



# WHITE BREAD

A SOCIAL HISTORY OF THE STORE-BOUGHT LOAF

AARON BOBROW-STRAIN

"THIS TERRIFIC BOOK  
DOES FOR THE HUMBLE LOAF  
WHAT MARK TWAIN  
DOES FOR COB."

—RAJ PATEL, *author of*  
*STUFFED AND STARVED*

# White Bread A Social History Of The Store Bought Loaf

**Nina Namaste, Marta Nadales**



## **White Bread A Social History Of The Store Bought Loaf:**

**White Bread** Aaron Bobrow-Strain, 2012-03-06 The story of how white bread became white trash this social history shows how our relationship with the love it or hate it food staple reflects our country's changing values In the early twentieth century the factory baked loaf heralded a bright new future a world away from the hot dusty dirty bakeries run by immigrants Fortified with vitamins this bread was considered the original superfood and even marketed as patriotic while food reformers painted white bread as a symbol of all that was wrong with America So how did this icon of American progress become white trash In this lively history of bakers dietary crusaders and social reformers Aaron Bobrow Strain shows us that what we think about the humble puffy loaf says a lot about who we are and what we want our society to look like It teaches us that when Americans debate what one should eat they are also wrestling with larger questions of race class immigration and gender As Bobrow Strain traces the story of bread from the first factory loaf to the latest gourmet pain au levain he shows how efforts to champion good food reflect dreams of a better society even as they reinforce stark social hierarchies The history of America's love hate relationship with white bread reveals a lot about contemporary efforts to change the way we eat Today the alternative food movement favors foods deemed ethical and environmentally friendly and fluffy industrial loaves are about as far from slow local and organic as you can get Still the early twentieth century belief that getting people to eat a certain food could restore the nation's decaying physical moral and social fabric will sound surprisingly familiar Given that open disdain for unhealthy eaters and discrimination on the basis of eating habits grow increasingly acceptable White Bread is a timely and important examination of what we talk about when we talk about food

**Working-Class Rhetorics** ,2021-09-06 As the recent pandemic illustrated many folks are only one or two paychecks away from bankruptcy The economic disparities made starkly clear in the wake of shutdowns have brought home the need for thinking critically about class in ways that many U S citizens have traditionally resisted This collection of memoirs and cultural analyses by established and newer scholars from a variety of disciplines seeks to reintroduce class in sophisticated yet accessible ways so that students may increase their critical literacy and consider the power of rhetoric to fight for equitable distribution of income and class power Contributors are Sarah Attfield Jennifer Beech Phil Bratta Ryan Cooper Carl Christina V Cedillo Jos M Cortez William DeGenaro David Engen Kelli R Gill Abby Graves Matthew Wayne Guy Katherine Highfill Nancy Mack Heather Palmer Irvin Peckham Valerie Murrenus Pilmaier Philip L Simpson William Thelin and Edward J Whitelock

**Wonder Foods** Lisa Haushofer, 2022-12-27 Between 1850 and 1950 experts and entrepreneurs in Britain and the United States forged new connections between the nutrition sciences and the commercial realm through their enthusiasm for new edible consumables The resulting food products promised wondrous solutions for what seemed to be both individual and social ills By examining creations such as Gail Borden's meat biscuit Benger's Food Kellogg's health foods and Fleischmann's yeast Wonder Foods shows how new products dazzled with visions of modernity efficiency and

