

Farming, Unemployment, The Economy, and Just Feelin' Good!

Our economy is in a crisis. People are losing their jobs. Family farms are being sold off. And people just aren't eating right. Is this a disaster, or is it a huge opportunity in disguise? Well, let's take a look...

Are Health & Diet Linked?

First of all, a growing number of people are beginning to understand the link between a bad diet and bad health. The numbers are all around us...a growing problem with obesity, diabetes on the rise, heart disease increasing, and it goes on and on. Does this mean people have become so stupid that they no longer can eat right? Or, are they trapped in an "industrial food system" that just keeps getting worse, with no way out?

We don't even have to mention listeriosis, e-coli in the water and lettuce, and a host of other food issues that have grabbed headlines in the recent past. The media folks have already done their typical "hit and run" on those. The problem goes much deeper than that.

Processed Food – Once A Treat, Now The Norm

Much of our food has become so processed and laden with things that are bad for us that our bodies are now paying for it, in spades. It will only get worse as the current generation of young people grow up ingesting a steady diet of this crap.

How we got to this point is another story but the fact is, we consume dangerous amounts of things like lethal sweeteners (high fructose corn syrup, for one), colorants, hormones, antibiotics, and other manmade additives in our everyday food. It's not just fast food – it's literally everywhere. Just look at the list of ingredients on products in a typical supermarket shelf. Can you understand all the names? Can you even pronounce them? Of course not! How about the stuff they feed the cattle that end up in the meat section of the same supermarket? Cows were meant to eat grass, not grains, hormones, and antibiotics. As a result, regular commercial beef is less healthy than natural, grass-fed beef. Ditto for pork, chickens, and turkeys too.

Natural Foods Are Hard To Find

If people were to move their diets toward pure, natural, and whole foods, their overall health would be vastly improved. The problem is, how do we do this? Where can we buy these types of foods? Well ironically enough, pure and natural (i.e, "real") foods have become specialty items. They are hard to find, expensive to buy, and just, well..."weird" to many Canadians whose "food awareness" is far too low for their own good.

There is some talk of getting to the “root causes” of the auto industry's problems. What about health and food? Why isn't this a subject for a similar level of attention? After all, it affects everyone in the country – young and old, rich and poor, urban and rural...everyone!

We're Evolving But Are We Progressing?

In the 1930s, 1 out of every 3 Canadians lived on a farm. Today, it's around 1 in 75! Our food is virtually produced in factories, not on farms!

If Canada were to “step back into the future” and move toward producing more of our food on a local basis, we would solve a lot of problems beyond the health issue. If we went back to producing food on family farms, we would become a healthier nation (with a corresponding reduction of pressure on our health care system), our greenhouse gas emissions would be reduced (shipping biscuits halfway across the continent from Toronto to Dog River, Saskatchewan wouldn't be necessary), more jobs would be created in local/rural areas, and the growing pressure on urban infrastructures would be eased.

Where Are The Law Makers On This?

So why aren't we hearing more about this from our politicians as they grapple with the economic problems of the day? Is there any other single sector of the economy that could have so many positive impacts on our lives?

We need a comprehensive plan to make it all happen – education, training, research, and much more, but it's all possible. And it would all be worth it.

C'mon Parliament...it's a real issue. It's for the “common good.” Why don't you think about investing some of our hard-earned cash in something that will have long-lasting and sustainable benefits for every living, breathing person in the country? We all gotta' eat, so let's get growing!

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