






Slow Food[®] Hong Kong

Slow Food Cooks' Alliance



First: What is Slow Food?

Slow Food is:

-  an international eco-gastronomic, member-supported, non-profit organization
-  founded in 1989 to counteract fast food and fast life and promote local sustainable food
-  a grassroots network whose supporters are linking the pleasure of good food with a commitment to their community and the environment

At the center of our philosophy is

GOOD, CLEAN AND FAIR FOOD FOR ALL



Slow Food®

**GOOD
CLEAN
FAIR
FOR ALL**



Slow Food®
Hong Kong

Slow Food in Hong Kong

Our Guiding Values & Principles

The backbone of this mission is the core value that all people should be able to access and enjoy food that is defined by three interconnected principles: good, clean and fair.

- GOOD: quality, flavorsome and healthy food
- CLEAN: production that does not harm the environment
- FAIR: accessible prices for consumers and fair conditions and pay for producers

Why in Hong Kong?

Hong Kong's foods, traditions, and recipes have been lost to time and fast food culture, and with that we lose our access to biodiverse ingredients, and to proper labeling and information from producers.



What is the Slow Food Cooks' Alliance?

The Slow Food Cooks' Alliance is a network that brings together cooks from all over the world who are committed to defending food biodiversity and traditional gastronomic knowledge and the producers who preserve them.

The Alliance is currently made up of about 1,000 cooks from restaurants, street kitchens, food trucks, holiday farms and other food establishments who support small-scale producers—the custodians of biodiversity—on a daily basis by cooking products from the Presidia and the Ark of Taste, as well as local produce and artisanal foods.



Does it cost anything to join the Cooks' Alliance?

There is no cost to join the Slow Food Cooks' Alliance, but it is strongly encouraged for alliance members to join Slow Food Hong Kong.

The Slow Food Hong Kong membership costs HK\$50 per year, renewed on an annual basis.





A cook/chef who joins the Alliance chooses to:

- stick to **Good, Clean, Fair** principles (fair trade, small/boutique/artisan producers, pesticide-free/organic/regenerative etc.)
- whenever possible, cook good-quality, local/regional ingredients, sourced from farmers, fishers, butchers, bakers and other food artisans who preserve traditional local techniques and knowledge and work with respect for the environment, the landscape and animal welfare.
- whenever possible, promote virtuously produced local/regional foods, and also the products of the Slow Food Presidia, the Ark of Taste and Terra Madre communities and give visibility, dignity and a fair value to producers and their work.
- minimize the environmental impact (pesticide-free) of their activities and reduce the food waste.
- spread the Slow Food philosophy and its campaigns and collaborate on its initiatives.





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Join the Slow Food Cooks' Alliance Today!

www.slowfood.com.hk

Sign up form: <https://forms.gle/hkaV436vhxAEHUx46>

(Please send an email to info@slowfood.com.hk on completion
of form)

