© 2014 FairLife, LLC

vegetables =  
feminine

weak

insufficient for  
survival



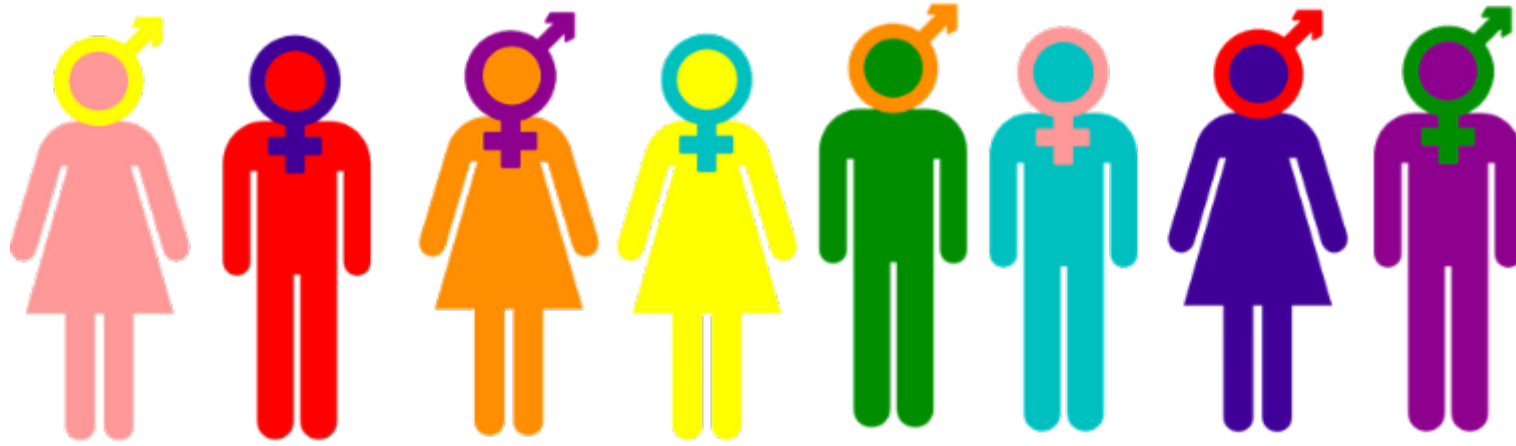
meat =  
masculine

power  
strength  
virility

essential for  
survival (protein)





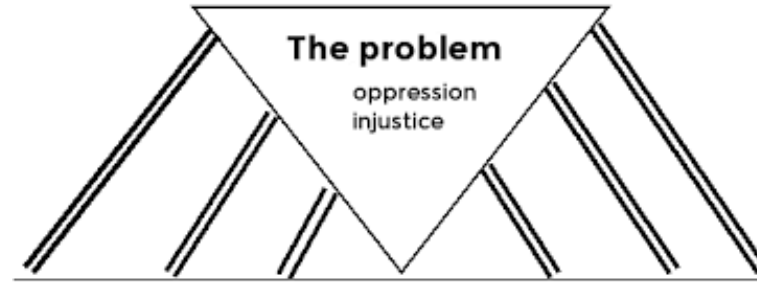


✓ more than two genders, de-link from sexuality

✓ both are fluid, may change over time

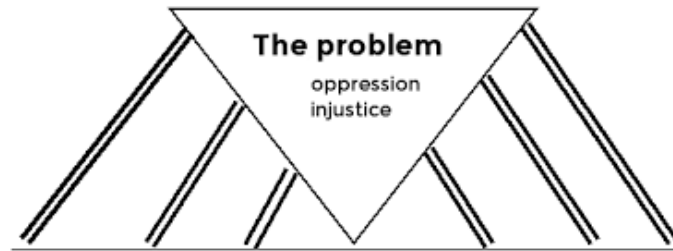
✓ plants are necessary and sufficient for human diets

