



Mercados da Terra

SLOW FOOD

Associação
Portuguesa de
ECOTURISMO



Erasmus+

What is Slow Food?

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- Slow Food is a global movement that promotes local food and traditional cooking.
- It originated in Italy in the 1980s as a response to the rise of fast life and the encroaching disappearance of local food cultures and traditions.
- The movement celebrates local food traditions, protects edible biodiversity, and advocates for fair, clean, and regenerative food production.
- Slow Food is a commitment to the community, cultural heritage, and responsible consumption.

How and where can we apply this concept?

- It is a widely applicable concept in that it englobes a way of life in which both production and consumption are slow.
- CLEAN, GOOD, JUST
- The Slow Food concept can be applied at home, in the local community, in business and in international contexts. It has no boundaries.
- It is an equally beneficial to mankind and can be used across sectors.
- It has been tested in local communities and across sectors such as schools, agricultural and restaurant businesses and even in Erasmus + rehabilitation programmes in prisons.
- A truly sustainable and universally applicable concept.
- Involves people and communities across ages and cultures.

In Portugal

- Producers' market joins the Mercados da Terra – Slow Food network
- Slow Food Chef Alliance
- The first in Portugal
- A recent development, 23rd November 2023
- Mercado de Sistelo located in the Peneda Gerês National Park

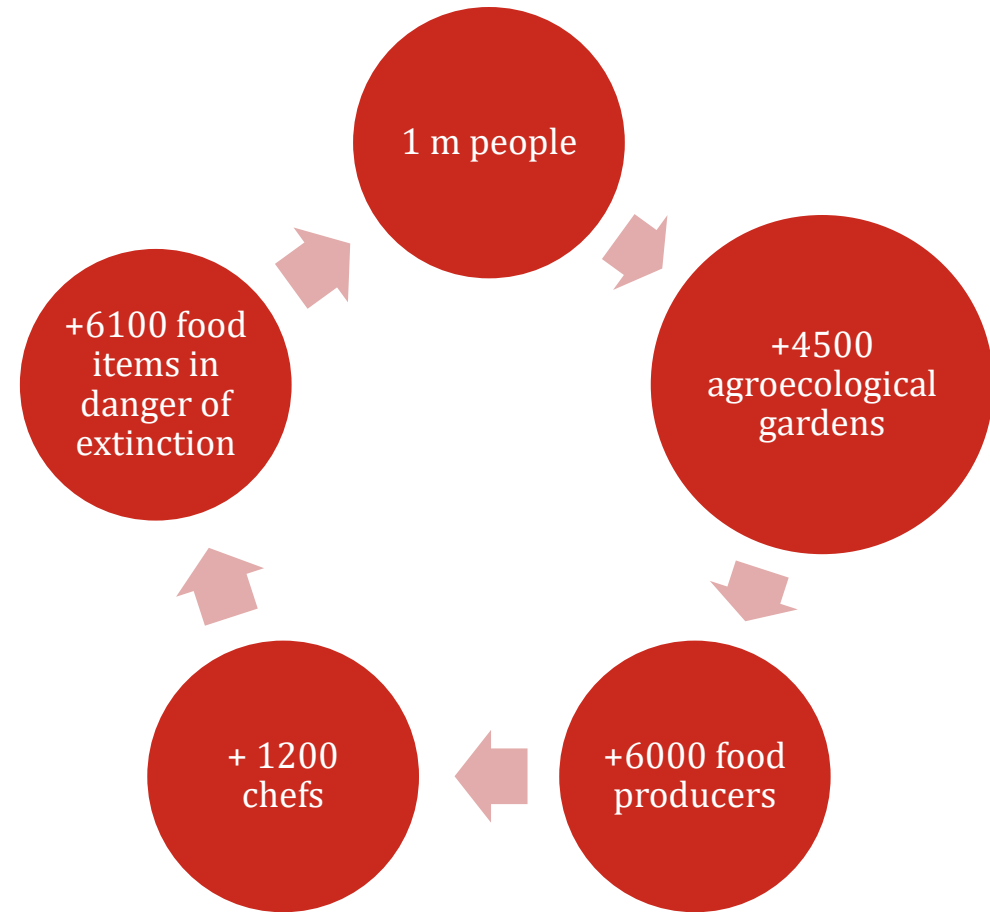
Source:

[Sistelo Earth Market - Mercati della Terra - Slow Food Foundation \(fondazione Slow Food.com\)](https://fondazione Slow Food.com)



Changing the world through food

- Protecting biodiversity
- Involving different parties
- So how many are involved in the Slow Food movement today?





Edward Mukiibi, Slow Food President

- Let us step out of our social and geographical bubbles and unite with all those who share the same vision of a good, clean and fair food system for all



The Portuguese Alliance is the last one to join the Slow Food network of 1264 cooks defending food biodiversity across 31 countries in the world.

Cooks from restaurants, bistros, cantines and street kitchens who support small producers, the custodians of biodiversity, everyday by using products from Presidia projects and the Ark of Taste, as well as local fruits, vegetables and cheeses, in their kitchens.

The cooks are requested to add the names of the producers to their menus, to give visibility to their work. The Alliance Cooks travel, meet with one another, participate in events and cook together.



Slow Food

What can you do?

- **Be Part of the Change**

- As an Individual
- As a Food Producer
- As a Cook
- As a Slow Food Activist
- As a Representative of a Company
- As a Representative of an Institution

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OBRIGADA

THANK YOU!
GRAZIE!