



## LEANER STRONGER SOONER FILM SERIES



### Tuesday, September 28<sup>th</sup> **Super Size Me**

Why are Americans so fat? Two words: **fast food**. What would happen if you ate nothing but fast food for an entire month? Filmmaker Morgan Spurlock does just that and embarks on the most perilous journey of his life. The rules? For 30 days he can't eat or drink anything that isn't on McDonald's menu; he must wolf three squares a day; he must consume everything on the menu at least once and supersize his meal if asked. Spurlock treks across the country interviewing a host of experts on fast food and an equal number of regular folk while chowing down at the Golden Arches. Spurlock's grueling drive-through diet spirals him into a physical and emotional metamorphosis that will make you think twice about picking up another Big Mac.



### Tuesday, October 12<sup>th</sup> **Food, Inc.**

In **Food, Inc.**, filmmaker Robert Kenner lifts the veil on our nation's food industry, exposing the highly mechanized underbelly that has been hidden from the American consumer with the consent of our government's regulatory agencies, USDA and FDA. Our nation's food supply is now controlled by a handful of corporations that often put profit ahead of consumer health, the livelihood of the American farmer, the safety of workers and our own environment. We have bigger-breasted chickens, the perfect pork chop, herbicide-resistant soybean seeds, even tomatoes that won't go bad, but we also have new strains of *E. coli*—the harmful bacteria that causes illness for an estimated 73,000 Americans annually. We are riddled with widespread obesity, particularly among children, and an epidemic level of diabetes among adults.



### Tuesday, December 7<sup>th</sup> **King of Corn**

**King of Corn** is a feature documentary about two friends, one acre of corn, and the subsidized crop that drives our fast-food nation. In *King of Corn*, Ian Cheney and Curt Ellis, best friends from college on the east coast, move to the heartland to learn where their food comes from. With the help of friendly neighbors, genetically modified seeds, and powerful herbicides, they plant and grow a bumper crop of America's most-productive, most-subsidized grain on one acre of Iowa soil. But when they try to follow their pile of corn into the food system, what they find raises troubling questions about how we eat—and how we farm.

*All films are screened at Tina's house- 4971 Westwood Terrace KCMO 64112*