

Food For Thought Food For Life

A NEW SHORT FILM DIRECTED BY **SUSAN ROCKEFELLER**

ABOUT THE FILM

WE WANT OUR FOOD FAST, CONVENIENT, AND CHEAP, BUT AT what cost? As farms become supersized our environment suffers and so does the quality of our food. **FOOD FOR THOUGHT, FOOD FOR LIFE** starts conversations, inspiring us to think differently about what we eat, and to make changes that will positively impact our health, our earth, and our communities.

FOOD FOR THOUGHT, FOOD FOR LIFE is an art-inspired 20-minute documentary film about the structural causes of our current food system such as commodity agriculture, depleted soil, and urban food deserts and a look at solutions cropping up across the country. It is fast-paced and packed full of powerful information and ideas, stories of change, and a real-time "what you can do right now" message. Statistical infographics and stunning footage are artfully intercut with an all-star cast of interviews, including chef **Dan Barber**, **Poet Wendell Berry** and **MacArthur Award-winning farmer Cheryl Rogowski**. The film also features L.A.-based guerilla gardener **Ron Finley**, **Chef Michel Nischan**, who is starting a food revolution, and teacher **Stephen Ritz**, who creates edible walls in his classroom located in the country's poorest Congressional district.



But, **FOOD FOR THOUGHT, FOOD FOR LIFE** is more than a film. It is a movement to bring everyone to the table to address how we think about, choose, and produce what we eat, and to make lasting changes as individuals, communities, and for our earth.

Through a wide-reaching national outreach and engagement campaign, **FOOD FOR THOUGHT, FOOD FOR LIFE** is partnering with film festivals, nonprofit organizations, consumer brands, international forums, universities, culinary schools, farms, and experts in the field to host screening events across the country and around the world to spark conversations and a greater understanding of our food ecosystem, and to spur individual, community and policy engagement. Farmers, chefs, scientists, and authors will serve as **FFT, FFL Farmer Ambassadors** bringing their experiences and perspectives on the issues to the campaign. As the film makes clear, there is no single solution, but it takes many of us working together to ignite the change.

FOOD FOR THOUGHT, FOOD FOR LIFE is directed by **Susan Rockefeller**, co-produced by **Beth Poague**, co-produced & edited by **Jackie French** and produced in association with **Louverture Films** with the support of **Stone Barns Center for Food & Agriculture**. Featuring the music of **Cloud Cult**. The **FOOD FOR THOUGHT, FOOD FOR LIFE** engagement campaign is led by **Beth Poague** and **For Impact Productions**. Funding provided by **Candescent Films** and **GRACE Communications Foundation** and outreach funds provided by **The Ford Foundation** and **The New World Foundation**.

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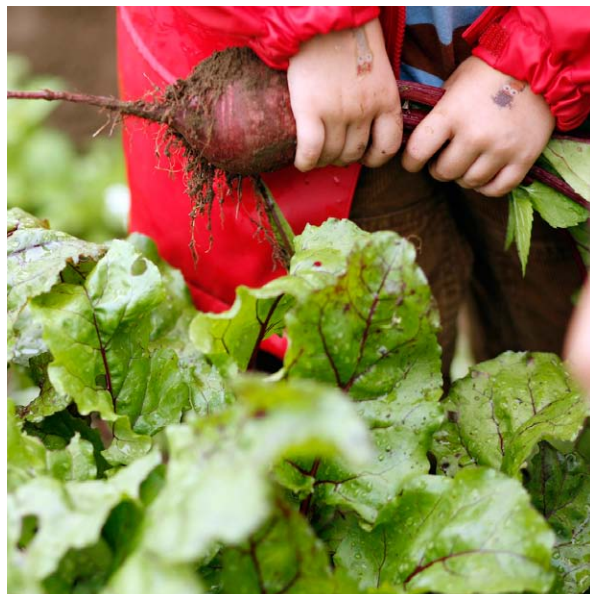
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DIRECTOR'S STATEMENT

I HAVE ALWAYS FELT A CONNECTION TO THE WORLD AROUND me. Nature can heal us and provides us with everything we need to thrive. However, we're putting tremendous pressure on our planet's resources and I'm aware of the many challenges we face. Serving on the boards of **Oceana**, **Stone Barns Center for Food and Agriculture** and **We Are Family Foundation** are some of the ways I am committed to nurturing our planet, but I know that global awareness is paramount to bring about significant change.

