

White Bread A Social History Of The Store Bought Loaf

Swetha Anthony, Elizabeth M. Schmidt

White Bread A Social History Of The Store Bought Loaf:

White Bread Aaron Bobrow-Strain, 2012-03-06 The story of how white bread became white trash this social history shows how our relationship with the love it or hate it food staple reflects our country's changing values In the early twentieth century the factory baked loaf heralded a bright new future a world away from the hot dusty dirty bakeries run by immigrants Fortified with vitamins this bread was considered the original superfood and even marketed as patriotic while food reformers painted white bread as a symbol of all that was wrong with America So how did this icon of American progress become white trash In this lively history of bakers dietary crusaders and social reformers Aaron Bobrow Strain shows us that what we think about the humble puffy loaf says a lot about who we are and what we want our society to look like It teaches us that when Americans debate what one should eat they are also wrestling with larger questions of race class immigration and gender As Bobrow Strain traces the story of bread from the first factory loaf to the latest gourmet pain au levain he shows how efforts to champion good food reflect dreams of a better society even as they reinforce stark social hierarchies The history of America's love hate relationship with white bread reveals a lot about contemporary efforts to change the way we eat Today the alternative food movement favors foods deemed ethical and environmentally friendly and fluffy industrial loaves are about as far from slow local and organic as you can get Still the early twentieth century belief that getting people to eat a certain food could restore the nation's decaying physical moral and social fabric will sound surprisingly familiar Given that open disdain for unhealthy eaters and discrimination on the basis of eating habits grow increasingly acceptable White Bread is a timely and important examination of what we talk about when we talk about food

Geographies of Race and Food Rachel Slocum, Arun Saldanha, 2016-04-15 While interest in the relations of power and identity in food explodes a hesitancy remains about calling these racial What difference does race make in the fields where food is grown the places it is sold and the manner in which it is eaten How do we understand farming and provisioning tasting and picking eating and being eaten hunger and gardening better by paying attention to race This collection argues there is an unacknowledged racial dimension to the production and consumption of food under globalization Building on case studies from across the world it advances the conceptualization of race by emphasizing embodiment circulation and materiality while adding to food advocacy an antiracist perspective it often lacks Within the three socio physical spatialities of food fields bodies and markets the collection reveals how race and food are intricately linked An international and multidisciplinary team of scholars complements each other to shed light on how human groups become entrenched in myriad hierarchies through food at scales from the dining room and market stall to the slave trade and empire Following foodways as they constitute racial formations in often surprising ways the chapters achieve a novel approach to the process of race as one that cannot be reduced to biology culture or capitalism

Gastrofashion from Haute Cuisine to Haute Couture

Adam Geczy, Vicki Karaminas, 2022-11-03 For hundreds of years consumers and scholars have acknowledged that food is

affected by the same rapid shifts in taste and consumption as clothing Trends in fashion and in food are increasingly being marketed in tandem and sold as fashionable commodities to reinforce capitalist power Yet despite this the reciprocal relationship between fashion and food has not been fully explored until now Gastrofashion from Haute Cuisine to Haute Couture examines the relationship between food and fashion in clothing style and dress in all its manifestations from the restaurant to the catwalk to cookbooks diet fads slow food fast fashion celebrity chefs artists and musical performers It traces the relationship between food and fashion back to the Middle Ages to the rise of social refinements in manners speech clothing and taste when behaviours and appearances reflected social status and propriety and where the social display of wealth and privilege were inseparable from food and clothing Nowadays designer eateries such as Pasticceria Prada and Armani Ristorante and the display of food on fashion catwalks are the precursors of the restaurants of pre Revolutionary France and the spectacles of world fairs and exhibitions This much needed book offers a substantive and incisive discussion for all those interested in the complex interrelationship between food and fashion scholars students and general readers alike

