



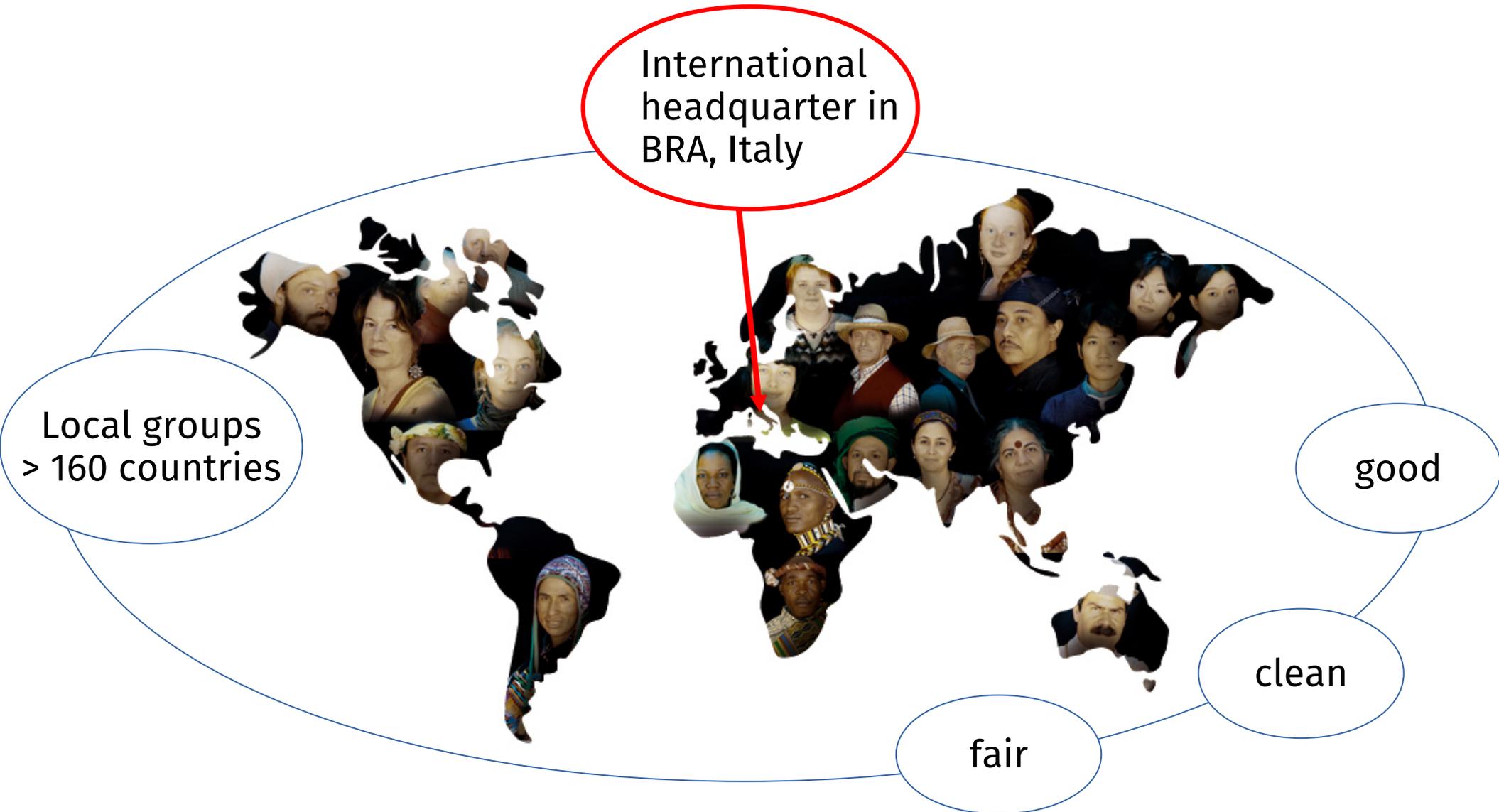
Slow Food®

Slow Food's initiatives to promote sustainable diets

Claudia Nathansohn
MSc. home economics, dietician

Slow Food Germany e. V.

Slow Food Movement since 1989



Slow Food philosophy



PARADIGM SHIFT IS NEEDED



good

clean

fair

Slow Food's main goals

... increasing public awareness and changing consumption trends, encouraging the adoption of more sustainable and ecologically-friendly diets and consumption patterns and working to change current policies

... changing the food production model, promoting the transition to diversified agroecological food production

... changing the policies connected to food at international, national, and local levels, improving food policy coherence.



How do we do it?



EU & other Countries' Policies, GMOs, Land Grabbing, Slow Fish, Slow Meat, Raw Milk, Fair Markets (Cheese, local, Turin, Stuttgart, Balkans,...), Indigenous Network, School Gardens, Food Waste, Slow Canteens, Slow Mobil, Cooking and Gardening with children, Cooking Classes, Visit the farmer, Producer, Tastings, Books, Films, Demonstration, Action days, 10.000 Garden in Africa, Ark of Taste, Chef Alliance, Educations programs, festivals...and many more

From Consumer to Co-Producer

co-producers

...understand the central importance of food and eating

...attach importance to origin, quality and taste

...discover and support local culinary and biological diversity

...strengthen their food knowledge and skills

...act collectively and publicly on topics such as: food waste, EU agricultural reform, sustainable fisheries policy, alternative forms of production and procurement, land grabbing, genetic engineering, seeds, meat, food quality, raw milk



The 'change' questions

Where does our food come from?

local

global

Who is the producer?