scientific progress even as they perpetuated exclusionary views about who deserved to eat thrive and live Drawing on extensive archival research historian Lisa Haushofer reveals that the story of modern food and nutrition was not about innocuous technological advances or superior scientific insights but rather about the powerful logic of exploitation and economization that undergirded colonial and industrial food projects In the process these wonder foods shaped both modern food regimes and how we think about food [Here's the Pitch](#) Roberta J. Newman,2019-03-01 2020 SABR Baseball Research Award In the mid nineteenth century two industries arrived on the American scene One was strictly a business yet it helped create define and disseminate American culture The other was ostensibly just a game yet it soon became emblematic of what it meant to be American aiding in the creation of a national identity Today whenever the AT T call to the bullpen is heard fans enter Minute Maid Park or vote for favorite All Stars brought to us by MasterCard we are reminded that advertising has become inseparable from the MLB experience Here s the Pitch examines this connection between baseball and advertising as both constructors and reflectors of culture Roberta J Newman considers the simultaneous development of both industries from the birth of the partnership paying particular attention to the ways in which advertising spread the gospel of baseball at the same time professional baseball helped develop a body of consumers ready for the messages of advertising Newman considers the role of product endorsements in the creation of the culture of celebrity and of celebrity baseball players in particular as well as the ways in which new technologies have impacted the intersection of the two industries From Ty Cobb to Babe Ruth in the 1920s and 1930s to Mickey Mantle Yogi Berra and Willie Mays in the postwar years to Derek Jeter Rafael Palmeiro and David Ortiz in the twenty first century Newman looks at many of baseball s celebrated players and shows what qualities made them the perfect pitchers for new products at key moments Here s the Pitch tells the story of the development of American and an increasingly international culture through the marriage between Mad Men and The Boys of Summer that made for great copy notable TV advertisements and lively social media and shows how baseball s relationship with advertising is stronger than ever *The Lost Supper* Taras Grescoe,2023-09-19 A New Scientist Globe and Mail and Eater Best Book of 2023 In the tradition of Michael Pollan Anthony Bourdain and Mark Bittman a surprising flavorsome tour of ancient cuisines Kirkus STARRED from Neolithic bread to ancient Roman fish sauce and why reviving the foods of the past is the key to saving the future A fascinating look at the people who are keeping these ancient food traditions alive against the odds while offering a rough roadmap toward a more sustainable food ecosystem Eater Many of us are worried or at least we should be about the impacts of globalization pollution and biotechnology on our diets Whether it s monoculture crops hormone fed beef or high fructose corn syrup industrially produced foods have troubling consequences for us and the planet But as culinary diversity diminishes many people are looking to a surprising place to safeguard the future into the past The Lost Supper explores an idea that is quickly spreading among restaurateurs food producers scientists and gastronomes around the world that the key to healthy and sustainable eating lies not in looking

forward but in looking back to the foods that have sustained us through our half million year existence as a species Acclaimed author Taras Grescoe introduces readers to the surprising and forgotten flavors whose revival is captivating food lovers around the world ancient sourdough bread last baked by Egyptian pharaohs raw milk farmhouse cheese from critically endangered British dairy cattle ham from Spanish pata negra pigs that have been foraging on acorns on a secluded island since before the United States was a nation and olive oil from wild olive trees uniquely capable of resisting quickly evolving pests and modern pathogens From Ancient Roman fish sauce to Aztec caviar to the long thought extinct silphium The Lost Supper is a deep dive into the latest frontier of global gastronomy the archaeology of taste Through vivid writing history and first hand culinary experience Grescoe sets out a provocative case in order to save these foods he argues we've got to eat them Published in partnership with the David Suzuki Institute

**Beyond the Superficial: Making Sense of Food in a Globalized World** Swetha Anthony, Elizabeth M. Schmidt, 2019-01-04 This volume was first published by Inter Disciplinary Press in 2016 The ten essays which make up this volume create a delectable salad which stands out both in taste and appeal through a multifarious exploration of themes enriching the all inclusive discourse on food Rather than reiterating the debates that have been hashed and re hashed in various disciplines the essays compiled here explore novel ideas and spark unique discussions regarding the situatedness of food in everyday life using parameters such as culture identity space and taste Employing unique inter and intra disciplinary methodologies and critical approaches each article explores the evolution of definitions of food cuisine and foodways and focuses on the ways in which discussions about food have moved beyond the superficial food as a means of survival to play a role in economic social political cultural and ideological realms By transcending boundaries of discipline methodology and interest areas this compilation will appeal to the tastes of anyone interested in food