Upsetting Food Jeffrey Haydu,2021-05-28 Compares U S food reform campaigns through historical social movements each driven by capitalism but shaped by activism Every Nation Has Its Dish Jennifer Jensen Wallach,2018-11-13 Jennifer Jensen Wallach s nuanced history of black foodways across the twentieth century challenges traditional narratives of soul food as a singular style of historical African American cuisine Wallach investigates the experiences and diverse convictions of several generations of African American activists ranging from Booker T Washington and W E B Du Bois to Mary Church Terrell Elijah Muhammad and Dick Gregory While differing widely in their approaches to diet and eating they uniformly made the cultivation of proper food habits a significant dimension of their work and their conceptions of racial and national belonging Tracing their quests for literal sustenance brings together the race food and intellectual histories of America Directly linking black political activism to both material and philosophical practices around food Wallach frames black identity as a bodily practice something that conscientious eaters not only thought about but also did through rituals and performances of food preparation consumption and digestion The process of choosing what and how to eat Wallach argues played a crucial role in the project of finding one s place as an individual as an African American and as a citizen

The McDonaldization of Society George Ritzer,2020-12-03 George Ritzer's seminal work of critical sociology. The McDonaldization of Society continues to stand as one of the pillars of modern sociological thought Building on the argument that the fast food restaurant has become the model for the rationalization process today this book links theory to contemporary life in a globalized world and resonates with students in a way that few other books do Personal Effects Nancy Caronia, Edvige Giunta, 2014-10-15 Celebrating one of the most important Italian American female authors of our time Personal Effects offers a lucid view of Louise DeSalvo as a writer who has produced a vast and provocative body of memoir writing a scholar who has enriched our understanding of Virginia Woolf and a teacher who has transformed countless lives

More than an anthology Personal Effects represents an author case study and an example for modern Italian American interdisciplinary scholarship Personal Effects examines DeSalvo s memoirs as works that push the boundaries of the most controversial genre of the past few decades In these works the author fearlessly explores issues such as immigration domesticity war adultery illness mental health sexuality the environment and trauma through the lens of gender ethnic and working class identity Alongside her groundbreaking scholarship DeSalvo's memoirs attest to the power and influence of this The Lost Supper Taras Grescoe, 2023-09-19 A New Scientist Globe and Mail and Eater feminist Italian American writer Best Book of 2023 In the tradition of Michael Pollan Anthony Bourdain and Mark Bittman a surprising flavorsome tour of ancient cuisines Kirkus STARRED from Neolithic bread to ancient Roman fish sauce and why reviving the foods of the past is the key to saving the future A fascinating look at the people who are keeping these ancient food traditions alive against the odds while offering a rough roadmap toward a more sustainable food ecosystem Eater Many of us are worried or at least we should be about the impacts of globalization pollution and biotechnology on our diets Whether it s monoculture crops hormone fed beef or high fructose corn syrup industrially produced foods have troubling consequences for us and the planet But as culinary diversity diminishes many people are looking to a surprising place to safeguard the future into the past The Lost Supper explores an idea that is quickly spreading among restaurateurs food producers scientists and gastronomes around the world that the key to healthy and sustainable eating lies not in looking forward but in looking back to the foods that have sustained us through our half million year existence as a species Acclaimed author Taras Grescoe introduces readers to the surprising and forgotten flavors whose revival is captivating food lovers around the world ancient sourdough bread last baked by Egyptian pharaohs raw milk farmhouse cheese from critically endangered British dairy cattle ham from Spanish pata negra pigs that have been foraging on acorns on a secluded island since before the United States was a nation and olive oil from wild olive trees uniquely capable of resisting quickly evolving pests and modern pathogens From Ancient Roman fish sauce to Aztec caviar to the long thought extinct silphium The Lost Supper is a deep dive into the latest frontier of global gastronomy the archaeology of taste Through vivid writing history and first hand culinary experience Grescoe sets out a provocative case in order to save these foods he argues we ve got to eat them Published in partnership with the David Suzuki Institute Beyond the Superficial: Making Sense of Food in a Globalized World Swetha Anthony, Elizabeth M. Schmidt, 2019-01-04 This volume was first published by Inter Disciplinary Press in 2016 The ten essays which make up this volume create a delectable salad which stands out both in taste and appeal through a multifarious exploration of themes enriching the all inclusive discourse on food Rather than reiterating the debates that have been hashed and re hashed in various disciplines the essays compiled here explore novel ideas and spark unique discussions regarding the situatedness of food in everyday life using parameters such as culture identity space and taste Employing unique inter and intra disciplinary methodologies and critical approaches each article explores the evolution of definitions of food cuisine and foodways and

