

Frances Moore Lappé Brief Bios

General bio, 281 words

Frances Moore Lappé is an American original. *New York Magazine* dubbed her “Movement Mother” while the Smithsonian described her book, [Diet for a Small Planet](#), as “one of the most influential political tracts of the times.” *Gourmet Magazine* named Lappé as one of 25 people—from Thomas Jefferson to Julia Child—whose work has changed the way America eats. Writing, either by or about Lappé, has appeared in *Harper’s*, *New York Times Magazine*, *O Magazine*, among others. Her media appearances range from *the Today Show*, to *Hardball with Chris Matthews*, *Fox and Friends*, *BBC*, and *PBS Retro Report*.

The recipient of 20 honorary degrees, most recently from [Indiana University](#) in 2021, Lappé has authored 20 books, many focusing on themes of “living democracy”—suggesting a government held accountable to citizens and a way of living aligned with the deep human needs for connection, meaning and power.

Her first book, *Diet for a Small Planet*, published in 1971, has now sold 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 sought-after public speaker, Lappé has been a visiting scholar at MIT and U.C. Berkeley. In 1987, Lappé received the Right Livelihood Award, often called the “Alternative Nobel.” She is also a founding member of the World Future Council.

Lappé is a co-founder of three national organizations—Institute for Food and Development Policy (Food First), the Center for Living Democracy (1991-2000), and her current home, the Cambridge-based Small Planet Institute.

General bio, 170 words

Frances Moore Lappé is the author or co-author of 20 books, many focusing on themes of “living democracy”—suggesting a government held accountable to citizens and a way of living aligned with the deep human needs for connection, meaning and power.

Her first book, *Diet for a Small Planet*, published in 1971, has now sold 2.5 million copies. Her latest work is a report, titled *Crisis of Trust: How Can Democracies Protect Against Dangerous Lies?*, with Max Boland and Rachel Madison. In 2017, she co-authored with Adam Eichen, *Daring Democracy: Igniting Power, Meaning, and Connection for the America We Want*, focusing on the roots of the U.S. democracy crisis and how Americans are creatively responding to the challenge. Frances is also a co-founder of the Institute for Food and Development Policy (Food First) and the Cambridge-based Small Planet Institute. The recipient of 20 honorary degrees, Frances has been a visiting scholar at MIT and U.C. Berkeley and in 1987 she received the Right Livelihood Award, often called the “Alternative Nobel.”

General bio, 75 words

Frances Moore Lappé is the author of 20 books, many focusing on themes of “living democracy”, including the 2.5 million copy *Diet for a Small Planet*. In 2017, she co-authored with Adam Eichen, *Daring Democracy: Igniting Power, Meaning, and Connection for the America We Want*. Frances is a co-founder of Food First and Small Planet Institute. Frances is also the recipient of 20 honorary degrees and the Right Livelihood Award, often called the “Alternative Nobel.”

Very short bio, 65 words

Frances Moore Lappé has authored 20 books, most focusing on themes of “living democracy”, including *Diet for a Small Planet* and most recently co-authored with Adam Eichen, *Daring Democracy: Igniting Power, Meaning, and Connection for the America We Want*. Frances co-founded the Small Planet Institute and is the recipient of 20 honorary degrees, as well as the Right Livelihood Award, often called the “Alternative Nobel.”

Short democracy bio, 149 words

Frances Moore Lappé is the author of 2.5 million copy *Diet for a Small Planet* and 19 other books, many focusing on themes of “living democracy”—suggesting a government held accountable to citizens and a way of living aligned with the deep human needs for connection, meaning and power. In 2017, she co-authored with Adam Eichen, *Daring Democracy: Igniting Power, Meaning, and Connection for the America We Want*, focusing on the roots of the U.S. democracy crisis and how Americans are creatively responding to the challenge. Frances is a co-founder of the Institute for Food and Development Policy (Food First) and the Vermont-based Center for Living Democracy (1991-2000), where she was the founding editor of the American News Service (1995-2000), whose stories of citizen problem-solving appeared in half of the top 100 U.S. newspapers. Most recently in 2001, she founded the Small Planet Institute with her daughter, Anna Lappè.