

# FRANCES MOORE LAPPÉ

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"A small number of people in every generation are forerunners, in thought, action, spirit, who swerve past the barriers of greed and power to hold a torch high for the rest of us. Lappé is one of those."

—Howard Zinn, author of *A People's History of the United States*

Frances Moore Lappé is the author or co-author of 20 books, many focusing on themes of “living democracy”—suggesting not only a government accountable to citizens but a way of living aligned with the deep human need for connection, meaning and power.

Her first book, *Diet for a Small Planet* published in 1971, has now sold over three-million copies . Its *50th-anniversary edition* was released in 2021 with features in *The New York Times*, *Boston Globe*, and other major outlets. In 2019, *The New York Times Magazine* interview with Frances began: "Frances Moore Lappé changed how we eat. She wants to do the same for our democracy."

In Fall 2017, Frances coauthored *Daring Democracy: Igniting Power, Meaning, and Connection for the America We Want* with Adam Eichen. About *Daring Democracy*, Booklist (the American Library Association's book review magazine) writes,

*"With specific plans of action and encouraging words of support, Lappé and Eichen extend concrete hope to those who feel politically helpless."*

### Teaching and Scholarly Positions

From 1984–1985 Frances was a visiting scholar at the Institute for the Study of Social Change, at the University of California, Berkeley.

From 2000–2001 Frances was a visiting scholar at the Massachusetts Institute of Technology, Cambridge, Massachusetts.

In 2003, Frances taught with Dr. Vandana Shiva in Dehra Dun, India, about the roots of world hunger, sponsored by the Navdanya Research and Agricultural Demonstration Center.

In 2004, Frances taught a course on Living Democracy at Schumacher College in England.

In 2006 and 2008, Frances was a visiting professor at Suffolk University, Boston.

From 2013–2014, Frances was the Andrew W. Mellon Distinguished Fellow in Environmental Studies at Colby College in Maine.

Other recent works include *It's Not Too Late!*, *World Hunger: 10 Myths* and *EcoMind*. The Smithsonian's National Museum of American History in Washington, D.C., describes *Diet for a Small Planet* as "one of the most influential political tracts of the times." In 2008, it was selected as one of 75 Books by Women Whose Words Have Changed the World, by members of the Women's National Book Association. Frances was also named by *Gourmet Magazine* as one of 25 people (including Thomas Jefferson, Upton Sinclair, and Julia Child) whose work has changed the way America eats. Her books have been translated into 15 languages & are used widely in university courses.

Frances makes frequent media appearances. Most notably she has been featured on the *Today Show*, *Hardball with Chris Matthews*, *Fox News' Fox & Friends*, *WSJ.com*, *The Canadian Broadcasting Corporation's 'The National'*, *Frost Over the World*, *NPR*, and the *BBC*, among other news outlets. Frances appears frequently as a public speaker and is a contributor to *Medium* and *Common Dreams*. She is also a contributing editor at *Yes! Magazine* and *Solutions Journal*. Articles featuring or

written by Frances have also appeared in *The Washington Post*, *O: The Oprah Magazine*, *Harper's*, *The Los Angeles Times*, *The Nation*, *People*, and more.

In 2011, *EcoMind: Changing the Way We Think, to Create the World We Want* won a silver award from the Independent Publishers Association. In 2008, *Getting a Grip* along with *Diet for a Small Planet* were designated as "must reads" for the next U.S. president (by Barbara Kingsolver and Michael Pollan, respectively) in *The New York Times Sunday Review of Books*. In 2007, *Getting a Grip* was a *San Francisco Chronicle* Best Seller and received the Nautilus Gold/ "Best in Small Press" award. Other recent books include *Hope's Edge* (written with Anna Lappé), and *Democracy's Edge, and You Have the Power: Choosing Courage in a Culture of Fear*.

In 1987 Frances received the Right Livelihood Award (considered an "Alternative Nobel") "for revealing the political and economic causes of world hunger and how citizens can help to remedy them." Frances is also the recipient of 19 honorary doctorates from distinguished institutions, including The University of Michigan. In 1985, she was a visiting scholar at the Institute for the Study of Social Change, University of

### Honorary Degrees

1. Allegheny College, Pennsylvania
2. Anna Maria College, Massachusetts
3. California Lutheran University, California
4. Earlham College, Indiana
5. Grinnell College, Iowa
6. Hamline University, Minnesota
7. John F. Kennedy University, California
8. Kenyon College, Ohio
9. Lewis and Clark College, Oregon
10. Macalester College, Minnesota
11. Muhlenberg College, Pennsylvania
12. New College, California
13. Niagara University, New York
14. Olivet College, Ohio
15. Saint Mary's College, Indiana
16. Starr King School of Religious Leadership, California
17. University of Michigan-Ann Arbor, Michigan
18. Simmons College, Massachusetts
19. University of San Francisco, California
20. Indiana University, Indiana

California, Berkeley and from 2000 to 2001, at the Massachusetts Institute of Technology. In 2008 she received the James Beard Foundation Humanitarian of the Year Award for her lifelong impact on the way people all over the world think about food, nutrition, and agriculture.

