



A H I M S A C E N T E R
NONVIOLENCE IN THOUGHT AND ACTION

California State Polytechnic University, Pomona • College of Letters, Arts & Social Sciences

A Virtual Public Lecture by

Nico Slate

November 17 (Wednesday), 2021

2:30-3:45 p.m. PST/zoom

A Recipe for Nonviolence: The Ethics and Politics of Gandhi's Diet

Mahatma Gandhi weighed about one hundred pounds. He stood five feet six inches tall. More than anyone in history, Gandhi proved that you do not have to be big to have a big impact on the world. His body symbolized Gandhi's humility, his nonviolence, and his identification with the poor. But it was more than a symbol. In his slim but strong frame, Gandhi made manifest one of his greatest passions that helped make him who he was—his diet. Understanding Gandhi's relationship to food is to understand the man and his life, and to connect two of history's perennial questions: how to live and what to eat.



Nico Slate is Professor of History and Chair of the Department of History at Carnegie Mellon University. His research focuses on struggles against racism, imperialism, and other forms of oppression in the United States and India.

He is the author of four books and the editor of a collected volume. His most recent books are *Lord Cornwallis Is Dead: The Struggle for Democracy in the United States and India* (Harvard University Press, 2019) and *Gandhi's Search for the Perfect Diet: Eating with the*

World in Mind (University of Washington Press, 2019).

For more visit: <https://nicoslate.com/>

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