

Table 3. Average Daily Caloric Intake, 1984-86.

Country	Total	Animal Products	Vegetable products
West Germany	3,475	1,295	2,180
Poland	3,298	1,081	2,217
USA	3,642	1,228	2,414
USSR	3,395	911	2,484

*Source: Food and Agricultural Organization.

Impetus for Change

Poland's economic stability came to an end for the second time in the communist era (the first was in 1956) under Gomulka in 1970. Food price increases led to riots, and strikes and left the nation with dozens of dead. These political uprisings ousted Gomulka and established Gierek. The following years were difficult times for Poland: without hard currency to import basic foodstuffs and with no incentives for farmers to increase production, food shortages became a component of Polish life.

POLAND IN THE 1980'S AND 1990.

Lech Walesa, leader of Solidarity in 1980 guided workers of the most important shipyards in Poland to go on strike. Following two more walkouts, the government signed an agreement