



convivia create local networks among all those who share the idea that "eating is an agricultural act and producing a gastronomical act"

Slow Food begins with each of us, in the hearts, heads and stomachs of responsible eaters, and has grown thanks to the momentum of the convivia...

The **convivia**, or local chapters, spread the Slow Food philosophy far and wide and make it real. According to its inclination and imagination, each convivium organizes events and activities ranging from simple shared meals and tastings, to visits to local producers and farms, conferences and discussions, film screenings, festivals, Taste Education courses for children and adults, promoting farmers' markets or supporting local and international campaigns.

Members enjoy coming together to share the everyday joys of food and to get to know their local foods and producers and spread that knowledge.

Today more than **1300 convivia** around the world form the backbone of Slow Food.

Slow Food has been active for more than **20 years**, and it shows:



• The Slow Food Foundation for Biodiversity builds the capacity of food producers and defends biodiversity and food traditions by creating new economic models that are being put into practice all around the world: **300 Presidia** - sustainable food production projects, **800 Ark of Taste** products and **Earth Markets**.

• Slow Food organizes some of the world's major food events: Salone del Gusto, Cheese, Slow Fish, Slow Food Nation - as well as many smaller fairs, to showcase sustainable agriculture and artisan food production and connect producers with consumers.

• Slow Food launched the Terra Madre Network in 2004 to give a voice to small-scale farmers and food producers and bring them together with cooks, academics and youth to discuss how to improve the food system collaboratively. Meetings are held at the global, regional and local level and the resulting projects promote knowledge exchange around the world.

• All over the world, the convivia, Slow Food and the Terra Madre network are joining forces to carry out pioneering taste and food education projects at events and with schools, hospitals, canteens and other community institutions.

Slow Food®
www.slowfood.com



Join Slow Food

let's cook up a revolution together

Slow Food brings together pleasure and responsibility

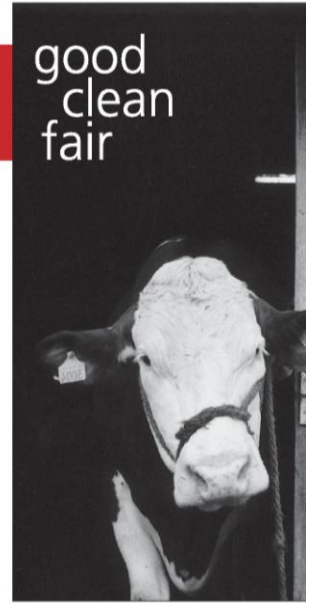
Slow Food was founded in 1989 to counteract fast food and fast life, the disappearance of local food traditions and people's dwindling interest in the food they eat, where it comes from, how it tastes and how our food choices affect the world around us. Today the Slow Food Association is a vast network of **100,000 members** from **150 countries**, grouped in local chapters called convivia, who are working together to defend their local culinary culture. Slow Food's approach to agriculture, food production and gastronomy is based on a concept of food quality defined by three interconnected principles:

good a fresh and flavorsome seasonal diet that satisfies the senses and is part of our local culture

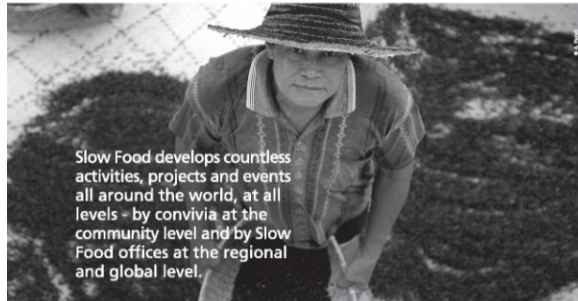
clean produced in harmony with the environment and human health

fair accessible prices for consumers and fair conditions and pay for small-scale producers

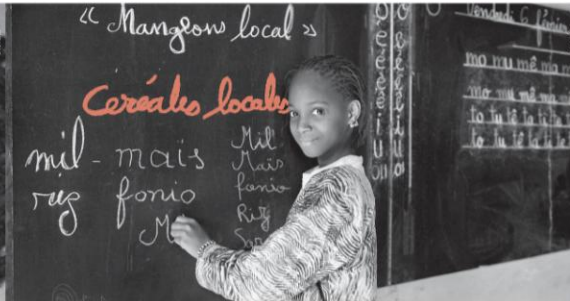
we believe everyone must have access to good, clean and fair food



good clean fair



Slow Food develops countless activities, projects and events all around the world, at all levels - by convivia at the community level and by Slow Food offices at the regional and global level.



« Mangions local »
Cereales locales
mil - mais
riz fonio



"...protecting a cheese, a field or a breed is the best way to protect an intimate aspect of ourselves and to offer new generations a more modern future, in the best sense of the term..."
Vito Puglia, Slow Food member

As a Slow Food member you...

Food and Taste Education

MANGEONS LOCAL, SENEGAL
The Mangeons Local project was born in 2008 when the Lék Magnef Sénégal convivium collaborated with local cooks from the Terra Madre network. Together they designed an education program with a focus on local agriculture and food traditions to deliver in two schools. The program focuses on introducing the students to local breeds and varieties, culinary traditions, and food communities in their region.

Protecting Food Biodiversity

BRĂNZĂ DE BURDUȘ PRESIDIA, ROMANIA
In Transylvania, on the slopes of Carpathian Mountains, drowsing shepherds still make a living as cheesemakers using the milk of the Turcanan and Tigae heritage sheep breeds. To make *Brânză de Burduș*, one of Romania's most prized and rare cheeses, the shepherds wrap fresh Cas cheese in fir tree bark. The presidium was started in 2005 to support the producers of this traditional food and protect the forests which are essential in it's making.

Developing Networks

TERRA MADRE NETWORK, ARGENTINA
The network is growing in Argentina and bringing together Slow Food convivia and Terra Madre food communities. Chefs are building relationships with local producers, academics are networking to design courses on sustainable food, and in August 2009 more than 300 delegates from across the country came together for the first Terra Madre Argentina meeting to discuss how to strengthen good, clean and fair food production in their country.

Connecting Producers and Co-producers

SLOW FOOD SUMMER CYCLE TOUR, CANADA
Slow Food Vancouver's Summer Cycle Tour in the Fraser Valley gathered together 1,500 people to discover and celebrate their local food. In a leisurely and scenic cycle tour, participants became familiar with the roots of their local food, visited family-run farms, met producers and learnt about agriculture, while chatting with new people and enjoying good home-grown food.

• Join a network of like-minded individuals... from Mexican campesinos and French chefs, to Mongolian herdsmen and Berkeley professors, Vietnamese fisher folk and Italian wine producers... all different, all unique, all working towards the same goal and with many opportunities for exchange and sharing.

• Support the Slow Food philosophy in practice - slow down and use your senses to become a 'co-producer', a responsible consumer who chooses to enjoy quality food produced in harmony with the earth and local cultures. What's good for you is good for the planet!

• Join a local convivium and become involved in any way you wish (organizing, educating, sharing ideas, knowledge and food) to protect and enjoy your culinary heritage and help maintain the health of your community and landscape.

• Get plenty of food for thought, and stay in touch with the worldwide Slow Food network through electronic and printed publications - monthly *Slow Food* and *Terra Madre* newsletter, the *Slow Food Almanac*, an annual review of what's happening in the Slow Food world, and the *Slow Food Companion* (first time members) - as well as through local, regional and international events.

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