

The Green Notebook

Food & Water Watch Great Resource

Thank goodness there are organizations out there like Food and Water Watch, a non-profit consumer organization that works to ensure clean water and safe food. This consumer advocacy group works to challenge the corporate control and abuse of our food and water resources by empowering people to take action and by transforming the public consciousness about what we eat and drink.

I wanted to highlight their website, www.foodandwaterwatch.org, because it has several very useful resources. They have sections on food, water and fish, including a tips and tools feature. Here you can find information about how to decode food labels, how to buy smart and safe seafood, how to choose a water filter, how to find out where your produce really comes from and why tap water is better for you and the environment.

You can read blogs and sign up for email updates to keep up on the latest alerts, actions and current events, like the latest on BP's Atlantis oil project in the Gulf or the Healthy School Milk or Bust tour which is traveling across the country.

Another section devoted to EcoEats contains sustainable food recipes and offers other cooking advice as well as a summer cooking school.

Again, I am so glad there are concerned groups out there taking action on our behalf to keep our food and water resources safe—an uphill battle at times, I am sure. This site, and this organization, is certainly worth your time and support. Have a look!