



Slow Food®

What is slow food?

- An international eco-gastronomic, member-supported, non-profit organization
- Founded in 1989 against fast food and fast life



Slow food Network

- More than 80.000 members in 129 countries that make up 800 convivia, as well as schools, hospitals and universities, together with 1600 food communities, 5000 food producers that participate in

Every two years in Turin – 5,000 participants from respective communities across continents



What does **Slow Food** do?

- **Defends our right to pleasure**
- **Promotes good, clean, and fair food**
- **Supports local food**

To do so Slow Food:

- connects producers and co-producers
- educates consumers and children
- protects food biodiversity
- organizes events and develops campaigns
- fosters network-building and exchanges



What kind of **food**
is **Slow?**

good
+ clean
+ fair

= sustainable quality food

- It tastes **good**
- And gives us **pleasure** to eat it





clean

the way it's produced respects
the environment, animal welfare
and our health



Education the Slow Way

... an approach that allows children and adults to **understand food**, how it's made, by who and where it comes from

- food and taste education programs, including 'Journey to the Origins of Taste'
- school gardens
- producer visits
- classes and conferences
- Dream Canteen programs for schools and other institutions

Lets Go Slow

Vote with your fork.

Choose, support and share.

Make things from scratch.

Eat together.

Taste and savor special regional flavors.

Get to know your food.

Get cooking.

Plant a garden and grow your own food.

Take a lunch break.

Invite someone to share a meal.

Drink from the tap.

Reach out to local food and the people who produce it.

Talk food politics.

Share yourself about your food citizenship.

Share a food tradition, learn a new one.

Join the Slow Food movement or go to a Slow Food gathering in your area.