Do I know him?

How has it been produced?

Eco-friendly, sustainable
and global impact?

What kind of life does the producer have?

Healthy and fair paid?

„Understanding soil“



Potato harvest



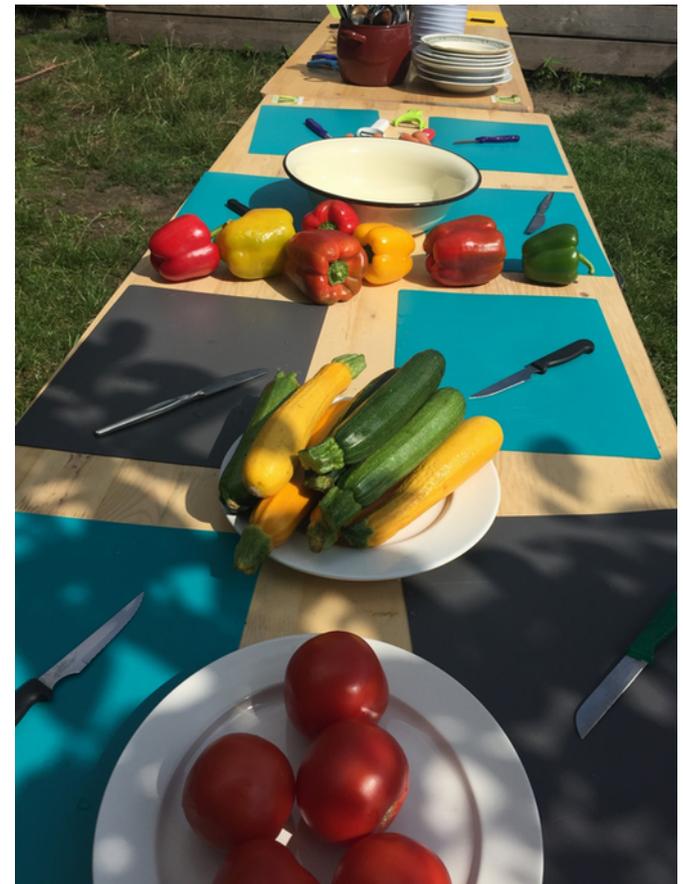
Producing tofu



Pupils count how many acres are needed for animal and plant-based sausages



Harvest vegetables and cook them next to the field



„Understanding soil“

root window



carrots



legumes



„Iss-Fair-Netz“ (eat connected)

FOOD CHAIN field → harvest → mill → bakery → consumer → garbage



Day at the bakery



Comparing industrial and artisanal produced bread

Slow Food Youth Network



Slow Food and legumes



© Andreas Zakovsky



TRansition paths to sUstainable
legume-based systems in Europe

Help us to create the cookbook → cookbook@slowfood.de

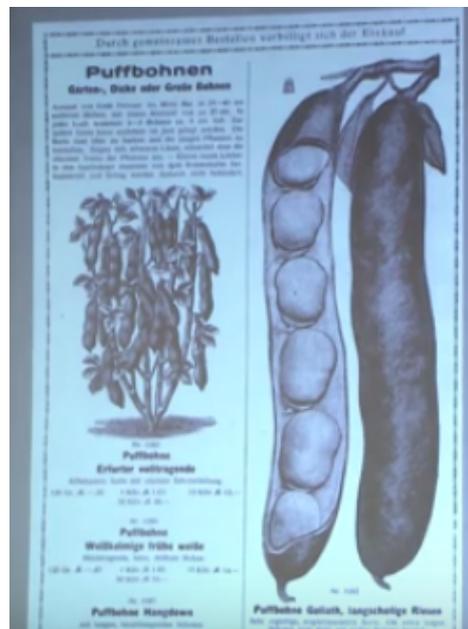
Recipe template

German: <https://umfrage.slowfood.de/index.php?r=survey/index&sid=426789&lang=de>

English: <https://umfrage.slowfood.de/index.php?r=survey/index&sid=426789&lang=en>

Italian: <https://umfrage.slowfood.de/index.php?r=survey/index&sid=179679&lang=it>

„On the discovery of the roots of our food“





Albleisa (lentil)



Kesselsheimer Sugarbean



Paas Lintorfer Frühe (North Rhine Westphalia)

A Journey from Taste to Origin

All Slow Food actions, events and programs showcase how food production and trade as well as our daily consumption habits are connected to broader global topics, such as the climate, biodiversity loss, environmental issues and the state of local habitats. In addition, the holistic approach means allowing participants during the events and activities to experience food with all senses and making the connection between pleasure and responsibility, thus showing how one can consume good, clean and fair food with joy and at the same time with respect towards the environment and the farmers.

So give peas, beans and lentils a chance and promote their culinary heritage in your daily diet and be a role model!

Thanks for your attention!

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Slide 3, 4 Slow Food Archiv

Slide 5 Barbara Assheuer (top), Slow Food Archiv (bottom)

Slide 6, 7, 8, 9, 10 Slow Food Archiv

Slide 11 Slow Food Archiv (2 left), Isabel Lindemann (3 right)

Slide 12 Andreas Zakovsky

Slide 13 Katharina Heuberger (2 left), Slow Food Archiv (4 right)

Slide 14 Simon Reitmeier (left top), Gerhard Schneider-Rose (right top) Raimund Günster (right bottom)



Discover more

and find Slow Food
near you

community co-producers artisanal
sustainable
traditional eco-gastronomy
good clean fair
quality pleasure seasonal biodiverse
small-scale **convivial** local

www.slowfood.com