Calls to Action

Food, health and environmental advocacy come to the forefront with the latest film and book releases and Celiac Awareness Month. BY LAURA SCHOBER

CELIAC AWARENESS MONTH 2017
May is Celiac Awareness Month, and the advocacy and awareness group Beyond Celiac (BeyondCeliac.org) is launching social media initiatives to help engage the celiac community and raise awareness of the genetic autoimmune disease that renders 1% of the population unable to digest gluten. Starting in May, you can follow along using the hashtag, #wiwyk as the not-for-profit will showcase “Stories for Celiac Disease” that will profile the experiences of people living with celiac as well as a Twitter contest, a product of the day and gluten-free recipes.

SUSTAINABLE FARMING
A powerful investigative documentary that explores the future of food and farming, Sustainable (sustainablefoodfilm.com) delves into the economic and environmental problems that are plaguing America’s food system. Director Matt Wechsler focuses the lens on activist farmers who have seen their farms and communities threatened by the demands of big agribusiness. Despite the obstacles they face, the farmers are determined to transform the wilted agricultural landscapes. This film will leave you inspired to not only buy more seasonal produce but also support the efforts of local farmers.

SIMPLE NATURE
In Simple Nature: 150 New Recipes for Fresh Healthy Dishes, celebrated chef Alain Ducasse explores wildly inventive recipe combinations featuring seasonal fare. This beautiful cookbook features hearty one-pot meals, vibrant salads and soul-soothing soups — all divided up according to season — plus tips on cooking with different vegetables and how to reduce waste for eco-friendly meals. Ducasse’s impressive recipes for spring include a Vegetable Clafoutis, a Pasta and Artichoke Gratin and a sweet and simple lime sorbet. By Alain Ducasse ($45, Rizzoli)

THE REDUCETARIAN SOLUTION
The term “reducetarian” refers to someone who is mindfully trying to reduce his or her consumption of animal foods and products, and if you want to get on board, The Reducetarian Solution is a good place to start. Author Brian Kateman, the co-founder and president of the Reducetarian Foundation and an expert on food systems and behavioral change, has compiled 70 essays from food luminaries on how cutting more meat from your diet can help do a world of good, from reducing your carbon footprint and improving the well-being of animals to lowering risk of heart disease. This tome also includes 40 vegan, vegetarian and reduced-meat recipes. By Brian Kateman ($16, TarcherPerigee)