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Food: The Ultimate in Leverage

He who controls the food supply can and will control the people. If we take back our agriculture and can buy and raise produce locally, we can begin to break the grip of the corporations that control a food system that is fragile, unsafe and destined for collapse just like our financial system.

If we continue to allow the corporations to decide what we eat and how food is raised, harvested and distributed, then we will bear the burden of high prices and shortages and become dependent on cheap, mass produced food loaded with sugar, fat and salt and open the door to more diabetes, heart disease and high blood pressure.

Already the effects of climate change, droughts and rising fossil fuel costs have wreaked havoc on the environments of millions. One sixth of the world's population, or approximately one billion people, subsist on less than \$1 per day. And out of this number, about 160 million people get by on less than 50 cents a day. How would you like to be in a situation where 60% of your income was spent on food?

Food riots have brought about food rationing , 33 million Americans (one in nine) are on food stamps and in 20 states, as many as one in eight are on food stamps. With an average monthly food stamp benefit of \$113.87 per person, many, many people are without adequate food. Even more depressing is the fact that Congress allocated \$54 billion for food stamps in the current fiscal year, up from \$39 billion, but in the new fiscal year, costs are estimated at \$60 billion.

Throughout history, when food was short, the people revolted. Now, because we've lost the knowhow to feed and clothe ourselves, being self-sufficient will become even harder. The large factory farms have wiped out the small farmers. Our soil has been poisoned with enormous quantities of pesticides and contaminated animals in overcrowded stockyards with a flowing and endless supply of antibiotics, steroids, and growth hormones. The crap that has been pumped into the water systems has caused algae build up and mass dying of fish in the rivers and streams. Because of the blight of changing weather patterns and chemical pollution, crop yields in the Northeast are rapidly becoming less and less. And the Food Modernization Act, another gift from the Washington politicians that serve the big corporations and not the people, means that the small farms will soon be a thing of the past.

The entire economy built around food is unsafe and unethical and it is the food that is the greatest place for communities to start taking back power. Look at reality. The national food system is collapsing. The Central Valley of California produces more than 50% of what we eat. So what happens when gasoline hits \$5 a gallon or a heavy drought blankets the cropland? Chaos happens. This unstable system of food production must be replaced with small, diverse sources that will provide a greater food security.

There was a study done by Cornell University to determine whether or not New York state could feed itself. What they found was even if all agricultural land was used and food distribution was optimized to minimize the total distance that the food needed to travel, New York state could only meet 34% of their total food needs. What's even worse is that New York City, that relied upon New Jersey for food supplies, now has to face the fact that the, if you will pardon the expression, Garden State, has had their farms give way to housing developments. Adding insult to injury is the fact that the upstate farming communities in New York have been gutted by industrial farming.

During the Great Depression days Americans were kept alive because of their ties to the rural farming communities. Families could grow food or rely upon their relatives to help sustain them. But in this world where we are clueless about where our food comes from or how to produce it, we have become extremely vulnerable. And as food prices rise many will have little choice other than to shift to a diet of cheap, fatty, mass-produced foods loaded with sugar, salt, and synthetic chemicals, already a staple of the nation's poor.

Junk food, already a major contributor to obesity, diabetes and heart disease, is often the only food available to those living in the inner cities because decent supermarkets and decent foods are beyond their reach both geographically and financially. And as this blight continues and our economy deteriorates even more, the middle class will soon join their ranks.

When you walk down the street look at people. What you will see are people wasting their bodies just like we waste our land. You will see bodies that are fat, weak, unhappy, sickly and gross. Basically, the cash crop for the manufacturers of the pharmaceuticals. Our bodies have become nothing more than a shipping carton used to transport our brains and our few employable muscles back and forth to work.

The people will eat what the corporation decide what they should eat. They will become detached from what really provides life, they will become the slaves of the producers, and mindless zombies. The concept of the new model farms is to turn us all into machines. How can you mechanize production without mechanizing consumption?

So, the first step is to have the communities take back local food production and in the process, reclaim our lives which has been subjugated by corporate culture and brainwashing. We need to go back to the values that sustain a community. We need to re-connect with nature and life and realize that our existence relies upon our relationship with God and each other. We need to realize that we all have the same Father making us all brothers and sisters in the truest sense of the words. It is this realization that will save us.

If not, then we will continue in an economy that focuses on technology, weapons, bling, and drugs. We will continue to be deprived of clothing, food, shelter and water. We will continue to fight wars just to acquire resources that we never owned anyway. If we adopt the consciousness that we are caretakers and not owners why would there be a need for war? The resources were here long before we got here and will be here long after we are gone. That makes God the true owner.

So, if a nation has a resource we don't have and we have a resource they don't have and we trade, this will bring peace and abundance and no need for wars. The problem is that no one can exploit anyone for money in a culture like this.

Aloha!