focuses on the ways in which discussions about food have moved beyond the superficial food as a means of survival to play a role in economic social political cultural and ideological realms By transcending boundaries of discipline methodology and interest areas this compilation will appeal to the tastes of anyone interested in food **Cuisine and Empire** Rachel Laudan, 2015-04-03 Rachel Laudan tells the remarkable story of the rise and fall of the world's great cuisines from the mastery of grain cooking some twenty thousand years ago to the present in this superbly researched book Probing beneath the apparent confusion of dozens of cuisines to reveal the underlying simplicity of the culinary family tree she shows how periodic seismic shifts in culinary philosophy beliefs about health the economy politics society and the gods prompted the construction of new cuisines a handful of which chosen as the cuisines of empires came to dominate the globe Cuisine and Empire shows how merchants missionaries and the military took cuisines over mountains oceans deserts and across political frontiers Laudan's innovative narrative treats cuisine like language clothing or architecture as something constructed by humans By emphasizing how cooking turns farm products into food and by taking the globe rather than the nation as the stage she challenges the agrarian romantic and nationalistic myths that underlie the contemporary food movement

Proteins, Pathologies and Politics David Gentilcore, Matthew Smith, 2018-12-13 Proteins Pathologies and Politics presents an international and historical approach to dietary change and health contrasting current concerns with how issues such as diabetes cancer vitamins sugar and fat and food allergies were perceived in the 19th and 20th centuries Though what we eat and what we shouldn t eat has become a topic of increased scrutiny in the current century the link between dietary innovation and health disease is not a new one From new fads in foodstuffs through developments in manufacturing and production processes to the inclusion of additives and evolving agricultural practices changing diet changes often promised better health only to become associated with the opposite With contributors including Peter Scholliers Francesco Buscemi Clare Gordon Bettencourt and Kirsten Gardner this collection comprises the best scholarship on how we have perceived diet to affect health The chapters consider the politics and economics of dietary change the historical actors involved in dietary innovation and the responses to it the extent that our dietary health itself a cultural construct or even a product of history This is a fascinating and varied study of how our diets have been shaped and influenced by perceptions of health and will be of great value to students of history food history nutrition science politics and sociology White Bread Zona Gale, 2020-12-08 In her poignant novella White Bread Zona Gale explores the complex dynamics of small town life in early 20th century America Through her masterful use of naturalistic dialogue and vivid characterization Gale delves into themes of socio economic disparity gender roles and the quest for personal identity. The narrative follows a cast of relatable characters whose lives are intertwined in a Midwestern community revealing the subtleties of their desires and the societal constraints that shape them The book s literary style echoes the regionalism popular in her era providing a lens into the everyday struggles and triumphs of ordinary people while reflecting broader societal changes Zona Gale was not only a

