

Alice Waters wants to change aging in America

By Laura Hambleton, Washington Post

Alice Waters has helped change the way Americans eat. Chez Panisse, her restaurant in Berkeley, began serving organic, locally harvested food when it opened in 1971 and Waters, now 69, was a mere 27 years old. Today, Chez Panisse is consistently named one of the top 50 restaurants in the world.

Waters has tried to get Americans to rethink what they eat, promoting everything from the slow-food (as opposed to fast-food) movement to more-nutritious school lunches. Her ninth cookbook, "The Art of Simple Food II," has just been released.

Waters said she isn't slowing down, though she is contemplating new endeavors: "I want to find the people who have the same set of values [as I do] and really want to make change happen in public education."

She recently spoke to the *Post* about aging, and how it feels to grow older.

I feel like old age in America is a very sad thing. I have been many different places around the world where getting older is something you look forward to. You have an opportunity to be someone who is respected, someone who is contributing to life in a very important way. That's not happening in this country.

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