Other notable awards include the International Studies Association's 2009 Outstanding Public Scholar Award, and in 2011, the Nonino Prize in Italy for her life's work. In 2007 Frances became a founding member of the World Future Council, based in Hamburg, Germany. Frances also serves on the National Advisory Board of the Union of Concerned Scientists, on the International Board of Advisors of Grassroots International and on the Value [the] Meal Advisory Board of Corporate Accountability International. She is also a member of the Sisters on the Planet network, part of Oxfam America.

Frances is the cofounder of three organizations, including Oakland based think tank Food First, and more recently, the Small Planet Institute, which she leads with her daughter, Anna Lappé. Frances and her daughter have also cofounded the Small Planet Fund, which channels resources to democratic social movements worldwide. In the 1990s, she cofounded the American News Service covering bottom-up solutions arising across the country. Its stories were picked up by half the nation's largest one hundred newspapers.



## AWARDS

Women Greening Food, Audubon Society, 2014.

2013 Humanist of the Year, Boston Ethical Society, 2013.

Feisty Woman Award, Women's International League for Peace and Freedom, 2013.

Friend of the Earth, Salem State University, 2013.

Independent Publisher Book Awards/Silver Medal, for EcoMind, 2012.

Nonino Rist D'Aur Prize, for her life's work, Italy 2011.

Outstanding Public Scholar Award, International Political Economy section of the International Studies Association, 2009.

Open Center Award, New York Open Center for "shaping a new understanding of the interrelationships among local food, agricultural sustainability, and living democracy," 2008.

Nautilus Gold/Best in Small Press, for *Getting a Grip: Clarity, Creativity and Courage in a World Gone Mad*, 2008.

James Beard Foundation Humanitarian of the Year Award, 2008.

Lifetime Service Award to Increase Planetary Awareness, AltWheels Alternative Transportation Festival, 2006 (along with biologist and author, E.O. Wilson).

Rachel Carson Environmental Achievement Award, The National Nutritional Foods Association, 2003.

Nautilus Award/Best in Social Change, for *Hope's Edge*, 2003.

Nutrition Hall of Fame, Natural Health Magazine, 2000.

The Right Livelihood Award, also known as the Alternative Nobel, 1987.

The Harry Chapin Media Award (formerly the World Hunger Media Award), 1982.

## BOOKS

Frances Moore Lappé's works have been translated into 15 languages, the most recent of which is a Chinese publication of *Hope's Edge*.

*Diet for a Small Planet*, Ballantine Books, 1971, 1975, 1982, 1991. ISBN 0-345-02378-1

*Great Meatless Meals* (with Ellen Buchman Ewald), Ballantine Books, 1974, 1976, 1981, 1985.

*Mozambique and Tanzania: Asking the Big Questions* (with Adele Beccar-Varela), Institute for Food and Development Policy, 1980.

*Aid as Obstacle* (with Joseph Collins and David Kinley), Food First, 1980.

*Food First: Beyond the Myth of Scarcity* (co-authored by Joseph Collins, collaboration with Cary Fowler), Houghton Mifflin, 1977, Ballantine Books, 1979.

*Now We Can Speak* (with Joseph Collins), Food First, 1982.

*What To Do After You Turn Off the T.V.*, Ballantine Books, 1985.

*World Hunger: Twelve Myths* (with Joseph Collins), Grove Press, 1986, 1998.

*Betraying the National Interest* (with Rachel Schurman and Kevin Danaher), Food First, 1987.

*Taking Population Seriously* (with Rachel Schurman), Food First, 1990.

*Rediscovering America's Values*, Ballantine Books, 1989

*The Quickening of America: Rebuilding Our Nation, Remaking Our Lives* (with Paul Martin Du Bois), Jossey-Bass, 1994.

*Hope's Edge: The Next Diet for a Small Planet* (with Anna Lappé), Tarcher/Penguin, 2002.

*You Have the Power: Choosing Courage in a Culture of Fear* (with Jeffrey Perkins), Tarcher/Penguin, 2004.

*Democracy's Edge: Choosing to Save Our Country by Bringing Democracy to Life*, Jossey-Bass, 2005.

*Getting A Grip: Clarity, Creativity and Courage in a World Gone Mad*, Small Planet Media, 2007, 2010.

*EcoMind: Changing the Way We Think to Create the World We Want*, Small Planet Media, 2011.

*World Hunger: Ten Myths* (with Joseph Collins), Grove Press, 2015.

*Daring Democracy: Igniting Power, Meaning, and Connection for the America We Want* (co-authored by Adam Eichen), Beacon Press, 2017.

*It's Not Too Late: Crisis, Opportunity, and the Power of Hope*, Small Planet Institute, 2021.