➡ people can thrive on veganism, but not on a meat-only diet



capitalism &  
imperialism &  
white supremacy &  
patriarchy

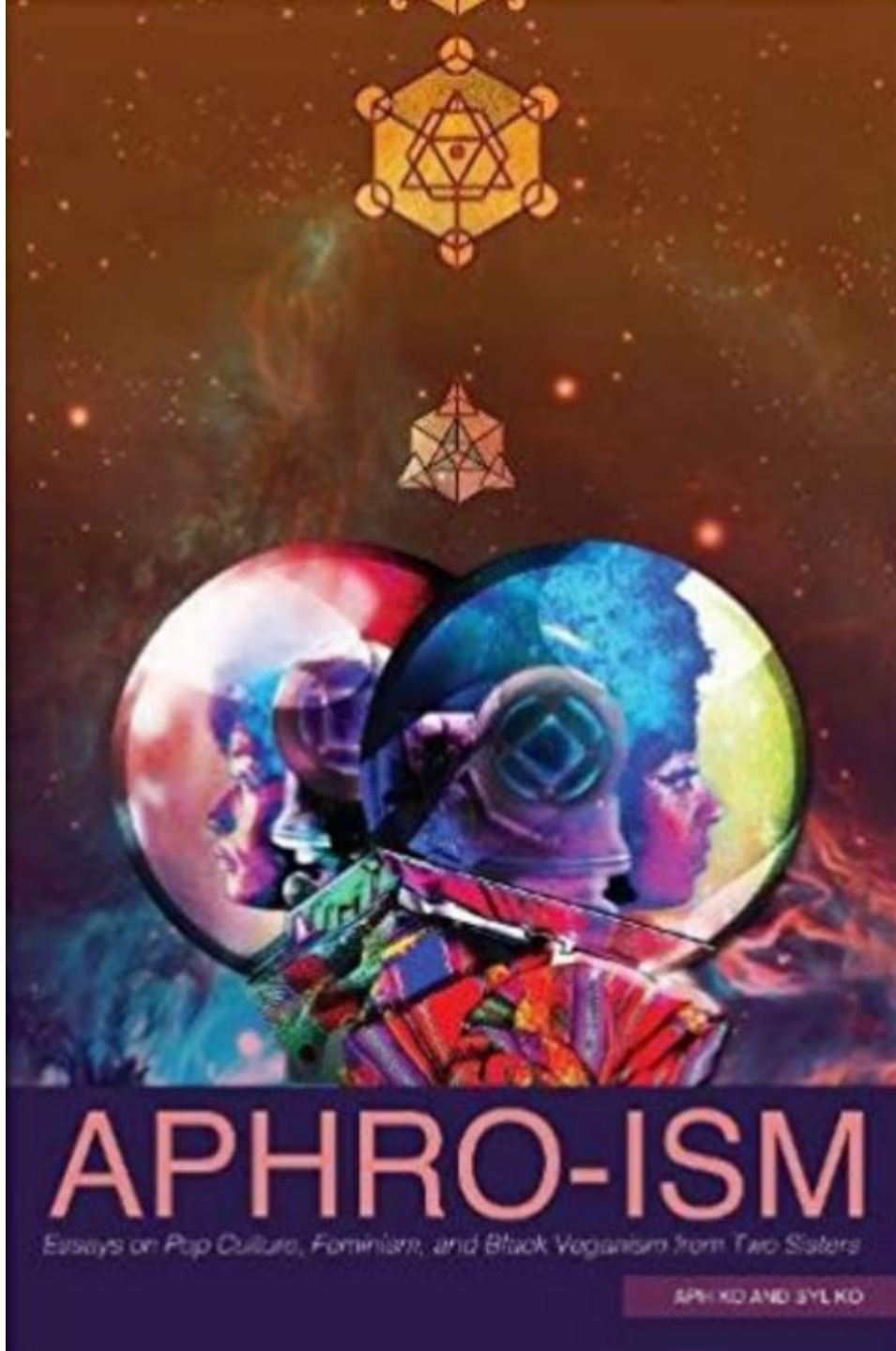
# 5. speciesism





# speciesism

- ✓ belief in homo sapiens superiority that leads to exploitation of nonhuman animals



- ✓ 'human' = glorified white male
- ✓ any person outside this = subhuman
- ✓ subhuman = animal
- ✓ hierarchy that produces oppression of people of color and women also linked to superiority of people over nonhuman animals

# EGO





**EGO**



**ECO**





capitalism &  
imperialism &  
white supremacy &  
patriarchy &  
speciesism



## BEST PLANT-BASED protein sources

Feed and Amount	Protein	Feed and Amount	Protein
100gr <b>TEMPEH</b>	18 grams	2 tablespoons <b>PEANUT BUTTER</b>	8 grams
1 cup (cooked) <b>LENTILS</b>	18 grams	1 cup <b>COOKED QUINOA</b>	8 grams
½ cup shelled <b>EDAMAME</b>	13 grams	about ¼ cup <b>ROASTED PEANUTS</b>	7 grams
1 cup canned <b>BLACK BEANS</b>	15 grams	about ¼ cup <b>ALMONDS</b>	6 grams
1 cup canned <b>KIDNEY BEANS</b>	13 grams	½ cup <b>ROLLED OATS</b>	5 grams
100g <b>FIRM TOFU</b>	12 grams	1 cup <b>BROCCOLI FLORETS</b>	3 grams
1 cup canned <b>CHICKPEAS</b>	12 grams	1 cup <b>STEAMED KALE</b>	3 grams
2 Tbsp <b>NUTRITIONAL YEAST</b>	8 grams	1 cup <b>PLAIN SOY MILK</b>	8 grams
3 Tbsp <b>HEMP SEEDS</b>	10 grams		

betaglobe.eu

## Viva! Calcium-rich foods

 Almonds	 Amaranth grain	 Asparagus	 Apricots (dried)
 Artichokes	 Baked beans (haricot)	 Blackberries	 Blackstrap molasses
 Blackcurrants	 Bok choy	 Brazil nuts	 Bread (wholemeal)
 Broccoli	 Chickpeas	 Cinnamon	 Edamame (soya beans)
 Fennel	 Kale	 Kidney beans	 Olives
 Oranges	 Sesame seeds (and other seeds)	 Soya milk (fortified)	 Spring greens
 Tofu	 Swede	 Walnuts	 Watercress

www.viva.org.uk





how will you **eat for**  
**liberation?**

[www.eatingforliberation.com](http://www.eatingforliberation.com)