

Slow Food DC: Talking Points

As a Slow Food DC Ambassador, your mission is to:

- **Educate people about what Slow Food is**
- **Talk to people about Slow Food membership and its benefits** (if you like, hand out [membership forms](#))
- **Collect first names, last names, and e-mail addresses to add to the monthly e-newsletter mailing list** at the market (we don't spam!). At home, make a 3-column Excel spreadsheet with this information and e-mail it to info@slowfooddc.org.
- **Encourage people to get involved** in our local chapter by
 - attending our events,
 - hosting a potluck,
 - sharing a food-related skill at an in-home workshop (e.g. canning, bread-making, pickling, foraging, etc.)
 - joining one of our planning committees (events; fundraising; communications; Snail of Approval; policy, advocacy, and outreach; and memberships and partnerships.),
 - writing for our blog (www.slowfooddc.org/blog/),
 - visiting our website, (www.slowfooddc.org)
 - following us on Facebook ("Slow Food DC") and Twitter (@slowfooddc)
- If you can't answer a question, direct them to our website (www.slowfooddc.org) and have them e-mail us at info@slowfooddc.org.

The Slow Food Movement in Brief:

McDonalds/The Spanish steps in Rome: When a McDonalds opened on the Spanish steps in Rome (1986) a group of Italians, worried about the homogenization of food and the disappearance of local food traditions, staged a protest. They invited people to come eat home cooked ziti with them instead of heading in to McDonalds. They didn't want "fast food," they wanted "slow food!"

Ecology: Slow Food realized that in order to keep those alternative food choices alive, it was imperative to be an "eco-gastronomic" movement—one that is ecologically minded and concerned with sustainability and sees the connection between the plate and the planet. From early on Slow Food has tried to support and protect small growers and artisanal producers, support and protect the environment, and promote biodiversity.

Where we are today: The organization is now active in over 100 countries and has a worldwide dues-paying membership of over 100,000.

Our Vision:

Slow Food USA envisions a world in which all people can eat food that is good for them, good for the people who grow it and good for the planet.

3 key words:

GOOD : Good food tastes good and respects season, place and culture.

CLEAN: Clean food is grown in a way that protects the environment and gives health to those who eat it.

FAIR: Fair food is accessible to all and gives dignity and fair wages to the people who grow and pick it.

"Is Slow Food elitist?"

Along with the rest of the good food movement, Slow Food has been charged with elitism. How to respond? As our mission reflects, we are concerned with providing good, clean, fair food to everyone. We work to ensure that farmers, growers, producers, and laborers are paid a fair wage for their labor and support initiatives that make good, clean food available to people who would otherwise not have access to it. We advocate for local and federal policies that would make sustainably-grown and raised, local, seasonal foods more affordable.

Slow Food DC strives to provide a wide variety of events in all price ranges to our community. There are pricier sit down dinners, moderately priced tastings and classes, and plenty of free farm tours, garden workdays, lectures, potlucks, and picnics.

Slow Food USA:

- 27,000 members
- 90,000 total supporters, friends, activists
- 225 chapters in 47 states, including 35 chapters on college campuses
- A national network of people who care about food and farming, who work to make concrete changes in their communities, and who speak with a collective voice to remove barriers to a good, clean, and fair food system
- When you become a member, you are connected to your local chapter and you become a part of this network

Our chapters work locally, by:

- Holding potlucks
- Hosting educational events
- Organizing farm tours/supporting farmers markets
- Starting school garden projects
- Bringing food producers, cooks, and consumers together

As well as nationally, by:

- Advocating for national policy change by
 - Writing letters to legislators
 - Holding “eat-ins”
 - Writing letters to newspaper editors

Slow Food Membership:

- Slow Food DC is a chapter of Slow Food USA, which is part of the Slow Food International movement. When you become a member of Slow Food, you are joining the national organization.
- There is no formal “membership” for the chapter; you can get all the info about local events and opportunities just by signing up for our monthly e-newsletter at www.slowfooddc.org and following “Slow Food DC” on Facebook or @slowfooddc on Twitter.
- However, members get a \$5 discount on all paid events.
- Join Slow Food USA for just \$25 (essentially a donation to the organization that gets you the Member rate at events. If you go to five or more events per year, you’ll get your money back and then some. Joining at the \$60 level provides special benefits like discounts on books and cookware. Join at www.slowfoodusa.org or by mailing in the paper membership form.