One Day workshop on taking charge of your food

‘mothers4safefoods’
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?
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?’
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.
Seminars and Conventions conducted to raise awareness
“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://myrighttosafefood.blogspot.com/
Posters for a GM-Free India

India’s First Bt Brinjal crop will soon slip into your plate 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

Issued in the public interest by:
Coalition for a GM Free-India
Do you know this biodiversity exists and is within your reach?

"Sowing Seeds of Consciousness"
Your chance to become a Green Guardian

Take charge of your food to nurture your health

Say NO to GM foods

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Issued in the public interest by: Coalition for a GM Free-India
Genetically Modified Foods will soon slip into your plate without YOU even knowing it.

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