



# FAST FOOD FREE

## Healthier People - Better World

Summer 2011

Fast Food Free, P.O. Box 221482, Denver, CO 80222

### NATURAL PRODUCTS EXPO WEST

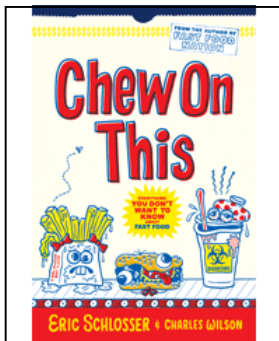


At the invitation of New Hope Natural Media, Koa attended the Natural Products Expo West, the largest natural products exposition of its kind that attracted over 50,000 visitors. Koa was a featured presenter and spoke about Fast Food Free and the benefits of forgoing or reducing fast foods from your diet.

Watch the interview: <http://newhope360.com/food-and-beverage/koa-halpern-13-takes-fast-food>

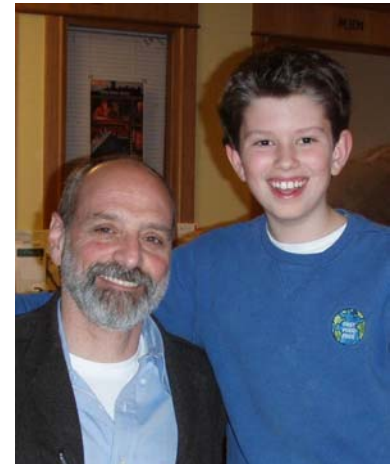
L-R: Fred Linder, President of New Hope Natural Media, Koa and Dr. Andrew Weil, MD.

### SUMMER READING - CHEW ON THIS



Gobble up a good book this summer! Investigative reporter, Eric Schlosser has written two great books on fast food. ***Fast Food Nation: The Dark Side of the All-American Meal*** was the original story that exposed the fast food industry. Both ***Fast Food Nation*** and ***Chew on This*** provide information about how the demands for profit trump food quality, health, animal

welfare, the environment and the human rights of workers that supply the fast food industry chain. Pick up one of these great books this summer. Happy Reading!



Koa with author Eric Schlosser.



### FFF FANTASTIC VOLUNTEER - SARAH SCHENKEIN

During her Bat Mitzvah D'var, Sarah spoke about her deep concern for human rights and the environment and spoke of the devastating impact the fast food industry was having on both. She asked people to support Fast Food Free. At the ceremony both Fast Food Free and CAS Grant Family Farms had exhibits for guests to help them learn more about reducing the consumption of fast food and how community supported agriculture (CSA) could help people eat healthier while keeping jobs local. Mazel tov and thanks Sarah!

## DUMP SUGAR



Sugar is everywhere in the fast food industry. Not only are the soft drinks served in fast food restaurants very sugary (some drinks can have up to 240 grams of sugar, that's about a cup!), there is also "hidden sugar" in the food. From the hamburgers to the onion rings, sugar is in nearly everything. When I looked at the nutritional information of one well-known fast food company, I found that only seventeen of its items were sugar free. Six of those items were simply condiments.

Shaya Mercer has created a new website and campaign: Dump Sugar.

Learn more about sugar in our diet. Check out Dump Sugar [www.dumpsugar.org](http://www.dumpsugar.org).

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## SUPPORT YOUR LOCAL FARMERS MARKET AND CSA

***"Think carefully about your food choices, with every bite you are impacting the health of your body and the health of our earth"***

**Koa Halpern**



There is a lot of debate about what does local food mean. Does that mean food grown 100 miles from your home or 150 miles from your home? For Fast Food Free, local food means trying to buy food that is as close to your home as possible. Better yet, food grown in your garden or in containers on your balcony would be the gold standard of local food!

Farmer's Markets and Community Supported Agriculture (CSA) are two great ways of obtaining fresh, local food. Check out these websites for more information:

**Local Food Directories** [http://attra.ncat.org/attra-pub/local\\_food/search.php](http://attra.ncat.org/attra-pub/local_food/search.php)

**Open Air** (International Guide) <http://www.openair.org/>

**Local Harvest** <http://www.localharvest.org/>

**USDA** <http://apps.ams.usda.gov/FarmersMarkets/>

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## REDUCE YOUR IMPACT - GROW IT AT HOME

Even if all you have is a window sill, you can still grow some of your own food. Sprouts, herbs and even fruits and vegetables like cherry tomatoes and lettuce can be grown in just about any size pot or container. You can even stagger your "crop" by planting new seeds each week so that there is always a fresh supply for your eating enjoyment. Have a great, *fresh food* summer!