**Food:are w**e **what we eat?**

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recording, editing and directed: Toni Dimitrov  
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subject: Healthy and unhealthy food. Vegetarian or meat.Organic or GMO. There are lots of debates about the food recently. Everybody has its own lifestyle and habits of eating. Somebody is starving, trying to survive and somebody has in abundance, throwing lots of eatable food. We raise a question: where our food is coming from? Is it healthy? Is our soil clean? Should we treat the animals like we do just to fulfill our gastronomical wishes? If we again stand behind the Ludwig Feuerbach’s famous quote “We are what we eat”, than we can ask ourselves: Who we are today?

***Script of the sound work:***

***Narrator***:

Healthy and unhealthy food.Vegetarian or meat.Organic or GMO. There are lots of debates about the food recently. Everybody has its own lifestyle and habits of eating. Somebody is starving, trying to survive and somebody has in abundance, throwing lots of eatable food. We raise a question: where our food is coming from? Is it healthy? Is our soil clean? Should we treat the animals like we do just to fulfill our gastronomical wishes? If we again stand behind the Ludwig Feuerbach’s famous quote “We are what we eat”, than we can ask ourselves: Who we are today?

We spoke to several activists, members of food cooperatives and producers, people who pay attention to nutrition, but also the environment around them, on these burning issues. Organic versus genetically modified, vegetarian versus meat, small agricultural cooperatives, as opposed to mass production... how to overcome the problem of hunger and to increase the quality of our lives through higher quality food. We may not solve the problems immediately, but the changes should start from us. Let's hear what is their attitude about the question - whowe are today?

***Ile, organic food producer:***

It is important to transfer the message, actually there are several messanges: respect to the animals and the nature in general, and making healthy lifestyle opposite to the current trends of processed foods, usage of dead food, even harmful food. You know, the industry of food has its own priorities, and those priorities are not the health of the people, but the profit! And unfortunately we are witnessing epidemies of diseases, that are maybe not directly caused, but of course assisted by the food industry and all those chemicals that are added in the foods, making it dead, with which it can stay on the store shelves 6 months or even a year.

***BiljanaFilipovska, co-founder of the first food cooperative:***

GMO or the genetically modified organisms versus the organic, can any of those feed the humanity and the planet? The answer is not into the one or the other. Firstly let’s talk about GMO. If it was natural, the nature itself would consider it as a system. The fact that it was artificially made from the humans, changing and mixing the genes from other organisms, for me is a fact that the GMO shouldn’t be a topic of discussion at all! And the answer for feeding the planet lay in the small local alternative models of cooperatives. Today we are witnessing how much food is thrown in the garbage, how much food is treated wrongly. There are tons and tons of wheat thrown in Africa,tons and tons of bread thrown in Vienna every day…

***Ile, organic food producer:***

The point is to make the period from the production of the food product to the moment of its consumption shorter, in order to maximize their nutritive value. Preserving or canning the food is sometimes good, but in a natural way with fermentation, like pickling, fermenting of the milk like yogurt or cream milk. Even though that fermentation provides even bigger usage of the nutritive values and decreasing of those unwanted effects like those from the lactose.

***BiljanaFilipovska, co-founder of the first food cooperative:***

In general it’s not clear to the landholders what organic is and there are various comments. Some of them say: everything that we had produced so far was organic. They see to these new things and the organic with fun and say like: we grown up our grandchildren all on organic. But it is one thing to grown up products in a small garden, from where you’ll fed your family but completely another to do it on a bigger land.

Another thing is the reliability, how much can you count on those producers as they are insecure suppliers. Sometimes the smaller producers have, but sometimes they don’t have the products, but the bigger are of course more secure. So sometimes we face with that they deliver the supplies, more regularly, faster, easily and frequently, without additional costs for transport. And with the smaller suppliers you have the whole logistic situation, where you have to organize all that by yourself, which of course we do because we believe in that. But I think that if the smaller producers will be more organized themselves in communities or cooperatives of producers, for us will be of course easier as buyers.

What is most important for us about the cooperative ‘Good soil’ is the local producing and through that we influence on the human and natural sustainability all together. The organic is loosing its organic part if you transport it on long distances. The transport emits kerosene, CO2, pollution; it has been transported across the ocean to be consumed by somebody on another continent. That is a commercial organic and we don’t support that. Because of those reasons we only support local products and we don’t plan to import or export. We trust in small local communities where there will be also exchange, and not only buy and sell. That is our wider and long-term concept.

***BiljanaBuzarovska, active member of thefirst food cooperative:***

These baskets are baskets for our members, the members of the cooperative. Every Thursday they get seasonal fruits and vegetables, depending what our suppliers are delivering to us. We try every Thursday to be something different, not the same things, the food to be more diverse. Everything is local, from Macedonia, and everything is seasonal. Everything is fresh. Our aim is to make people learn when it is normal to eat strawberry, when it is normal to eat pumpkin, when carrot, raspberry, in opposite to buying strawberries in winter that looks like rubber or taste like plastic. The choice is ours, because it is conditioned by the offer. We still lack on offer, there are still small amount of producers that produces organic food. And the best things that they offer and we find, we bring to the cooperative, depending on the quantities they have, as the number of our baskets is growing, so that’s why the number of the products is growing.

***Ile, organic food producer:***

Today the farms are mass concentration camps for the animals. They are locked in cages, stimulated with hormones, with artificial light. Those poor animals don’t know when it is day, when it is night, its day all the time for them. They are in such a stress and stimulance for production that their life cycle is maximum one year. Of course animal that is under stress cannot give healthy product. It can give product full of stress hormones… there are also so much harmful GMO products added in their food, like in the soy beans that they use for bigger protein addition into their food. And unfortunately those eggs, like they are, stay additional months in the supermarket shelves. We don’t talk about healthy product here, but that’s why it is cheap, because the production is big. People are get use to that they consume cheap but really unhealthy food. That is most obviously the logic of the big food industry.

***BiljanaBuzarovska, active member of thefirst food cooperative:***

Of course, the GMO is a real deal to wipe the hunger from the world in a very short period of time and to gain as sick population as can be, as much unhealthy people, death rate to be risen… Its of course a real deal…

The people themselves come here and say that the organic tastes different. And the people get use to this, how to say new tastes very quickly. New… they are actually already forgotten. We knew this tastes, but under this mass production of fruits and vegetables and import of all that crap from who knows where, we started to forget this natural tastes… how the real tomato smells, how onion tastes or the apple. And with these products you can taste the real taste.

***Ile, organic food producer:***

In general about the products that people should consume we have to ask who we really are as a biological species. Are we creatures that evolved by eating meat food, plants or mixed. I’m supporter of the thesis that we are mostly or completely vegetarian. My personal experience of decade and a half is that human can be perfectly healthy and in good physical condition without a need of using animal products.