

"Food Inc."

August '09

Having read Michael Pollan's [In Defense of Food](#) and Barbara Kingsolver's [Animal, Vegetable, Miracle](#), it seemed to make sense to see the documentary, "Food Inc." For some time it appeared that "Food, Inc. wasn't going to make it to Ventura County; however, it arrived and two nights ago my husband, two sons and I saw it. We were not disappointed, though there were only six other people in the theater with us. I'm writing this hoping more people make the effort to see it.

"Food, Inc." is not designed to entertain, but to inform. John Anderson wrote in his 2008 (September 11th) review in Variety "[With a constituency limited to anyone who eats, "Food, Inc." is a civilized horror movie for the socially conscious, the nutritionally curious and the hungry. Yes, it has a deceptively cheery palette, but helmer Robert Kenner's doc \[sic: documentary\] -- which does for the supermarket what "Jaws" did for the beach -- marches straight into the dark side of cutthroat agri-business, corporatized meat and the greedy manipulation of both genetics and the law. Doc biz may be in the doldrums, but "Food, Inc." is so aesthetically polished and politically urgent, theatrical play seems a no-brainer, though it won't do much for popcorn sales.](#)"

"Food, Inc." is an eye-opener, even for the health and environmentally conscious. If nothing else *seeing* is a much more intense experience than reading . The film lays out all of the issues clearly, providing a comprehensive understanding rather than focusing simply on controversial details. At the same time, it offers hope. With awareness, we are empowered to choose new behaviors that will benefit our personal health, the health and safety of others and our environment. We are so fortunate in California to have so many healthy food choices.*

"Food, Inc." is now playing at Paseo Camarillo Theater in Camarillo through Thursday, August 20.

[Paseo Camarillo Theater](#)

[For Other Locations](#)

*For some of these choices click below:

[Local Harvest](#)

[McGrath Family Farm](#)

[Mano Farm](#)

[Rio Gozo Farm](#)

* * January 2012: Still available on DVD