pioneering novelist but also a committed social activist with a deep understanding of the intricacies of human relationships Her experiences growing up in Portage Wisconsin informed her portrayal of small town America allowing her to provide a nuanced perspective on the lives of women and working class families This intimate knowledge of her surroundings is skillfully woven throughout the narrative enhancing its authenticity and emotional impact White Bread is highly recommended for readers interested in American literature particularly those exploring themes of place identity and the interplay of individual aspirations against social expectations Gale's ability to encapsulate the essence of her characters and their environment makes this work a significant contribution to the canon of early 20th century literature In this enriched edition we have carefully created added value for your reading experience A succinct Introduction situates the work s timeless appeal and themes The Synopsis outlines the central plot highlighting key developments without spoiling critical twists A detailed Historical Context immerses you in the era's events and influences that shaped the writing A thorough Analysis dissects symbols motifs and character arcs to unearth underlying meanings Reflection questions prompt you to engage personally with the work s messages connecting them to modern life Hand picked Memorable Quotes shine a spotlight on moments of literary brilliance Interactive footnotes clarify unusual references historical allusions and archaic phrases for an effortless more informed read Canned Anna Zeide, 2018-03-06 2019 James Beard Foundation Book Award winner Reference History and Scholarship A century and a half ago when the food industry was first taking root few consumers trusted packaged foods Americans had just begun to shift away from eating foods that they grew themselves or purchased from neighbors With the advent of canning consumers were introduced to foods produced by unknown hands and packed in corrodible metal that seemed to defy the laws of nature by resisting decay Since that unpromising beginning the American food supply has undergone a revolution moving away from a system based on fresh locally grown goods to one dominated by packaged foods How did this come to be How did we learn to trust that food preserved within an opaque can was safe and desirable to eat Anna Zeide reveals the answers through the story of the canning industry taking us on a journey to understand how food industry leaders leveraged the powers of science marketing and politics to win over a reluctant public even as consumers resisted at every turn Food and Femininity Kate Cairns, Josée Johnston, 2015-09-24 Over the space of a few generations women s relationship with food has changed dramatically Yet despite significant advances in gender equality food and femininity remain closely connected in the public imagination as well as the emotional lives of women While women encounter food related pressures and pleasures as individuals the social challenge to perform food femininities remains as the nurturing mother the talented home cook the conscientious consumer the svelte and health savvy eater In Food and Femininity Kate Cairns and Jos e Johnston explore these complex and often emotionally charged tensions to demonstrate that food is essential to the understanding of femininity today Drawing on extensive qualitative research in Toronto they present the voices of over 100 food oriented men and women from a range of race and class

backgrounds Their research reveals gendered expectations to purchase prepare and enjoy food within the context of time crunches budget restrictions political commitments and the pressure to manage health and body weight The book analyses how women navigate multiple aspects of foodwork for themselves and others from planning meals grocery shopping and feeding children to navigating conflicting preferences nutritional and ethical advice and the often inequitable division of household labour What emerges is a world in which women s choices continue to be closely scrutinized a world where failing at food is still perceived as a failure of femininity A compelling rethink of contemporary femininity this is an indispensable read for anyone interested in the sociology of food gender studies and consumer culture MacAllen, 2022-04-04 Tells the story of Italian food arriving in the United States and how your favorite red sauce recipes evolved into American staples In Red Sauce Ian MacAllentraces the evolution of traditional Italian American cuisine often referred to as red sauce Italian from its origins in Italy to its transformation in America into a new distinct cuisine It is a fascinating social and culinary history exploring the integration of red sauce food into mainstream America alongside the blending of Italian immigrant otherness into a national American identity The story follows the small parlor restaurants immigrants launched from their homes to large popular destinations and eventually to commodified fast food and casual dining restaurants Some dishes like fettuccine Alfredo and spaghetti alla Caruso owe their success to celebrities and Italian American cuisine generally has benefited from a rich history in popular culture Drawing on inspiration from Southern Italian cuisine early Italian immigrants to America developed new recipes and modified old ones Ethnic Italians invented dishes like lobster fra Diavolo spagnetti and meatballs and veal parmigiana and popularized foods like pizza and baked lasagna that had once been seen as overly foreign Eventually the classic red checkered table cloth Italian restaurant would be replaced by a new idea of what it means for food to be Italian even as red sauce became entrenched in American culture This booklooks at how and why these foods became part of the national American diet and focuses on the stories myths and facts behind classic and some not so classic dishes within Italian American cuisine Artificial Color Catherine Keyser, 2019 This book examines how modern US writers used the changing geographies regimens and technologies of modern food to reimagine racial classification and to question its relationship to the mutable body By challenging a cultural ideal of purity this literature proposes that racial whiteness is perhaps the most artificial color of them all Grain of Truth Stephen Yafa, 2016-06-07 A Pollan esque look at the truth about wheat with surprising insights on the advantages of eating the world's most contested grain You owe it to your mind and body to step away from the gluten free frenzy long enough to do what s best for your own personal health Once you separate fad from fact you ll quickly discover the answer whole grains including wheat Most recently a Harvard School of Public Health long term study that followed 117 500 men and women over a 25 year span revealed that people who eat a whole grain rich diet lower their risk of cardiovascular disease by 20 percent and increase their lifespan at least 6 percent No other food produces similar results As for the gluten found in wheat rye and barley at

