

Be a Hero for a Better World

Frances Moore Lappé (1944-)

Frances Moore Lappé is an American social change activist, and the author of 16 books, including the bestselling *Diet for a Small Planet*, which sold 3 million copies and forever changed the way many people think about food. Published in 1971, *Diet for a Small Planet* suggested that famines are not caused by overpopulation, natural disasters, or lack of technology, but are caused by human activities -- a lack of democracy and because of the way the world's resources are distributed. In 1975 she co-founded the Institute for Food and Development Policy (later called Food First) to further educate Americans about the causes of hunger.

Frances Moore Lappé co-founded the Center for Living Democracy in 1990, to empower citizens to use democratic processes to solve the world's problems. Currently she and her daughter Anna head the Small Planet Institute, an educational network to "bring democracy to life," and the Small Planet Fund, which supports grassroots democratic social movements around the world. Frances Moore Lappé received the 1987 Right Livelihood Award (often called the Alternative Nobel Prize) "...for revealing the political and economic causes of world hunger and how citizens can help to remedy them."



"No society has fulfilled its democratic promise if people go hungry... If some go without food they have surely been deprived of all power. The existence of hunger belies the existence of democracy."

Frances Moore Lappé was born on February 10, 1944 in Pendleton, Oregon

Be A Hero For A Better World!

1. Find out more about this hero
2. Pledge to help end hunger (iaahp.net)
3. Hold an event to raise awareness about the problem of world hunger
4. Contribute to an organization working to end hunger

Organizations Helping End Hunger

- Alliance To End Hunger (alliancetoendhunger.org)
- America's Second Harvest (secondharvest.org)
- End Hunger Network (endhunger.com)
- Food For All (foodforall.org)
- Oxfam America (oxfamamerica.org)
- World Hunger Year (worldhungeryear.org)
- The Hunger Site (hungersite.org)

Free Online: EndHungerBook.com

For more information: betterworldheroes.com/lappe.htm

BetterWorldHeroes.com

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