WN *The issue*

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Climate
The fire this time



Above, some contributors, people featured this month. Top: Enrique Jacoby,Jean-Claude Moubarac, Stefano Prato, Fabio Gomes, Flavio Valente, Anna Lartey, Francesco Branca, Carlos Monteiro. Middle: Diana Parra, Hetty Einzig, Yoni Freedhoff, Naomi Klein, Tony McMichael, Colin Butler, Stefania Vezzosi, Michela Carruci. Bottom row: Brooke Aksnes, Geoffrey Cannon, Maria Alvim, John McKenna, Tim Lang, Sara Garduño-Diaz, Ignacio Saez, Radhika Balakrishnan. And more!

The Issue team writes: *This Changes Everything* is the title of Naomi Klein's new book, on climate. Indeed so. This month our cover, our editorial *(page 815)* and our main commentaries by Naomi Klein, Tony McMichael and Colin Butler *(page 839)* all concern climate, for it is agreed that the worst effects of 'climate change' will be on food security and world health. This means that the over 2,000 demonstrations that manifested late last month, confronted the greatest crisis ever to confront public health and nutrition professionals. At last, action!. *In this month's Update* Hetty Einzig begins *Balance*, our new series on food and well-being. We publish more *Hot Stuff*, with Dariush Mozaffarian and David Katz on the fat versus carbohydrate wars. Stefania Vezzosi and colleagues tell of harmony in Tuscany (*page 870*). In the same mood, Geoffrey Cannon proposes that healthy foods are beautiful (*page 890*).



Climate

The people against the system



Is power passing to the people? All over the world, citizens did not wait for the 24 September UN summit on climate. They took to the streets. Here is a scene in Times Square, New York City

Maria Alvim writes: There are four reasons why *WN* this month is again focusing on climate. One is because we in the editorial family are citizens and often parents. Two is because the climate crisis is now mobilising mass movements all over the world. Three is because eminent authorities agree that the most devastating effect of 'climate change' will be and already is on food systems and world health, with all the implications, including famine, starvation, riots, uprisings, and even wars.

Four is because official responses to the climate crisis miss the point. The main enemy is not vaguely framed no-blame 'economic growth'. It is precise. It is capitalism as such, but unregulated reckless and ruthless capitalism. Corporations generate wealth and need to be regulated. 'Partnerships' that include transnational corporations whose profits depend on ultra-processed products that eliminate or displace long-established food systems based on freshly prepared meals made from local produce, will not work. The new world disorder of which increasing food and nutrition insecurity and rocketing rates of uncontrolled diabetes and obesity are two aspects, demands that relevant professionals search their souls, and think and act in solidarity with the people who all over the world demonstrated their commitment last month.

Access Editorial on climate here
Access Naomi Klein, Tony McMichael, Colin Butler on climate here
Access Maria Alvim on climate here

Development

Healthy food and global well-being



Gathered together at the Oxford conference on food systems. From left, WN current family members Diana Parra, Fabio Gomes, Enrique Jacoby, Geoffrey Cannon. Then new members Tim Lang, Flavio Valente, Alejandro Calvillo, and below, David Sanders, David Stuckler, Gerard Hastings, Jose Luis Vivero Pol; and three contributors, Barrie Margetts, Philip James, Carlos Monteiro

Diana Parra writes: That's me, top left above. There were lots of the *WN* editorial family at the Oxford conference on food systems, and more joined us there and then. A key presentation was given by Carlos Monteiro. As well as being a regular *WN* contributor and advisor, Carlos is convenor of the University of São Paulo team supporting the new national food guide for Brazil, to be officially published at the end of this month. Implications of the guide's dietary recommendations for food systems are shown below.

Implications for food systems

1. Give top national priority to farming that produces all sorts of plant foods for human use
2. Promote family farming as part of a general policy to sustain rural livelihoods
3. Uphold food systems that respect climate and natural resources as central to civilisation
4. Tax, restrict and warn against ultra-processed food and drink products
5. Ensure that all housing and offices have adequate facilities for cooking and eating
6. Protect independent restaurants and vendors that make fresh dishes and meals
7. Base all official and informed education and guidance on foods and meals
8. Make food, nutrition and cooking part of the core curriculum in schools
9. Celebrate gastronomy as central to national and local culture and identity
10. Prohibit all advertising and promotion of any product to children under the age of 16

Access Development. Oxford conference here



Balance

Living well in hope

Editor's note

Hetty Einzig begins *Balance*, our new series of *WN* contributions on striving to live wisely and well, by celebrating her local farmer's market in Stoke Newington, Hackney, London, UK





Hetty Einzig stocking up her family's weekly store of fresh food at her local farmers' market (left). One stallholder is Matthew Rooney (right) showing off his pale and chocolate oyster mushrooms

Hetty Einzig writes: I head to my local farmers' market on Saturday mornings to stock up for the week. I touch, smell and purchase good-looking, wholesome foods from people who grow them. The mood is festive, we chat and exchange news, I bump into friends, and sit for a while. I am supporting those determined to live on the land. It is satisfying to play my part in this benign cycle, instead of taking the dead easy option of going to the supermarket. Instead many of us now think small.

