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# Fast Food Nation Summary PDF Cheatsheet —

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### **? 1. Reshaped America: The fast food industry has reshaped America's landscape, culture, and economy**

In just a few decades, the US went from eating very little fast food, to eating hundreds of billions of dollars of fast food. Identical stores now repeat in every city and town. The assembly-line approach to making food has taken over.

### **? 2. Targeting Kids: Fast food marketing strategies focus on children, harming their health**

Fast food restaurants specifically aim to attract kids. Toys, play areas, bright colours and entertainment cross-promotions are very effective. As a result, childhood obesity has more than doubled in the past 30 years.

### **? 3. Worker Conditions: Fast food employees face poor working conditions and lack job security**

Business executives design fast food jobs to require as little skill as possible, so workers can be easily replaced. Much of the cooking is automated through timed machines. This helps giant companies avoid unions, higher wages or more full-time workers.

### **? 4. Pressure on Farmers: Fast food's push towards mass processed food and industrial farming causes small farmers to struggle**

Just one huge company like McDonald's can reshape entire food industries, as happened with potatoes, chicken and beef. Chicken McNuggets alone turned McDonald's into the second biggest chicken buyer in the US. Small farmers are at a disadvantage because they are increasingly selling to a few large buyers.

### **? 5. Dangerous Jobs: Meatpacking jobs have become increasingly risky and unpleasant**

In the 1970s, meatpacking went from being a well-paid unionized job to a low-paid assembly line job usually done by migrant workers. These are some of the most dangerous jobs in the country, with injuries often underreported by companies.

### **?? 6. Food Safety Resistance: Big food corporations often oppose necessary food safety regulations**

Dangerous bacteria sometimes transfers from feces to meat during processing. Today the risk of food poisoning has increased because cows are often kept in unclean conditions and meatpacking workers are rushed to slaughter as fast as possible. The meat industry has blocked food safety regulations like microbial testing.

### **? 7. Public pressure: Consumer pressure and advocacy CAN create improvements in the fast food industry**

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In the past, big corporations have changed their ways in response to public pressure. For example, McDonald's switched from polystyrene to paper boxes. Public pressure could also create better food safety, and better working conditions and wages.

## **This is just a sample!**

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