

## Food Supply News Sources

### Antibiotic Resistance

- Healthy Food Action: [HealthyFoodAction.org](http://HealthyFoodAction.org)
- Institute for Agriculture and Trade Policy: [iatp.org](http://iatp.org)
- Keep Antibiotics Working: [KeepAntibioticsWorking.com](http://KeepAntibioticsWorking.com)
- Meat Without Drugs: [MeatWithoutDrugs.org](http://MeatWithoutDrugs.org)
- Not in My Food: [Tinyurl.com/NotInMyFoodNoAntibiotics](http://Tinyurl.com/NotInMyFoodNoAntibiotics)

### Fish Food Safety

- Center for Food Safety: [CenterForFoodSafety.org](http://CenterForFoodSafety.org)
- Food and Water Watch: [FoodAndWaterWatch.org](http://FoodAndWaterWatch.org)
- *Food Sleuth Radio* interview with fisherwoman, Anne Mosness: [Tinyurl.com/FoodSleuthRadioAnneMosness](http://Tinyurl.com/FoodSleuthRadioAnneMosness)

### GMOs

- GMO Food Labeling: [JustLabelIt.org](http://JustLabelIt.org)
- GMO OMG: [GMOFilm.com](http://GMOFilm.com)

### Local/Organic

- *Eat Local: Simple Steps to Enjoy Real, Healthy and Affordable Food*, by Jasia Steinmetz: [TableOfTheEarth.com/eat-local-simple-steps](http://TableOfTheEarth.com/eat-local-simple-steps)
- Organic Farming Research Foundation: [ofrf.org](http://ofrf.org)

### Pesticides

- Safe Lawns: [SafeLawns.org](http://SafeLawns.org)
- Xerces Society: [Xerces.org/mission](http://Xerces.org/mission)

### Seed Freedom and Food Choice

- Kitchen Gardeners International: [kgi.org](http://kgi.org)
- National Center for Home Food Preservation: [nchfp.uga.edu](http://nchfp.uga.edu)
- Seed Libraries: [NewDream.org](http://NewDream.org) and [Tinyurl.com/StartLocalSeedLibrary](http://Tinyurl.com/StartLocalSeedLibrary)
- Seed Matters: [Tinyurl.com/SeedMattersCommunityProject](http://Tinyurl.com/SeedMattersCommunityProject)

## Get Your Non-GMOs Here

Reading labels is always a good practice. We can also rely on trusted sources to help us sort out suspect products from the natural whole foods that we know are good for us. Here's a short list of websites and associated apps to help make food shopping a bit easier.

- [CenterForFoodSafety.org](http://CenterForFoodSafety.org); [Tinyurl.com/getCenterForFoodSafetyapp](http://Tinyurl.com/getCenterForFoodSafetyapp)
- [Fooducate.com](http://Fooducate.com); [Tinyurl.com/getFooducateGMOapp](http://Tinyurl.com/getFooducateGMOapp)
- [NonGMOProject.org](http://NonGMOProject.org); [Tinyurl.com/getNonGMOProjectapp](http://Tinyurl.com/getNonGMOProjectapp)
- [NonGMOShoppingGuide.com](http://NonGMOShoppingGuide.com); [Tinyurl.com/getShopNoGMOapp](http://Tinyurl.com/getShopNoGMOapp)
- Also take action at [Buycott.com](http://Buycott.com): [Tinyurl.com/getBuycottGMOapp](http://Tinyurl.com/getBuycottGMOapp)

## Teach Our Children About Food!

- We subject our kids to too much sugar and artificial ingredients that cause inflammation, compromise brain function and upset digestive health;
- Kids need to be reminded that we are all living things. As such, we need to eat other living things;
- Plants and animals need to be ALIVE and free of chemicals. Real, clean, alive food means foods that rot;
- Food needs to be free of chemicals, pesticides, hormones, antibiotics and preservatives;
- The food industry will always tempt us with cheaper, more processed food products;
- make whole, fresh groceries a higher priority in your home;
- Teach them how to cook.

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## The 6 Tastes in Ayurveda

In Ayurveda, food is used to create health and to bring balance to the entire being. Foods have certain **Gunas**-character, influence or impulse. In Yogic philosophy, balancing the 3 gunas is imperative to good health and disease avoidance. The three Gunas are:

*Sattva* = purity, clarity, balance and peace. *Sattvic* foods are of the highest vibration, fresh from the tree or the earth. They contain the most Prana or life giving energy, often vegan. The calming energy of these foods aid meditation practice.

*Tamas* = Inert, heavy or dull. *Tamasic* foods, like meat, are harder to digest and are affected by the quality of life (and death) of the animal in question. A heavy tamasic diet leads to negative thoughts.

*Rajas* = Activity, movement and change. These foods are energizing.

Your diet should be primarily sattvic, with some rajasic and very little tamasic. Balancing your diet in this way will promote good digestion and positive mental focus. A trained practitioner can help you achieve balance and address specific concerns.

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