Brittany's top picks for foodie-movies, Summer 2015

Brittany, the unofficial MPL Netflix Guru and foodie-movie buff

TedTalks are a great resource and they are short. One idea is listing a 60 minute event on the calendar that starts with one of these TedTalks followed by a discussion.

https://www.ted.com/playlists/75/what_s_wrong_with_what_we_eat

Here are a list of food documentaries. This (*) means Brittany has seen it, and this (**) means she highly recommends it. I also hyperlinked the title to go to the IMDB page that features trailers so your team/residents can decide what they are most interested in.

1. **Food Inc. – focuses on the food industry in the US
2. Food Fight – political documentary about organic food
3. *Sushi: The Global Catch – history of sushi and how it's popularity (specifically Blue Fin Tuna) is unsustainable
4. Farmageddon – this is about the healing experience of individuals who've switched to natural foods and the resistance they face from the government
5. **Somm – this is about the Master Sommelier exam. One of my favorite documentaries, although it wouldn't necessarily encourage healthier eating J
6. *Super Size Me – Morgan Spurlock lived off of McDonald's for a month – shows his decline in health
7. *Vegucated – This focuses mainly on the cruelty to animals in our food system. Definitely bias and political. It's the reason I don't eat meat anymore.
8. **Forks Over Knives – Great documentary about the plant-based eating
9. *King Corn – this focuses on GMO's and government kickback for big crops like corn
10. ** Hungry for Change – this is a documentary about food and health
11. More Than Honey - An in-depth look at honeybee colonies in California, Switzerland, China and Australia.
12. *Fat, Sick, and Nearly Dead – a powerful documentary about juicing to heal
13. **Fed Up – fabulous movie about the amount of sugar consumed by Americans