



# Slow Food® UK

## **Slow Food UK Education Programmes:**

Slow Food UK is entering an exciting and challenging new phase of expansion as we develop a range of education programmes designed to educate, enthuse and inspire people about the importance of good, clean and fair food.

We are creating a pragmatic series of programmes that will touch the lives of many people, from babies and young children, to university students and senior citizens, as well as local producers and food communities, through a hands-on approach to food education. Our aim is to develop co-operative activities that celebrate diversity and strengthen a sense of togetherness.

We will be encouraging people to join together in learning more about the story behind the food on our plates and in doing so, not only to increase their sheer enjoyment of good food but also to make the right food choices that will benefit the environment, food producers, our communities, lives and well-being.

### **Slow Food for Babies**

We believe that the first few years of a child's life defines their relationship with food, as they begin to develop tastes and eating habits that will last a lifetime. We wish to support families in making informed choices about food and meal times – for the whole family - during the important phases of pregnancy, early months, weaning and early years within the context and ethos of Slow Food. A flexible programme of workshops, demonstrations, talks and online materials will engage, introduce, inform and educate families about how good, clean and fair food is central to our own physical and mental well-being and to the well-being of a sustainable society and economy. A core part of content will be 'taste' and its critical development in the early years for laying foundations for 'informed food choice' throughout life. A fun entertaining approach will underpin all elements of the programme with elements to remind parents (and Mums in particular in the early stages) to take care of their own nutritional needs.

*This initiative is currently supported by The A Team Foundation.*

### **The Taste Adventure**

This interactive event is aimed at educating children on the use of the five senses when we eat and enjoy good food. A series of 'zones' are set up to stimulate the children's senses through 'touchy', 'smelly', 'noisy', 'tasty' and 'seeing' areas to encourage children to appreciate food, learn about the basic elements of taste and how each sense affects

the others. The Taste Adventure is held at festivals and events around the country with a series of over 30 events planned for 2010.

*This initiative is being run in association with the Grain Chain, through our supporters nabim (National Association of British and Irish Millers) and HGCA (Home Grown Cereals Authority)*

### **Slow Food on Campus Programme:**

Slow Food wants to create a revolution to help students promote and reap the benefits of high quality, sustainable, just and above all, enjoyable food. Our programme aims to improve students' experience and understanding of the food they consume. We will encourage students to call for good, clean, fair food, both within their own cafeterias and more widely within their local communities – for example, working with local producers to source campus meals, planting community gardens and holding farmers' markets on campus, supporting sustainable food practices and volunteering with food education projects in schools and with older people. Students are in a unique position as future leaders to raise their voices to campaign for an improved food system in the UK and internationally.

*This initiative is currently supported by Winchester University and The Higher Education Funding Council for England.*

### **Slow Food Wisdom**

This project will engage with the older generation to help rediscover our food heritage and ensure it is not lost for future generations. To, tap into and learn from their knowledge. Our overall objective is to rediscover the food traditions that make up a vital part of our cultural inheritance, and to create opportunities and means to pass them on.

*This initiative is currently supported by Booths*

### **Slow Food UK Ecology Programmes:**

#### **Ark of Taste**

SFUK's continuing work in the Ark of Taste relates to protecting food heritage, resurrecting dying practices and saving endangered food species. This helps to ensure that indigenous food and production methods are not lost in the face of homogenisation and commercialism. Through this framework, SFUK defends local food traditions, protects biodiversity and promotes small-scale quality products in the UK.

*All of Slow Food UK's work is supported by core donations from The Sheepdrove Trust and The Esmee Fairbairn Foundation.*

*Slow Food UK is sponsored by Neal's Yard Remedies, Grana Padano, Booths, Lavazza, The Balvenie and From My Farm*