**From Label to Table** Xaq Frohlich, 2023-11-07 How did the Nutrition Facts label come to appear on millions of everyday American household products As Xaq Frohlich unearths this legal scientific and seemingly innocuous strip of information is in fact a prism through which to view the high stakes political battles and development of scientific ideas that shaped the realms of American health nutrition and public communication From Label to Table tells the biography of the food label By tracing policy debates at the U S Food and Drug Administration FDA Frohlich describes the emergence of our present information age in food and diet markets and how powerful government offices inform the public about what they consume From the early years of FDA food standards with concerns about consumer protection up to present day efforts to modernize the Nutrition Facts panel Frohlich explores the evolving popular ideas about food diet and responsibility for health that inform what goes on the label and who gets to decide that

**Tin and Global Capitalism, 1850-2000** Mats Ingulstad, Andrew Perchard, Espen Storli, 2014-09-04 For most of the twentieth century tin was fundamental for both warfare and welfare The importance of tin is most powerfully represented by the tin can an invention which created a revolution in food preservation and helped feed both the armies of the great powers and the masses of the new urban society The trouble

with tin was that economically viable deposits of the metal could only be found in a few regions of the world predominantly in the southern hemisphere while the main centers of consumption were in the industrialized north. The tin trade was therefore a highly politically charged economy in which states and private enterprise competed and cooperated to assert control over deposits, smelters and markets. Tin provides a particularly telling illustration of how the interactions of business and governments shape the evolution of the global economic trade. The tin industry has experienced extensive state intervention during times of war, encompasses intense competition and cartelization and has seen industry centers both thrive and fail in the wake of decolonization. The history of the international tin industry reveals the complex interactions and interdependencies between local actors and international networks, decolonization and globalization as well as government foreign policies and entrepreneurial tactics. By highlighting the global struggles for control and the constantly shifting economic, geographical and political constellations within one specific industry, this collection of essays brings the state back into business history and the firm into the history of international relations.

**From the Inside Out** Jill Lindsey Harrison, 2019-10-29. An examination of why government agencies allow environmental injustices to persist. Many state and federal environmental agencies have put in place programs, policies and practices to redress environmental injustices and yet these efforts fall short of meeting the principles that environmental justice activists have fought for. In *From the Inside Out*, Jill Lindsey Harrison offers an account of the bureaucratic culture that hinders regulatory agencies' attempts to reduce environmental injustices. It is now widely accepted that America's poorest communities, communities of color and Native American communities suffer disproportionate harm from environmental hazards with higher exposure to pollution and higher incidence of lead poisoning, cancer, asthma and other diseases linked to environmental ills. And yet Harrison reports some regulatory staff view these problems as beyond their agencies' area of concern, requiring too many resources or see neutrality as demanding color-blind administration. Drawing on more than 160 interviews with interviewees including 89 current or former agency staff members and more than 50 environmental justice activists and others who interact with regulatory agencies and more than 50 hours of participant observation of agency meetings, both open and closed door, Harrison offers a unique account of how bureaucrats resist, undermine and disparage environmental justice reform and how environmental justice reformers within the agencies fight back by trying to change regulatory practice and culture from the inside out. Harrison argues that equity, not just aggregated overall improvement, should be a metric for evaluating environmental regulation.

*Six Women Who Shaped What Americans Eat* Michelle Mart, 2025-07-15. *Six Women Who Shaped What Americans Eat* tells the story of how food choice in modern America has been influenced by culture, industrial abundance and health narratives. Mart reflects on the careers of six women to illustrate the varied and overlapping influences on food choice. Each of these women had a substantial impact on American cuisine, attitudes toward food and what people chose to eat. They highlighted the politics of food, the pleasure of food, the connection between food and health and the

environmental harm of poor food choices Part one of the book discusses the bounties of the modern American food system and covers Hazel Stiebeling Poppy Cannon and Julia Child Stiebeling was a chemist and government nutritionist beginning in the 1930s and shaped dietary guidelines and school lunches that affected generations of Americans Cannon a best selling cookbook author and newspaper columnist gained fame in the 1950s by preaching the wonders of processed food Child another cookbook author and television personality starting in the 1960s celebrated French cuisine and made it accessible to American cooks and palates Part two examines the hidden costs of abundance and covers Frances Moore Lapp Marion Nestle and Alice Waters Lapp was an author and activist concerned with the environmental impact of food in the late 20th century and who is credited with bringing vegetarianism into the mainstream Nestle was an academic nutritionist government consultant and author who decried the undue influence of food corporations Waters a celebrity chef restaurateur and food activist became a symbol of alternative food movements in the 21st century Provided by publisher

