

FRANCES MOORE LAPPÉ



Frances Moore Lappé is the author or co-author of 20 books, many focusing on themes of “living democracy”—suggesting not only a government held accountable to citizens, but a way of living aligned with the deep human needs for connection, meaning and power. She is also the recipient of 20 honorary doctorates from distinguished institutions, including most recently from Indiana University in 2021.

Her first book, *Diet for a Small Planet*, published in 1971, has now sold over 2.5-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 with: “Frances Moore Lappé changed how we eat. She wants to do the same for our democracy.”

“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*

In 2017, Frances co-authored *Daring Democracy: Igniting Power, Meaning, and Connection for the America We Want* with Adam Eichen. The American Library Association's book review magazine, *Booklist*, 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, *Crisis of Trust, 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 the 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 and are used widely in university courses.

Frances makes frequent media appearances and has most notably 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* platforms. She is also a contributing editor at *Yes!*

Magazine. Articles featuring or written by Frances have 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 books include, *Hope's Edge* with Anna Lappé, *Democracy's Edge*, and *You Have the Power: Choosing Courage in a Culture of Fear* with Jeffrey Perkins.

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

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 20 honorary doctorates from distinguished institutions, including the University of Michigan. She was a visiting scholar at the Institute for the Study of Social Change at the University of California, Berkeley in 1985 and at the Massachusetts Institute of Technology from 2000 to 2001. In 2008, she received the James Beard Foundation's 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 Outstanding Public Scholar Award in 2009 and the Nonino Prize in Italy for her life's work in 2011. And in 2007, Frances became a founding member of the World Future Council, based in Hamburg, Germany.

Frances is the co-founder of three organizations, including the think tank, Food First, the Center for Living Democracy, and the Small Planet Institute. Frances and her daughter Anna Lappé also co-founded the Small Planet Fund, which channels resources to democratic social movements worldwide. In the 1990s, she co-founded 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 AND REPORTS

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, 2021.

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

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

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.

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.

Rediscovering America's Values, Ballantine Books, 1989.

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

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, Nation Books, 2011.

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

Daring Democracy: Igniting Power, Meaning, and Connection for the America We Want (with Adam Eichen), Beacon Press, 2017.

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

Crisis of Trust: How Can Democracies Protect Against Dangerous Lies? (with Max Boland and Rachel Madison), Small Planet Institute, 2023.