

# Alternattiva Demokratika Żgħażaġh

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### TELL ME WHAT I EAT

A Europe-wide campaign organised by the Federation of Young European Greens.

The supermarket offers a easy, convenient source of food, replacing our ancestral link to nature with aisles of well lit and colourful packages. Yet how many even dare to peek at the ingredients listed in small print at the back of packaging? What is an emulgator? What is E-951? A colour additive? It takes a food chemist to understand the chemicals involved. To you and me, it's the great unknown. We don't have a clue of what these things do to our bodies.

The recent Sudan-5 chemical dye scare, which happens to be a possible carcinogen, shows how pervasive artificial additives and contaminants to our food sources have become, with hundreds of products, containing the ingredient being recalled from supermarket aisles to kitchen tables all over Europe—including some of Malta's most favourite sauces.



## *Our food chain*

A Green world view includes the quality of what ends up on your table. Starting from uncontaminated fields and water supplies to the whole distribution channel and processing of genuine food fit for consumption. Sustainability is also an important aspect that needs to be taken into account. The indiscriminate use of chemical fertilisers and pesticides ends up in our drinking water and on our locally grown food.

## *The campaign*

Starting from the 14th of September, the Federation of Young European Greens is launching a pan-European, seven month long campaign to raise awareness about the threats to the food we put on our table. There are genuine, respectful and sustainable alternatives to the threat of chemical additives, chemical pesticides and genetically modified plants. It's inconceivable to still get fresh local tomatoes, that are clearly tainted with pesticides, at vegetable stalls. Customers need to demand accountability and responsibility from the field to the table.

## *An awareness campaign on Sunday 2 October, Sliema waterfront* — FOND GHADIR

We shall be distributing information leaflets to interested passers-by, as well as quizzing intrepid volunteers on food production, sustainability and quality. We will have some experts at our stand to answer any questions you might have on the issue. If you would like to contribute your expertise or related services, please contact [ndebono@onvol.net](mailto:ndebono@onvol.net). The stand will be open from 18:00 till late.

For more information contact:  
Natalie Debono  
International Secretary - ADZ (Green Youth)  
[ndebono@onvol.net](mailto:ndebono@onvol.net)

<http://www.tellmewhatieat.net>