most six out of a hundred of us have any real problem with it and less than one percent of us with celiac disease cannot tolerate it in any form So why has wheat become the new asbestos Why are the shelves of every grocery store and supermarket in America heaped high with gluten free products That's what Stephen Yafa sets out to discover in Grain of Truth a book drawn in part from personal experience that is as entertaining as it is informative After hundreds of interviews with food scientists gluten sensitive individuals bakers nutritionists gastroenterologists and others he finds that indeed there is indeed a culprit But it s not wheat It s not gluten It s the way that grain is milled and processed by large industrial manufacturers and bakeries That discovery spurs him to search out growers millers and bakers who deliver whole wheat to us the way it was meant to be naturally fermented with all parts bran germ and white endosperm intact Yafa finds a thriving local grain movement gaining strength across the country much as the organic movement did a few decades back And as he apprentices with local artisan bakers and make his own sourdough breads at home he learns something that few of us know naturally fermented over two days as opposed to four hours in commercial bakeries whole wheat is easily digested by the vast majority of us including many who consider themselves gluten sensitive The long fermentation processing method breaks down these bulky gluten proteins into tiny fragments while slowing the conversion rate of starch to sugar in our bloodstream Along the way Grain of Truth challenges many common myths Yafa shows us the science that proves a gluten free diet doesn t lead to weight loss and that it isn t healthier in any way He counters common assumptions that modern wheat has been genetically manipulated to contain more gluten and he point out that despite much web chatter to the contrary there is no GMO wheat Those are only some of the reasons that Grain of Truth offers a badly needed fact based response to anti wheat hysteria It also offers an ingredient in short supply these days common sense measured out with just enough savvy and substance to make you reconsider what s best for you and to help you find a healthy answer in real delicious food For readers of Salt Sugar Fat and The Omnivore s Dilemma Grain of Truth smoothly blends science history biology economics and nutrition to give us back our daily bread The Kelloggs Howard Markel, 2018-07-10 2017 National Book Critics Circle Award Finalist for Nonfiction What's more American than Corn Flakes Bing Crosby From the much admired medical historian Markel shows just how compelling the medical history can be Andrea Barrett and author of An Anatomy of Addiction Absorbing vivid Sherwin Nuland The New York Times Book Review front page the story of America s empire builders John and Will Kellogg John Harvey Kellogg was one of America's most beloved physicians a best selling author lecturer and health magazine publisher founder of the Battle Creek Sanitarium and patron saint of the pursuit of wellness His youngest brother Will was the founder of the Battle Creek Toasted Corn Flake Company which revolutionized the mass production of food and what we eat for breakfast In The Kelloggs Howard Markel tells the sweeping saga of these two extraordinary men whose lifelong competition and enmity toward one another changed America's notion of health and wellness from the mid nineteenth to the mid twentieth centuries and who helped change the course of American medicine