**By Bread Alone**

Kendall Vanderslice, 2023 A satisfying offering that will prove good medicine for the hungry soul Publishers Weekly Bread is central to God's story and to your story too Our spiritual lives are deeply connected to bread the bread we break with family and friends and the Bread that is Christ's Body given and broken for us It's easy to choose the cheapest most convenient option but the life of Jesus and the story of Scripture as well as the substance of bread itself shows us that there is more In By Bread Alone Kendall Vanderslice a professional baker and practical theologian who spends her days elbow deep in dough reveals that there is no food more spiritually significant than bread whether eating baking sharing or breaking Kendall has struggled with hunger ever since she can remember hunger for bread yes but also for community and for the ability to taste and see the goodness of God She knows the tension of bread as blessing and bread as burden but has learned that bread also offers a unique opportunity to heal our relationship to the body of Christ and to our own bodies In By Bread Alone she weaves her own faith filled journey together with original recipes and stories about the role of bread in church history revealing a God who draws near to us and creatively provides for our daily needs When words fail when we cry out in longing and loneliness when God feels impossibly far away By Bread Alone displays the tangible expression of God's presence and provision for us in the form of bread It's the story of hunger and family of friendship and unmet longing It's the story of a God who meets us in both sacred and mundane ways In the mixing and kneading in the waiting and partaking may God also meet you

B.H. Roberts, Moral Geography, and the Making of a Modern Racist Clyde R. Forsberg Jr., Phillip Gordon Mackintosh, 2022-03-22 A transdisciplinary Mormon history this book is a work of American religious history theology science history and cultural and historical geography It deconstructs the race creationism White supremacy and Christian imperialism of leading interwar Mormon theologian B H Roberts Roberts hoped to introduce the front rank post Darwinian scientific and philosophical postulates of his time polygeny preadamitism electromagnetism idealism the multiverse infinity and interstellar travel to an increasingly fundamentalist Mormon establishment Church authorities however including

eventual prophet Joseph Fielding Smith Jr proscribed and rejected Roberts modernist manuscript *The Truth The Way The Life An Elementary Treatise on Theology* circa 1930 Paradoxically however Roberts thinking appeared uncited in Smith's 1954 *theology Man His Origin and Destiny* Here Smith accelerated Roberts racism toward African Americans while reviling science philosophy and free thought This book contextualizes all such fundamentalist Mormon thinking within today's struggle for social and environmental justice and especially the Black Lives Matter movement

*Introduction to the US Food System* Roni Neff, 2014-10-20 A public health approach to the US food system *Introduction to the US Food System Public Health Environment and Equity* is a comprehensive and engaging textbook that offers students an overview of today's US food system with particular focus on the food system's interrelationships with public health the environment equity and society Using a classroom friendly approach the text covers the core content of the food system and provides evidence based perspectives reflecting the tremendous breadth of issues and ideas important to understanding today's US food system The book is rich with illustrative examples case studies activities and discussion questions The textbook is a project of the Johns Hopkins Center for a Livable Future CLF and builds upon the Center's educational mission to examine the complex interrelationships between diet food production environment and human health to advance an ecological perspective in reducing threats to the health of the public and to promote policies that protect health the global environment and the ability to sustain life for future generations Issues covered in *Introduction to the US Food System* include food insecurity social justice community and worker health concerns food marketing nutrition resource depletion and ecological degradation Presents concepts on the foundations of the US food system crop production food system economics processing and packaging consumption and overconsumption and the environmental impacts of food Examines the political factors that influence food and how it is produced Ideal for students and professionals in many fields including public health nutritional science nursing medicine environment policy business and social science among others *Introduction to the US Food System* presents a broad view of today's US food system in all its complexity and provides opportunities for students to examine the food system's stickiest problems and think critically about solutions

