

Encouraging slow food on campus

SLOW Food on campus is a part of a global grassroots movement that links the pleasure of food with a commitment to community and the environment.

Slow Food on Campus is a student-led initiative which encourages university and higher education students with an appetite for influencing their local food systems both at their institution and within their local community - from food growing and production to how the food is served.

It is well known that students often fail to eat well, with young people sometimes leaving home with a lack of nutritional knowledge, thus ill equipped to cook healthy meals. Often students simply eat unhealthy food as they're living on a tight budget and they wrongly believe ready-made meals and 'junk' food offer better value for money.

Slow Food on Campus is helping to change this with student groups embracing a fun way to stay healthy, and alter the way they and other young people think about food. Through on-campus barbecues, farmers markets, film screenings, debates, talks, and the growth and development of

'Slow Food on Campus' gardens, members become part of a global network spreading the Slow Food ethos, 'good, clean, fair' food.

All activities are organised and run by students themselves, with the central Slow Food office offering guidance where needed. By liaising between the universities and the students themselves, Slow Food UK helps each group get its feet off the ground, recruit members, and organise exciting events throughout the academic year.

Membership is free, and on joining, every student is provided with an information pack full of tips and ideas. Members are

encouraged to keep in touch through social media, with the Slow Food on Campus Facebook page providing a platform for interaction where events can be announced and recipes shared.

FIND OUT MORE

Further details, how to join, and information on how to start a group is all available on the Slow Food on Campus website, www.slowfood.org.uk/slow-food-on-campus.

The Facebook page can be found at www.facebook.com/#!/Slow.Food.UK.

What is 'Slow Food'

SLOW Food is a global, grassroots organisation with supporters in 150 countries around the world that links the pleasure of food with a commitment to the community and the environment.

A non-profit, member supported association, with charitable educational programmes, Slow Food was created to counter the rise of fast food and fast life.

The Slow Food movement works to reconnect people with where their food comes from and how it is produced so they can understand the implications of the choices they make about the food they put on their plates. They encourage people to choose nutritious food, from sustainable and local sources.



■ Signing up for Slow Food