nutrition wellness and diet The Kelloggs were of Puritan stock a family that came to the shores of New England in the mid seventeenth century that became one of the biggest in the county and then renounced it all for the religious calling of Ellen Harmon White a self proclaimed prophetess and James White whose new Seventh day Adventist theology was based on Christian principles and sound body mind and hygiene rules Ellen called it health reform The Whites groomed the young John Kellogg for a central role in the Seventh day Adventist Church and sent him to America's finest Medical College Kellogg's main medical focus and America s number one malady indigestion Walt Whitman described it as the great American evil Markel gives us the life and times of the Kellogg brothers of Battle Creek Dr John Harvey Kellogg and his world famous Battle Creek Sanitarium medical center spa and grand hotel attracted thousands actively pursuing health and well being Among the guests Mary Todd Lincoln Amelia Earhart Booker T Washington Johnny Weissmuller Dale Carnegie Sojourner Truth Henry Ford John D Rockefeller Jr and George Bernard Shaw And the presidents he advised Taft Harding Hoover and Roosevelt with first lady Eleanor The brothers Kellogg experimented on malt wheat and corn meal and tinkering with special ovens and toasting devices came up with a ready to eat easily digested cereal they called Corn Flakes As Markel chronicles the Kelloggs fascinating Magnificent Ambersons like ascent into the pantheon of American industrialists we see the vast changes in American social mores that took shape in diet health medicine philanthropy and food manufacturing during seven decades changing the lives of millions and helping to shape our industrial age Routledge Handbook of Food as a Commons Jose Luis Vivero-Pol, Tomaso Ferrando, Olivier De Schutter, Ugo Mattei, 2018-12-17 From the scientific and industrial revolution to the present day food an essential element of life has been progressively transformed into a private transnational mono dimensional commodity of mass consumption for a global market But over the last decade there has been an increased recognition that this can be challenged and reconceptualized if food is regarded and enacted as a commons This Handbook provides the first comprehensive review and synthesis of knowledge and new thinking on how food and food systems can be thought interpreted and practiced around the old new paradigms of commons and commoning The overall aim is to investigate the multiple constraints that occur within and sustain the dominant food and nutrition regime and to explore how it can change when different elements of the current food systems are explored and re imagined from a commons perspective Chapters do not define the notion of commons but engage with different schools of thought the economic approach based on rivalry and excludability the political approach recognizing the plurality of social constructions and incorporating epistemologies from the South the legal approach that describes three types of proprietary regimes private public and collective and different layers of entitlement bundles of rights and the radical activist approach that considers the commons as the most subversive coherent and history rooted alternative to the dominant neoliberal narrative These schools have different and rather diverging epistemologies vocabularies ideological stances and policy proposals to deal with the construction of food systems their governance the distributive implications and the socio ecological impact on Nature and

Society The book sparks the debate on food as a commons between and within disciplines with particular attention to spaces of resistance food sovereignty de growth open knowledge transition town occupations bottom up social innovations and organizational scales local food national policies South South collaborations international governance and multi national agreements Overall it shows the consequences of a shift to the alternative paradigm of food as a commons in terms of food Six Women Who Shaped What Americans Eat Michelle Mart, 2025-07-15 Six Women Who the planet and living beings Shaped What Americans Eat tells the story of how food choice in modern America has been influenced by culture industrial abundance and health narratives Mart reflects on the careers of six women to illustrate the varied and overlapping influences on food choice Each of these women had a substantial impact on American cuisine attitudes toward food and what people chose to eat They highlighted the politics of food the pleasure of food the connection between food and health and the environmental harm of poor food choices Part one of the book discusses the bounties of the modern American food system and covers Hazel Stiebeling Poppy Cannon and Julia Child Stiebeling was a chemist and government nutritionist beginning in the 1930s and shaped dietary guidelines and school lunches that affected generations of Americans Cannon a best selling cookbook author and newspaper columnist gained fame in the 1950s by preaching the wonders of processed food Child another cookbook author and television personality starting in the 1960s celebrated French cuisine and made it accessible to American cooks and palates Part two examines the hidden costs of abundance and covers Frances Moore Lapp Marion Nestle and Alice Waters Lapp was an author and activist concerned with the environmental impact of food in the late 20th century and who is credited with bringing vegetarianism into the mainstream Nestle was an academic nutritionist government consultant and author who decried the undue influence of food corporations Waters a celebrity chef restauranteur and food activist became a symbol of alternative food movements in the 21st century Provided by publisher

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