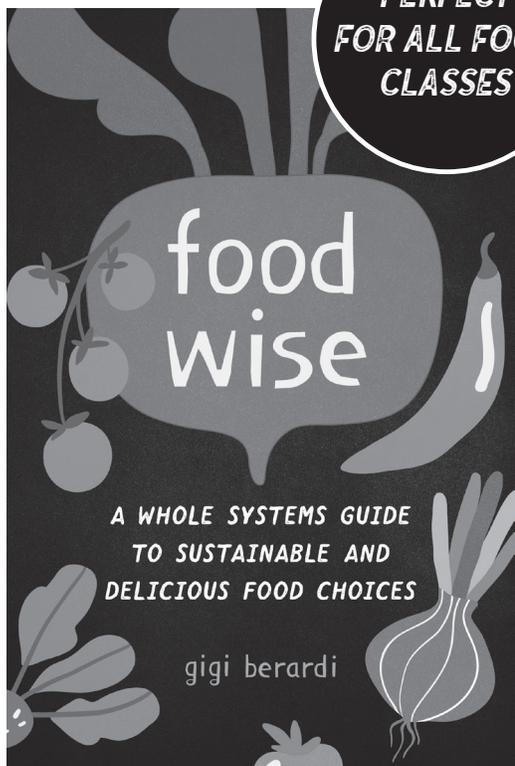


*PERFECT
FOR ALL FOOD
CLASSES*



FOOD WISE

*A WHOLE SYSTEMS GUIDE TO SUSTAINABLE
AND DELICIOUS FOOD CHOICES*

GIGI BERARDI

**THE DEFINITIVE GUIDE FOR FOOD LOVERS ON HOW TO
MAKE THE RIGHT FOOD CHOICES AMIDST A SEA OF EVER-
CHANGING INFORMATION, AND AN INVITATION TO RETURN
TO THE JOYS OF GARDEN AND KITCHEN.**

We live in a culture awash with advice on nutrition and eating. Who do we believe? And what does it really mean to eat healthy? Food Wise is for anyone who has felt unsure about how to make the “right” food choices. It is for food lovers who want to be more knowledgeable and connected to their food,

while creating meaningful dining experiences around the table. Professor and foodie Gigi Berardi shows readers how to buy foods and prepare meals that are **W.I.S.E: WHOLE, INFORMED, SUSTAINABLE, AND EXPERIENCED** with friends and family. She offers insights on how to comb the aisles of the local food market with confidence and a renewed excitement, and debunks the questionable science behind popular diets, sharing tips that may surprise you. Food Wise is an invitation to return to the garden and the kitchen. It will revolutionize how you think about healthy, enjoyable, socially conscious cuisine.

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DISTRIBUTED BY PENGUIN RANDOM HOUSE, AND AVAILABLE FOR PRE-ORDER FROM
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Gigi Berardi is a professor at Western Washington University in Bellingham, Washington. In addition to teaching food and geography classes in the U.S., Mexico, and Europe, she currently homesteads 25 acres with her family in the San Juan Islands in Washington, where she milks sheep and makes cheese. She maintains the popular food blog resilientfarmsnourishingfoods.blogspot.com and has written numerous articles for both newspapers and scientific journals. Berardi has over 30 years experience in food and farm studies. She received her MS and PhD from Cornell University in Natural Resources and Resources, Policy, and Planning, and was a Fulbright scholar. She is an elected member of the American Society of Journalists and Authors.

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