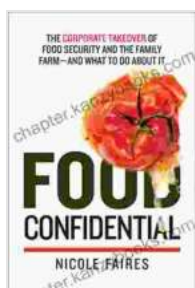


# The Corporate Takeover of Food Security and the Family Farm: A Call to Arms

The corporate takeover of food security and the family farm is a serious threat to our health, our environment, and our democracy. In this book, award-winning author and journalist Adrian Parr exposes the hidden agenda of the food industry and offers a roadmap for fighting back.



## Food Confidential: The Corporate Takeover of Food Security and the Family Farm— and What to Do About It

by Nicole Faires

★★★★☆ 4.4 out of 5

Language : English  
File size : 2497 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 257 pages  
Lending : Enabled



Parr argues that the corporate food system is designed to maximize profits at the expense of our health and the environment. He shows how corporations have used their power to control the food supply chain, from seed production to food processing and distribution. As a result, we are now eating a diet that is high in processed foods, sugar, and unhealthy fats, which is contributing to a rise in obesity, diabetes, and other chronic diseases.

In addition to the health risks, the corporate food system is also damaging our environment. The industrial agriculture practices used by large-scale farms are polluting our water and air, and contributing to climate change. Family farms, on the other hand, are more sustainable and environmentally friendly. They use less chemicals and pesticides, and they rotate their crops to protect the soil.

The corporate takeover of food security and the family farm is also a threat to our democracy. When a few large corporations control the food supply, they have the power to dictate what we eat and how much we pay for it. This gives them enormous political power, which they use to lobby for policies that benefit their bottom line, not the public interest.

Parr argues that we need to fight back against the corporate takeover of food security and the family farm. He offers a roadmap for creating a more sustainable and just food system, based on family farms and local food production.

## **What You Can Do**

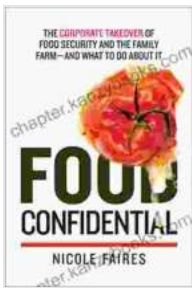
Here are some things you can do to fight back against the corporate takeover of food security and the family farm:

- Buy food from local farmers markets and CSAs.
- Support organic and sustainable farming practices.
- Reduce your consumption of processed foods.
- Get involved in your community food system.
- Support policies that promote family farms and local food production.

By taking these steps, you can help to create a more sustainable and just food system for yourself, your family, and your community.

## Free Download Your Copy Today

The Corporate Takeover of Food Security and the Family Farm is available now from your favorite bookseller. Free Download your copy today and learn how you can fight back against the corporate takeover of our food system.



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