



The Stone Soup Leadership Institute's

Anna Lappé

Week of May 8 - May 14, 2022



Sunday Thoughts: Anna Lappé

Anna Lappé was inspired by her parents to live a life of activism. “We need leaders of all generations to solve the world’s most pressing challenges,” she says. “Taking on food is of critical importance if we are to create a sustainable future for people living on this planet.” Read Anna’s story here: <https://sustainwdn.com/anna-lappe/>

@realfoodmedia @stonesoupleaders

#StoneSoupYoungHeroes #ClimateChange #FoodJustice
#ClimateAction #ClimateJustice #ClimateCrisis #FoodJustice
#Sustainability #HealthyEating #HealthyLiving #FoodSystems
#AnnaLappe #BeTheChange #FoodSystem #FoodSovereignty



Sunday 2nd Post: Mothers Day

“Living democracy, feeding hope” is the motto of Frances Moore Lappé & her daughter Anna Lappé. At the Small Planet Institute they’re working to create a world in which “all communities are thriving with dignity.”

What can you do to honor your mother today? To honor Mother Earth? To honor & support democracy?

<https://www.smallplanet.org/>

@realfoodmedia @baybookfest @francesmoorelappé @stonesoupleader

#StoneSoupLeadership #MothersDay #BookFest #DietForASmallPlanet
#ClimateChange #FoodJustice #ClimateAction #ClimateJustice
#ClimateCrisis #Sustainability #LivingDemocracy #FoodSystems
#AnnaLappe #FrancesMooreLappe #BayBookFest #BeTheChange
#FoodSystem #FoodSovereignty



Motivation Monday: Arshak

#ArshakMakichyan & his friends started the climate action movement in Russia. “We were raising awareness about the climate crisis in a fossil fuel country, which is difficult,” Arshak says. “Now Russia is having this terrible war in Europe. I hope the world will unite to solve these crises...It’s not just about Russia, or Ukraine. It’s about everything. It’s about our future.” Find out how you can help Arshak & other young heroes.

https://youtu.be/7R9bhL_c50g

@makichyan.arshak @stonesoupleader @ridaysforfuture.russia
 #MondayMotivation #YoungHero #StoneSoupHero #YouthLeadership
 #FridaysForFuture #ClimateStrike #HumanRights #RussianActivist
 #MakichyanArshak #Arshak #Activist #FightForFreedom #BeTheChange



Motivation Monday: Arshak 2nd Post

#FossilFuels are destroying our environment & fueling the war in Ukraine. @makichyan.arshak has worked hard, along with others, to call for a #RussianOilEmbargo, to bring #peace. Democracy can work if we stand up for what’s right! #StandWithUkraine #FightForFreedom

@makichyan.arshak @stonesoupleader @Fridaysforfuture.russia
 #MondayMotivation #YoungHero #StoneSoupHero #YouthLeadership
 #FridaysForFuture #ClimateStrike #HumanRights #RussianActivist
 #MakichyanArshak #Arshak #Activist #FightForFreedom #BeTheChange
 #FossilFuelEmbargo #RussianOilEmbargo #ClimateActivist #FossilFree
 #EmbargoForPeace



Tuesday: Anna Lappe video

Anna Lappé tells the story of how she became involved in the global movement to create food systems that can in turn create more healthy communities. “I believe it is possible to grow food in a way that is good for workers, for farmers, for everybody who works to bring food to our plates...& in a way that is good for the planet.” Listen to her inspiring message to youth.

<https://www.youtube.com/watch?v=FQmgu8NY6DY>

@realfoodmedia @stonesoupleaders
 #StoneSoupYoungHeroes #ClimateChange #FoodJustice
 #ClimateAction #ClimateJustice #ClimateCrisis #FoodJustice
 #Sustainability #HealthyEating #HealthyLiving #FoodSystems
 #AnnaLappe #BeTheChange #FoodSystem #FoodSovereignty



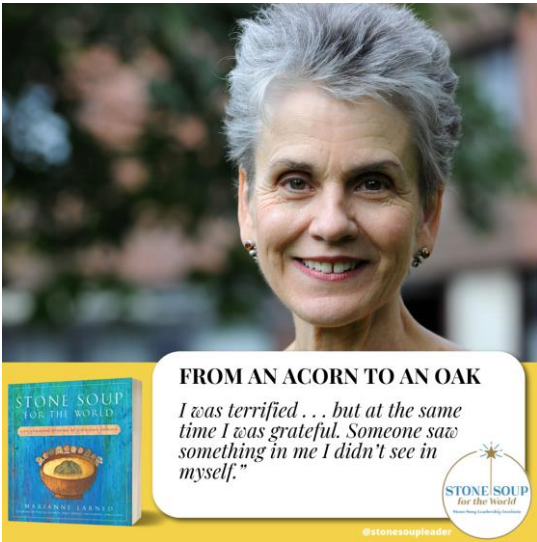
Wednesday: Honor Roll

Find stories to strengthen the #foodmovement @realfoodmedia. The Small Planet Institute promotes #democracy “as the wide dispersion of power, transparency in public affairs, & a culture of mutual accountability.” Learn how these organizations are working to create healthy, #sustainable communities.

