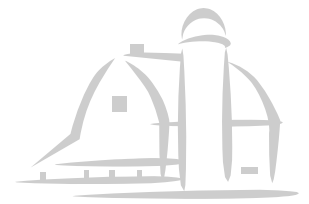


JOIN US TO LEARN ABOUT A DISCUSSION CIRCLE



# MENU FOR THE FUTURE



In this self-facilitated discussion circle on food, you'll have the opportunity to explore everyday ways to live more smartly and mindfully regarding what you eat. Together with other people you'll discuss six sets of provocative readings on the topics below. We offer the structure; you bring your brain and your heart. Attend the introductory meeting to learn more and to decide if you wish to join.

**Date:**

**Time:**

**Place:**

**RSVP:**

Readings are organized into seven sessions:

1. What's eating America
2. Anonymous food
3. Farming for the future
4. You are what you eat
5. Towards a just food system
6. Choices for change
7. Wrap-Up / Call to Action

The discussion guides, published by the Northwest Earth Institute, will be ordered at this meeting (cost: \$20 + s/h). You may share a guide with someone else. **If you cannot attend but are interested in joining this circle, please let the contact person above know. To join another discussion circle, contact us at [circles@simplicity-matters.org](mailto:circles@simplicity-matters.org) or call Lena at 301-432-8721. More info:**

**[www.simplicity-matters.org/info](http://www.simplicity-matters.org/info)**

