

# OUR RIGHT TO SAFE FOOD

One Day workshop on taking charge of your food



'mothers4safefoods'



# Importance of safe food:-

- Yesterday's rare diseases are today's common curse – heart ailments and cancer, two of the biggest killers today is caused by bad and wrong nutrition.
- “We are what we eat” What we eat determines our health.



# Why are we so sick?

The reason is lack of awareness – we've stopped questioning the food we're made to eat!

- We buy food labeled low fat, reduced sodium, no cholesterol thinking they are good for us – Why?  
Because, new age doctors, researchers, policy makers, scientists say so...
- Yet the instances of acute diseases are on the rise.  
Have you wondered why?



# Have you wondered why?

The new-age diet-dictocrats make no distinction:

- Between whole grain and refined
- Between foods grown organically and those grown with fertilizers and pesticides.
- Between unprocessed dairy products and pasteurized dairy products from confined animals raised on processed feed.
- Between fresh and rancid fats
- Between traditional fresh fruits and vegetables and those that are pesticide laden or genetically altered
- Between range fed meats and those from animals raised in crowded pens
- Between natural and battery produced eggs





**We unravel the myths and truths of refined processed products consumed on a daily basis:**

- Refined vegetable oils
- White sugar
- Synthetic sugar - corn starch
- White salt
- White rice
- White flour/White bread/ White pasta
- Hydrogenated fats
- Snacks designed to kill - biscuits, chips, cakes, candies
- Milk
- Processed grains, seeds and nuts
- Fast food chains and Street foods



- These refined processed products are designed to make life simpler but in reality lead to building the interests of another flourishing industry - the pharmacies and insurance industry!
- Eat healthy these medical practitioners say!
- How do you do this with the rising costs of laden food, gas, medicines and everything else? This is a question often asked by people when considering how to improve their diets.
- However, the real question should be :  
**‘How can you afford NOT to eat healthy with the high costs of being ill?’**



## Workshop content

### a. Introduction to Chemical- free foods

- The food products that adorn our kitchen shelves, myths and truth about Iodized salt, Refined oils, refined sugar, Grains, seeds and nuts, white rice and more
- Food products that adorn super market shelves – what is in a Label, understanding E-numbers and their impacts on health

### b. Finding safe alternatives to the refined, processed foods

### c. Fast food and street food – Their impact and effects on health

### d. Sneaky assault of Genetically modified foods in our food chain and its impacts

### e. From soil to seed to plate - A trail around 'Ishana' farms and Organic splendour of farm fresh lunch is served

### f. Reputed safe food outlet will stock alternatives for purchase

P.S – A minimum of 10 participants to sustain efforts. This can be done at your venue too but without organic lunch. Visual will be shown of Ishana farms on how we as a commune of 18 farmers take charge of our food.

# OUR RIGHT TO SAFE FOOD

Seminars and Conventions conducted to raise awareness







From spiritual leaders, celebrities, scientists, nutritionists, institutions, students and civil groups join our efforts:

**“Have mercy on the planet.  
Stop using Genetically Modified Food”**

**•Sri Sri Ravi Shankar**

Our seeds are our heritage. Through conservation of our traditional seeds we are reclaiming our swabhiman

**•Swami Ramdev**

**“Production and promotion of Genetically Modified Foods  
Is an act of Bio Terrorism. Question is- Should we remain  
mute spectators and let the biotech companies  
use our bodies as their slaves in India”.**

**•Mahesh Bhatt**

**Filmmaker & Producer “ Poison on the Platter”**

For further information log onto -  
[www.indiagminfo.org](http://www.indiagminfo.org)

<http://myrighttosafefood.blogspot.com/>

# OUR RIGHT TO SAFE FOOD

## Posters for a GM-Free India



India's First Bt Brinjal crop will soon slip into your plate without **YOU** even knowing it...

Do you wish to lose this **Extravagant** Biodiversity of Brinjals?

**SAY NO TO GM FOODS**

Wake UP - Rise with an urgency to protect this heritage before it is **too late...**

View :

<http://myrighttosafefood.blogspot.com>

Join the campaign :

[myrighttosafefood@gmail.com](mailto:myrighttosafefood@gmail.com)

Issued in the public interest by :

Coalition for a GM Free-India



# OUR RIGHT TO SAFE FOOD



Do you know this Biodiversity exists  
and is within Your reach?



"Sowing Seeds of  
Consciousness"

Your chance to become  
a Green Gaurdian



Take charge of your food  
to nurture your health

Say NO to GM foods

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