**Who Decides?** Nina Namaste, Marta Nadas, 2018-03-12 How is the meaning of food created communicated and continually transformed How are food practices defined shaped delineated constructed modified resisted and reinvented by whom and for whom These are but a few of the questions *Who Decides Competing Narratives in Constructing Tastes Consumption and Choice* explores Part I Taste Authenticity Identity explicitly centres on the connection between food and identity construction Part II Food Discourses focuses on how food related language shapes perceptions that in turn construct particular behaviours that in turn demonstrate underlying value systems Thus as a collection this volume explores how tastes are shaped formed delineated and acted upon by normalising socio cultural processes and in some instances how those very processes are actively resisted and renegotiated Contributors are Shamsul AB Elyse Bouvier Giovanna Costantini Filip Degreef Lis Furlani Blanco Maria



Clara de Moraes Prata Gaspar Marta Nadas Ruiz Nina Namaste Eric Olmedo Hannah Petertil Maria Jos Pires Lisa Schubert Brigitte S bastia Keiko Tanaka Preetha Thomas Andrea Wenzel Ariel Weygandt Andrea Whittaker and Minette Yao     The Wiley Blackwell Companion to Cultural and Social Geography Ishan Ashutosh, Jamie Winders, 2025-04-28 Addresses both social and cultural geography in a single volume authored and edited by leading authorities in the fields The Companion to Social and Cultural Geography provides reliable and up to date coverage of both foundational topics and emerging themes within two vibrant and increasingly interconnected subdisciplines of geography Building upon the Companion to Cultural Geography first published in 2013 editors Ishan Ashutosh and Jamie Winders offer an expertly curated collection of original essays with special emphasis on early career scholars geographers of color and geographers from the Global South Organized thematically the Companion opens with a series of Global Dispatches from cultural and social geographers working in different disciplines and locations followed by explorations of key concepts in social and cultural geography such as identity belonging solidarity inequalities and intersectional geographies Subsequent chapters examine a wide range of cultural and social geographies including creativity technologies science nature memory tourism migration labor and religion Throughout the Companion authors share fresh insights into the racial reckonings of late ongoing issues related to climate change the consequences of COVID 19 and more Across its 46 chapters the Companion to Social and Cultural Geography Examines how approaches to human environment dynamics in social and cultural geography help shed light on current challenges Covers critical topics such as justice protest borders public health urban planning indigeneity genders class race and sexualities Emphasizes the value of a geographic perspective to understanding social and cultural dynamics Discusses how geography has confronted its deep connections to colonialism imperialism and white supremacy Addresses a range of emerging and established themes including queer and transgender geographies Black geographies animal geographies and cultural geographies of states Incorporates a diversity of writing styles narratives and analyses such as interviews conversations short essays autobiography and autoethnography Accessible authoritative and highly relevant to today s students the Companion to Social and Cultural Geography is an essential textbook for undergraduate or graduate courses on social or cultural geography cultural studies cultural sociology and ethnic studies     Geographies of Race and Food Rachel Slocum, Arun Saldanha, 2016-04-15 While interest in the relations of power and identity in food explodes a hesitancy remains about calling these racial What difference does race make in the fields where food is grown the places it is sold and the manner in which it is eaten How do we understand farming and provisioning tasting and picking eating and being eaten hunger and gardening better by paying attention to race This collection argues there is an unacknowledged racial dimension to the production and consumption of food under globalization Building on case studies from across the world it advances the conceptualization of race by emphasizing embodiment circulation and materiality while adding to food advocacy an antiracist perspective it often lacks Within the three socio physical spatialities of food fields bodies and markets the collection reveals

how race and food are intricately linked An international and multidisciplinary team of scholars complements each other to shed light on how human groups become entrenched in myriad hierarchies through food at scales from the dining room and market stall to the slave trade and empire Following foodways as they constitute racial formations in often surprising ways the chapters achieve a novel approach to the process of race as one that cannot be reduced to biology culture or capitalism