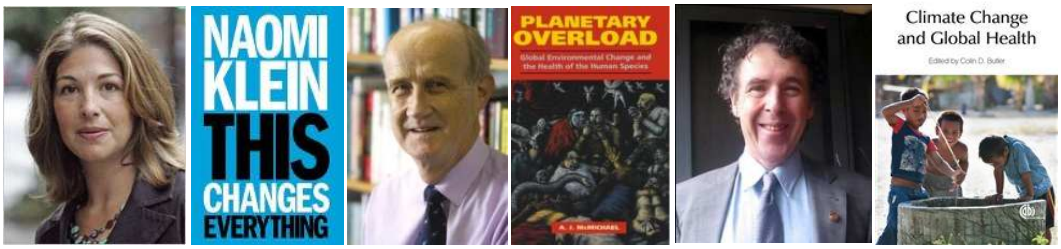
As a citizen, disturbed about how my country and the world are governed now, I feel at home in the market, and sense hope for the future. The sellers and buyers here are working out ways to live wisely and well, based on a vision of human-scale, inter-connected and locally run. We are members of a community. For my family and a growing number of others, food is about more than nutrition in the usual sense. It's about nourishment, a much broader idea which links to the natural philosophy of the good life well led. In this food, and its place in nature, the home, our bodies and our relationships, is an essential part.

Access Balance. Farmers' market here



Climate

Seeing the big picture



Naomi Klein (left) believes that only mass direct action can create political will on climate change. Tony McMichael and Colin Butler (centre, right) warn of dangers to food systems and global health

The Climate team writes: Just maybe, there is hope of really serious responses from powerful governments on climate change. Evidence of the potential catastrophe is amply stated by our contributors Tony McMichael and Colin Butler. In her new book Naomi Klein confronts the basic cause, which is reckless ruthless unregulated capitalism, and the linked obsession with all sorts of 'growth'. Naomi Klein makes some prescriptions. Two summarised here are:

Band-Aid does not work. *'Only mass social movements can save us now. Because we know where the current system, left unchecked, is headed'.* Band-Aid solutions are profit-friendly fixes like whizz-bang technological innovations, cap-and-trade schemes and supposedly 'clean' alternatives like natural gas. These are too little, too late. Profitable 'solutions' make the problem worse. For instance carbon trading allows manufacturers to generate more greenhouse gases, just to be paid to reduce them, and so to profit off the degradation of the planet. We need strict regulation of business, more taxation, more government spending, and reversals of privatisation.

We can't rely on corporate funding. *'Many progressives have opted out of the climate change debate, thinking that the Big Green groups, flush with philanthropic dollars, had this issue covered. This was a grave mistake'.* Capitalism itself is a principal cause of climate change. It doesn't make sense to expect corporations and billionaires to put the planet before profit. Thus the Gates Foundation funds many major environmental groups but has $US 1.2 billion invested in BP and ExxonMobil. When Big Greens become dependent on corporate funding, they start to push a corporate agenda. Thus the Nature Conservancy and the Environmental Defense Fund, which have taken millions of dollars from pro-fracking corporate such as Shell, Chevron and JP Morgan, are pitching natural gas as a cleaner alternative to oil and coal.

Access Climate. The fire this time here



Farming

Harmony in Tuscany



A Tuscan landscape that has been shaped with love and care for over 2,500 years, since the time of the Etruscans. Its fresh food is now the basis of school food that revives the tradition of dietetics

Brooke Aksnes writes: Of the countless food systems developed in the world over many thousands of years, those that are most healthy are those that create beautiful landscapes. This is one of the themes of the commentary we publish this month from Tuscany, by Stefania Vezzosi, Michela Carucci and Paola Picciolli. The photograph above illustrates the theme. It is of a Tuscan landscape that has been cultivated largely by hand for over 2,500 years, since the time of the Etruscans. It valorises dietetics, which in its original form is the natural philosophy of the good life well led. This includes diet in the modern sense, as part of a greater whole.

Our commentary is about the revival and strengthening of school meals based on locally sourced fresh and minimally processed food. This means much more to the children, their teachers, and the local community than nutrition in the narrow sense of preserving good physical health, important though this is. It also means understanding of where food comes from, appreciation of the living and natural world, and a growing sense of the spirit of a place where constant careful agriculture has sustained countless generations. Very often what is needed to live well in the world now is not change, but recognition and protection of what already exists which has special value now and for the future.

Access Farming, Harmony in Tuscany here

What do you think?
The good food looks good quiz



A salad made at home (above, left). A supper made for a child (right). A quick lunch (below, left). A lunch made by the wife of a nutrition professor (right). Delicious, healthy, naturally good-looking

Geoffrey Cannon writes: Does good food – to be precise, healthy dishes and meals – look good? I rather think so. Here is my idea. Let's see what foods look like, that we choose and prepare as dishes. Let's take salads as an example. The four salads above look good, and express the nature of their makers. Above left is a salad made at home. The bed of leaves and stalks from our garden is covered with evenly cut and chopped tomatoes, onions, peppers, garlic and nuts, plus olive oil and sea salt.

At right is a supper salad made for my 10-year old son Gabriel. It includes carrot sticks, beetroot slices and cauliflower sprigs, lettuce, with whole rice and macaroni, sweet corn, nuts and raisins. Below left is a salad I made for me the next day, with salsa from the garden, tomatoes, pineapple, and garlic, ginger, little 'beak' peppers, olive oil and a few crystals of sea salt. Right is a lunch Jean James made for me when I visited Philip and Jean James in London in September, with temperate foods, colourful, satisfying, replete, expressing her own generous and thoughtful nature.

You, dear reader, are invited to join in. Let's collect and display pictures of salad dishes we have seen or better, prepared ourselves. Your report should also include an account of what the dish or meals smelled and tasted like, and we also can do a rough conventional nutrition analysis. Join me please.

Access What do you think? on beautiful food here