

THE AMERICAN WAY OF EATING TRACIE MCMILLAN

READ BY HILLARY HUBER

“With much courage and compassion, McMillan explores the lives of those at the bottom of our food system. . . . If we want to change the system, this is where we must begin.” —ERIC SCHLOSSER, author of *Fast Food Nation*

What if you can't afford nine-dollar tomatoes? That was the question award-winning journalist Tracie McMillan couldn't escape as she watched the debate about America's meals unfold. So in 2009, McMillan embarked on a groundbreaking undercover journey to see what it takes to eat well in America. For nearly a year, she worked, ate, and lived alongside the working poor to examine how Americans eat when price matters.

From the fields of California, a Walmart produce aisle outside of Detroit, and the kitchen of a New York City Applebee's, McMillan takes us into the heart of America's meals. With startling intimacy she portrays the lives and food of Mexican garlic crews, Midwestern produce managers, and Caribbean line cooks. Along the way, she asked the questions still facing America a decade after the declaration of an obesity epidemic: Why do we eat the way we do? And how can we change it? Fearlessly reported and beautifully written, *The American Way of Eating* goes beyond statistics and culture wars to deliver a fiercely intelligent book. Talking about dinner will never be the same again.

Tracie McMillan has written about food and class for a variety of publications, including the *New York Times*, *Harper's Magazine*, and *Slate*. As managing editor of the magazine *City Limits*, she earned recognition from such organizations as the James Beard Foundation. Originally from rural Michigan, Tracie is currently based in Brooklyn.

Hillary Huber garners consistently glowing reviews for her audiobook narrations and has earned several Audie Award nominations. Her recordings include *This Book Is Overdue!* by Marilyn Johnson, for which she won an *AudioFile* Earphones Award, and *The Book Whisperer* by Donalyn Miller.

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