



Slow Food®

About Us

Founded by Carlo Petrini in 1986, Slow Food became an international association in 1989. Today, with the growth of the Terra Madre network, there are 100,000 members around the world and national offices (in order of creation) in **Italy, Germany, Switzerland, the USA, France, Japan, United Kingdom, The Netherlands and Australia**, and supporters in **130** countries.

Slow Food believes in recognizing the importance of the pleasure of food. We should learn to enjoy the vast range of flavors and recipes available, and recognize the variety of places and people involved in growing and producing the food we eat. We should also respect the natural rhythms of the seasons and **conviviality**, the enjoyment of dining and sharing that enjoyment with others. But the recipe developed by Carlo Petrini and other Slow Food members adds another ingredient to the pursuit of pleasure; namely, responsibility. This philosophy is called **eco-gastronomy** and combines a respect for and interest in **food and wine culture** with defenders of food and agricultural biodiversity around the world.

Slow Food stresses the need for **taste education**. This is the best defense against poor quality food and adulteration. It is the main way to combat the incursion of fast food into our diets. Slow Food works to **safeguard** local cuisines, traditional products and vegetable and animal species at risk of extinction, and taste education is one of the ways it does this.

Slow Food supports a **new model of agriculture**, less intensive and healthier, founded on the knowledge and know-how of local communities. This is the only type of agriculture that can offer development prospects to the poorest regions on our planet.

For these reasons, Slow Food is committed to **safeguarding** traditional foods, prime ingredients and methods of cultivation and processing. It seeks to **defend** the biodiversity of cultivated and wild varieties and to protect convivial places of historic, artistic or social value that form part of our cultural heritage.

Slow Food has a distinctive approach to all these issues. The founding philosophy of the movement was to defend **gastronomic pleasure** and support a **slower, more aware pace of life**. It then expanded its focus from the virtues of food to the quality of life and identity. The organization aims to recognize the history and culture of every social group as it interacts within a network of reciprocal exchange. Whether you consider a variety of fruit or a traditional local dish, you cannot ignore its relationship to history, material culture and the environment in which it originated.

Slow Food stresses the importance for agricultural production and livestock breeding to maintain a balanced relationship of respect for and exchange with the surrounding ecosystem. This is why Slow Food has been defined as a movement of **eco-gastronomes**.

The network of more than **100,000** Slow Food members is organized into local groups called *Condotte* in Italy and Convivia elsewhere in the world. Coordinated by Convivium leaders, the local groups organize courses, tastings and dinners, promote campaigns at local level, link consumers with local producers and participate in the major international events organized by the association. There are more than **1,000** Slow Food Convivia active in **130** countries, including **400** *Condotte* in Italy.

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