

# COOKING WITH CONSENT

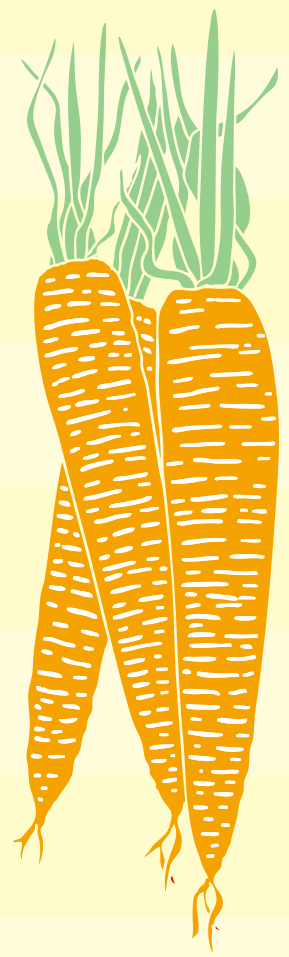
with the Richmond Sex Ed Project

## What does consent have to do with food?

Decisions about what and how to grow, raise and make food products affect many people—sometimes without their consent!

What we buy and eat can influence the outcomes of these decisions.

When making purchases, being aware of how our groceries are produced or farmed is important for *creating a more consensual world for all.*



## CONSIDER CONSENT FOR...



### The Environment

Factory farming contributes to deforestation, releases chemicals into the air, soil and water and emits tons of greenhouse gases.

Environmental degradation affects us all, yet these production decisions are made without most of our consent.

TIME: <https://goo.gl/BYUyo9>  
Yale: <https://goo.gl/1Uznsv>



### Our Communities

Access to healthy food, information and a safe environment is largely determined by race and class. Negative impacts of industrial farms, like chemical runoff and improper waste disposal, disproportionately affect these communities. Consent means having a say in what resources are available to you and having your community valued and protected.

The News&Observer: <https://goo.gl/4Hz2pX>



### Animal Rights

Animals cannot consent to their bodies and products being used for human consumption. Also, inhumane treatment of farm animals is often masked by misleading food labels. Eat less and more humanely acquired animal products to be a consensual consumer!

New York Times: <https://goo.gl/zLoHwv>



### Your Health

Knowing what goes into the food we eat is a part of consent. Support farms and companies that are transparent about what ingredients, chemicals + antibiotics they use and how they affect our health. Demand accountability from companies misleading consumers about their products!

Food Processing: <https://goo.gl/w5hRqw>

For more information:

