

# Munch ON THIS



## **Greed**

*By Marcia Rae  
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Munch Night on Saturday was the movie, InGREEDients. This film links greed, trans fats, and the rising costs of healthcare.

Greed is one of the seven deadly sins, right up there with wrath, sloth, pride, lust, envy, and gluttony. When it comes to our health, we often put the onus on the individual's potato-couch-ness and over-eating (sloth and gluttony), with very little directed at the myriad media messages targeting our appetites and normalizing the consumption of poison - - messages birthed of greed, in that somebody is making a buck.

Not to say that the individual is not, in the end, responsible for his/her own life, health, and death, but my mother always advised me to pay attention to what people do, not what they say. So in spite of all the national dialogue about the rising cost of healthcare, I like to take a step back and follow the money.

Who is benefitting? Where is all that money ending up? In the pockets of the corporate food producers? In the healthcare provider's bank? In your congressman's hand? Greed continues to be the most effective cheese used in corporate mousetraps designed to separate us from our money. This pilfering of our pockets is methodical and insidious, making use of our own brain chemistries which love yummy tastes. Some of my friends say, "I couldn't buy that healthy food, it is too expensive." But good food is not expensive. Expensive good food is not even expensive – it is healthy. It is the cheapest way to buy good health. It is good health packaged in fruits and vegetables that actually have the nutrients in them that our bodies require.

If you were not in the audience on Saturday, but are ready to look the bully in the eye and say "no more," go down to our library and check out InGREEDients. Then just spend a little time thinking about the ways in which you are manipulated by the popular media.

"There is a sufficiency in the world for man's need but not for man's greed." Mohandas Gandhi

Munch on This – Where is your money ending up? Shop local. There are no trans fats at the farmers market. Mark your calendar for the opening of the 2010 Brownsville Farmers Market, April 17.

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