My short documentary film, **FOOD FOR THOUGHT, FOOD FOR LIFE**, educates people about the negative impact our current methods of agriculture have on the earth. In addition to providing vital information, the film gives viewers the necessary tools to make a difference in their own lives. It explores the connection between the planet and our health and suggests that strengthening that connection will only benefit our future.

In everything I do – from my previous documentary **Mission of Mermaids** to my jewelry collections – my goal is to start a conversation about the things I'm most passionate about and empower people to take small actions that produce big changes. Conversation leads to collaboration, and together we can find local and global solutions that help the planet and ourselves.



ABOUT THE DIRECTOR SUSAN ROCKEFELLER



SUSAN ROCKEFELLER IS A PRINCIPAL OF **PROTECT WHAT IS PRECIOUS** a company that creates documentaries and inspires fashion accessories to elevate awareness about protecting what is precious to her: family, art and nature. Susan's jewelry and accessories can be found at London Jewelers, Bernie Robbins, Takashimaya and on the company's website. Her films have explored a range of contemporary issues, often using both real life heroes and those of myths to confront issues such as ocean acidification and the future of ocean health, PTSD and the use of music to heal, the confluence of race, poverty and illness, and global food sustainability. Her documentaries have aired on **HBO**, **PBS**, and the **Discovery Channel**. Susan sits on the boards of **Oceana**, **Stone Barns Center for Food and Agriculture**, **We Are Family Foundation** and is a member of **Natural Resources Defense Council Global Leadership Council**. She received her undergraduate degree from **Hampshire College** and her master's degree from **NYU**.

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GET INVOLVED

THERE IS NO SINGLE SOLUTION. WE NEED EVERYONE AT THE TABLE. SMALL CHANGES CAN CREATE BIG, LASTING RESULTS. THERE ARE MANY WAYS YOU CAN GET INVOLVED AND HELP START THE REVOLUTION!

START A CONVERSATION

HOST A **FOOD FOR THOUGHT, FOOD FOR LIFE** SCREENING EVENT IN YOUR COMMUNITY. We are inviting people across the globe to come together to see the film, discuss, learn, and take individual and collective action on issues impacting our food, farming, agriculture, the environment, and our health.



VOTE FOR BETTER FOOD

Each of us has an opportunity to vote for better food—as Michael Pollan says, 'we can vote with our forks three times a day'. We can also vote for better food at the ballot box. Let your lawmakers know that food and agriculture matter!



GET GROWING

Start a garden in your backyard, windowsill, school, office, or local community. Growing just a few herbs or vegetables will help you develop a new relationship with your food and understand the process of growing it.



RESTORE OUR SOIL

Soil holds the key to our collective food future and environmental health. Sustainable farming practices help protect and restore soil, and from composting and purchasing in-season produce to soil education, we can all do our part to help restore this precious and vital resource.



GET HEALTHY

Each meal is a chance to support the change you want to see. Cooking with whole ingredients, reducing the amount of meat in your diet, and incorporating a wide variety of vegetables are great places to start!



KNOW YOUR FARMER

Learn the story behind your food: who grew it, where it was grown, how it was grown, and how it got to you? Support farmers who care for our health and the health of our land.



DIG DEEPER

Get educated about food and farming by talking to farmers, grocers, and food servers to learn more about where your food comes from.

FOR MORE INFORMATION, HELPFUL LINKS, AND RESOURCES VISIT:

WWW.FOODFORTHUGHTFILM.COM

WWW.FACEBOOK.COM/FOODFORTHUGHTFILM

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