

To the municipality secretariat of _____

CC Slow Beans network



Dear Mayor _____

as an aware citizen of the climate crises that is affecting our (only) world, I would like my town to take action to face this impelling issue.

I found in the Let it Bean! Initiative run by Slow Food with the Slow Beans producers' network and Meatless Monday a concrete possibility in making a change and I would propose my mayor to join the initiative!

Let me explain you why.

WHAT IT IS THE LET IT BEAN INITIATIVE?

Let it Bean! is the Slow Food initiative to promote the consumption of legumes as a climate-friendly food through collaboration with municipalities.

Municipalities are strategic key players to improve our local food systems! They are allies in taking actions to lead our territories to be avant-garde of sustainability, starting from a crop that intrinsically expresses and promotes this concept: legumes.

THE FRAMEWORK

Local food systems play a crucial role in counteract this crisis, as agriculture and climate are closely linked. The food sector is both cause and victim of the climate crisis, but it can also be part of the solution. Following a healthy and sustainable diet can improve the state of population health while at the same time reducing the greenhouse gases produced by food systems¹.

In this framework, we find in beans a powerful ally towards more climate-friendly diets.

BUT WHY PRECISELY LEGUMES?

Because legumes, neglected in the decades of the economic boom as "poor food", are now on the contrary recognized as an essential element in a diet that helps to live long and healthy: rich in antioxidants and fibers, free of cholesterol, they help to prevent cardiovascular disease and diabetes.

Because a legume-rich diet is good for the environment; legumes require fewer inputs and enrich the soil by fixing nitrogen.

Here are some of the concrete steps that can help promoting beans in our territories:

www.slowfood.com/our-network/slow-beans/

Choose one or more and let us know by simply replying to this email!

I do hope that mayor _____ is interested in joining this important initiative!

Looking forward to hearing back from you.

Best regards