*The Stakes of Regulation* Steven L. Kaplan, 2015-08-15 Scholars have long regarded Bread Politics and Political Economy in the Reign of Louis XV 1793 as marking an important moment in the study of the social political and cultural history of eighteenth century France The Stakes of Regulation is the companion volume to a new edition of this landmark study revealing how Kaplan's thinking has evolved in reaction both to the changing intellectual epistemological historiographical and socio political environment and to the significant scholarship that has been accomplished during the past forty years Kaplan remains faithful to his original premise that the subsistence question is at the core of eighteenth century history and that the issues joined by the struggle over liberalization continue to shape our destiny today through the bristling tension between liberty and equality and the debate over the necessity legitimacy and character of regulation

*Unquestioned Brilliance: Navigating a Fundamental Leadership Trap* John Austin, 2015-09-01 It does not matter if you are an experienced leader or are just starting out as a new manager or entrepreneur the techniques outlined in Unquestioned Brilliance can improve your decision making and critical thinking The book outlines ten techniques built from research and validated through application designed to help leaders and their teams become better strategic thinkers For less than the price of a single dinner at a restaurant this book offers the same content found in executive education strategic thinking courses Unquestioned Brilliance is best viewed as a handbook for the aspiring leader It provides a variety of tools for leaders of teams at all levels of an organization Techniques included in this book include Uncertainty Vectoring Sort and manage environmental uncertainties to use them for strategic insight and competitive advantage TAP Analysis Align team expertise and task requirements in a manner that develops teams and improves performance Tension Tracking Understand and manage prevailing interests that create stress and paralyze employees within your organization Blind Spot Centering Stress test strategic initiatives to identify limiting mindsets and strategic blind spots GSO Decision Making Diagnose a decision process with a quick heuristic for finding the missing step Stakeholder Mapping Identify the key individuals and groups early enough in a process to draw on their perspectives and expertise HERE Snapshot Use a quick situational assessment when executing a strategic initiative in a new environment Backward Forward Flip Learn from past industry mistakes to improve odds of success of new organization innovations The techniques outlined in this book can help leaders and their teams begin building their strategic thinking muscles and help them to better navigate around the unquestioned brilliance trap

**Dangerous Digestion** E. Melanie DuPuis, 2015-12-01 Throughout American history ingestion eating has functioned as a metaphor for interpreting and imagining this society and its political systems Discussions of American freedom itself are

pervaded with ingestive metaphors of choice what to put in and control what to keep out From the country s founders to the abolitionists to the social activists of today those seeking to form and reform American society have cast their social change goals in ingestive terms of choice and control But they have realized their metaphors in concrete terms as well purveying specific advice to the public about what to eat or not These conversations about social change as eating reflect American ideals of freedom purity and virtue Drawing on social and political history as well as the history of science and popular culture *Dangerous Digestion* examines how American ideas about dietary reform mirror broader thinking about social reform Inspired by new scientific studies of the human body as a metabiome a collaboration of species rather than an isolated intact protected and bounded individual E Melanie DuPuis invokes a new metaphor digestion to reimagine the American body politic opening social transformations to ideas of mixing fermentation and collaboration In doing so the author explores how social activists can rethink politics as inclusive processes that involve the inherently risky mixing of cultures standpoints and ideas

**Cuisine and Empire** Rachel Laudan, 2015-04-03 Rachel Laudan tells the remarkable story of the rise and fall of the world s great cuisines from the mastery of grain cooking some twenty thousand years ago to the present in this superbly researched book Probing beneath the apparent confusion of dozens of cuisines to reveal the underlying simplicity of the culinary family tree she shows how periodic seismic shifts in culinary philosophy beliefs about health the economy politics society and the gods prompted the construction of new cuisines a handful of which chosen as the cuisines of empires came to dominate the globe *Cuisine and Empire* shows how merchants missionaries and the military took cuisines over mountains oceans deserts and across political frontiers Laudan s innovative narrative treats cuisine like language clothing or architecture as something constructed by humans By emphasizing how cooking turns farm products into food and by taking the globe rather than the nation as the stage she challenges the agrarian romantic and nationalistic myths that underlie the contemporary food movement

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