

Food for Thought

It is an undeniably hectic lifestyle which we humans exude on a daily basis. Extracting just one aspect out of millions, in this piece of constructively critical piece of literature, I will talk about our food. What about it?

Food is one of the basic, most necessary requirements for oneself: one needs continuous nourishment in order to lead and sustain a healthy lifestyle which could benefit himself and those around him. But, it all boils down to one's interpretation of the word 'healthy'. Is it deemed fit for an item of food to be beneficial just for me? Is that considered selfish? No, not at all, because since you can't please everyone in life, you just have to settle with pleasing yourself. But in a way it is. What if we exploit natural resources so much as to the extent that they are exhausted due to our irresponsible actions? What if the only food which would be available for our sustenance are synthetic, laboratory-modified and produced items which were the ultimate-failure result of trying to reproduce nature?

However, not to despair. Before it was going to be too late, people are finally realising that their actions can speak louder than words and promise a better future.

As is written (and quoted) on the European Union website:

The broad choice of material and the improved testing requirements will contribute to protection of biodiversity and to breeding oriented towards sustainable agriculture.

-http://ec.europa.eu/dgs/health_consumer/pressroom/animal-plant-health_en.htm

With a petition from European people, this was thankfully overthrown and was not put to effect. This would have meant that the European Union bans all untested varieties of crops, leading to a major downfall in many endemic species in different farms and fields.

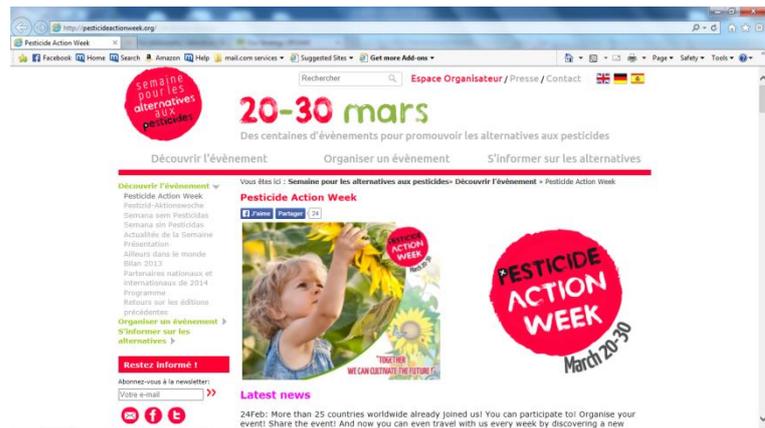
'By this the longstanding engagement of organisations and groups which are dedicated to the maintaining and broadening of diversity, which are working for farmers rights to produce,

exchange and use their seed or which are breeding varieties for ecofarming was successful.'

-<http://www.seed-sovereignty.org/EN/>

That was one giant step in which the people put in their effort to contribute to what other people have to decide for them. After all, MEPs are representing the people, and they need to know what the people want. This was a solid step in which the citizens shouted out for their rights in regards to the food industry.

Apart from that, on a food related topic but not as such having to do with the European Union, is the introduction, or rather, the recent promotion of pesticide-free organic farming. Paraphrasing the aim of this campaign, it is an annual event held on the first 10 days of spring to raise awareness on impacts which synthetic pesticides could have on our health and on the environment. It also promotes alternative solutions to the use of man-made harmful pesticides, and trying to compile and build a pesticide-free world which could benefit everyone in it. If one gives a bit of thought to the issue,



www.pesticideactionweek.org

one realises that the workers in industrial farms are not allowed to touch the chemicals sprayed on the crops, yet the consumer is encouraged to buy it! The ultimate goal is attempted-at in several ways: workshops, conferences, film shows, organic cooking classes and an endless number of activities one could easily engage in to at least try to have a part in this potential agriculturally (if not holistically) perfect world. In fact, this campaigning week is being held from the 20th March to the 30th March in 2014, in Malta it is being held in Mistra Bay, St Paul's Bay. It is an event which is worthwhile participating in; it enlightens us of our required input and how we can formulate a better food industry based on our options in food selection. Healthier options are being

offered currently, as seen from the commencement of environmentally friendly restaurants, such as Angka Cafe Rejuvenation Centre and Green Clinic:

Our Eco-Social project is the first alternative public eating place in Malta. Based on a concept of 'Conscious Eating' and "Live" food which is pure, tasty and nutritious. We prepare food using unique eco-technology methods of preparation and a special perspective on nutrition which safeguards the nutritional content. The emphasis is on unrefined and chemical free food.

-<http://angkacafe.com/our-food-concept/>

Encouragement to sustain organic farming; which produces chemical-free food, is on the rise. Billboards, advertisements, workshops, television, radio programs and so much more, are advocating the use of natural pesticides, to continue the natural cycle and provide Earth with the same nourishment which Earth has provided us. No 'added' items, no 'fortified', no expiry date needs to be printed. The true meaning of organic farming is something which is being favoured more and more, though in countries where there are no incentives to encourage people to farm in an organic fashion, it is not as feasible for the farmer. Albeit, the action of the citizens ultimately depends on the government. The government hierarchly depends on the European Union (where applicable) - therefore the action of one, results in the benefit of many, and by ensuring certain measures are taken within its countries, the EU can contribute greatly to an organic world, one in which there is a harmonical cycle of holistic wellbeing, both from our perspective and of the environment's, which unfortunately is vulnerable to whatever we deliberately decide in its name. If we decide to exploit and literally steal with brutality whatever nature humbly offers us, we then have no one to blame but ourselves for the destruction of the very world we live in.

Through both of these different perspectives concerning the same life sustaining entity, it is clear that people want a better world. If we continue our irresponsible way of living, we will not survive much longer. It is high time we stop being selfish; start being empathical and feel remorse as to what our previous actions have concluded in. Just as so to shock us into reality and continue walking; if not running; in the right direction.