@realfoodmedia @stonesoupleaders

<https://www.smallplanet.org/>

#StoneSoupYoungHeroes #ClimateChange #FoodJustice #ClimateAction #ClimateJustice #ClimateCrisis #FoodJustice #Sustainability #HealthyEating #HealthyLiving #FoodSystems #AnnaLappe #BeTheChange #FoodSystems #FoodSovereignty



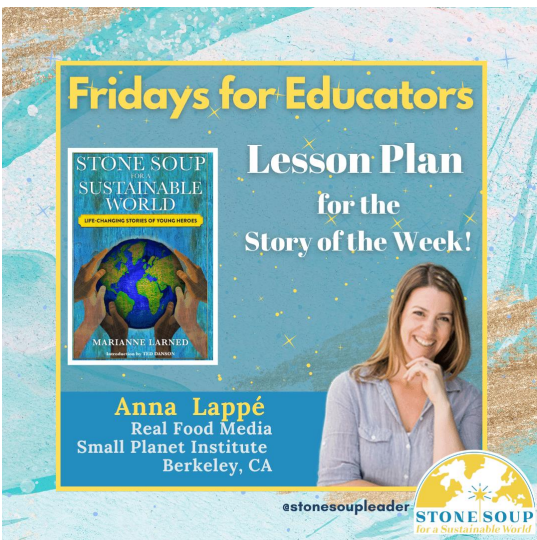
Thursday Throwback: Frances Moore Lappé's story

In The Institute's book, *Stone Soup for the World*, Frances Moore Lappé told the story of Elena Hanggi. “I never thought that acting on what I believe is right would lead me into learning about banking,” Elena says. “But I found out a big secret along the way...All that stuff they want you to believe is out of reach for average working people is really understandable by any of us.” Read her story here: #CommunityBuilding #Democracy #CitizenAction #Civics #EconomicEmpowerment

<https://stonesoupleadership.org/wp-content/uploads/2022/05/from-acorn-to-oak.pdf>

@francesmoorelappé

#ClimateEducation #SpreadTheLight #PowerOfPositivity #ThrowbackThursday #FrancesMooreLappé #Sustainability #HealthyLiving #StoneSoupeLeader #FoodSystems #FoodSovereignty



Friday: Lesson Plan: Anna Lappé

EDUCATORS: This FREE #LessonPlan provides a wealth of ideas & resources for teaching students about #HealthyLiving #FoodSystems #Sustainability & #HealthyCommunities. #StateStandards #LanguageArts #STEMActivities

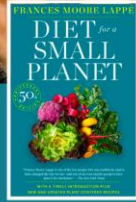
<https://sustainabilityisfun.net/wp-content/uploads/2021/09/lesson-plan-anna-lappe.pdf>

@realfoodmedia @stonesoupleader

#StoneSoupYoungHeroes #ClimateChange #LessonPlan #Sustainability #ClimateAction #BeTheChange #HealthyFood #FoodJustice #HealthyLiving #FoodSystem #FoodSovereignty #StoneSoupHeroes #FridaysForEducators #BeTheHero



Celebrating 50 years of 'Diet for a Small Planet' with Frances Moore Lappé and daughter Anna Lappé



@stonesoupleader

Saturday: Book – 50th anniversary

HAPPY BIRTHDAY to #DietForASmallPlanet! 50 years ago #FrancesMooreLappé's book started a revolution in the way people think about food & #FoodSystems. Today her message is more important than ever. BUY THE BOOK & learn how we can ALL participate in creating healthier lives & a healthier world.

@realfoodmedia @francesmoorelappé

<https://www.wbur.org/hereandnow/2021/10/11/diet-for-a-small-planet>

#StoneSoupYoungHeroes #ClimateChange #LessonPlan #Sustainability
#ClimateAction #50thAnniversary #Book #BeTheChange #HealthyFood
#FoodSystem #FoodSovereignty #ClimateEducation #SpreadTheLight
#PowerOfPositivity