

Regener- Action Toolkit



The actions
you can take to
regenerate the
world around you

This is a toolkit you can use to help **restore our ecosystems**, our **communities**, and your own **health**—wherever you live!—through food. We all have to eat, of course, and the way we produce and consume our food has an **enormous impact** on the world around us. Changing the way we **EAT**, **LEARNING** about sustainable food, and **TAKING ACTION** for better food systems are the most effective ways to create positive change: **regeneration.**



EAT

the seasons	5
biodiversity to save it	7
legumes more often	9
food you grow yourself	13

LEARN

to take care of your microbiota	16
how to read food labels	18
about the welfare behind your food	20
to be creative with food waste	22

ACT

for better food policies	25
for better food in schools	27
to influence supermarkets	
and decision-makers	29

JOIN US

We’re stronger together...	31
...so keep in touch!	32



EAT

the seasons



Eating **seasonal food** is a powerful action: it requires **less resources** from farm to fork, meaning lower **environmental impact!**



Not only is it healthier, it also tastes better than food that's traveled a long way to our plates: fruit flown across continents is picked before it's ripe, so it can handle the journey.

Seasonality changes depending on where you are: **check out your local seasonality calendar wheel**, and speak to farmers from your region about the seasonality of their crops.



EAT

biodiversity to save it



Biodiversity is the diversity of life, from individual genes to entire ecosystems. **The more biodiversity there is, the more adaptable and resilient our food is to change, and this is true at every level:**

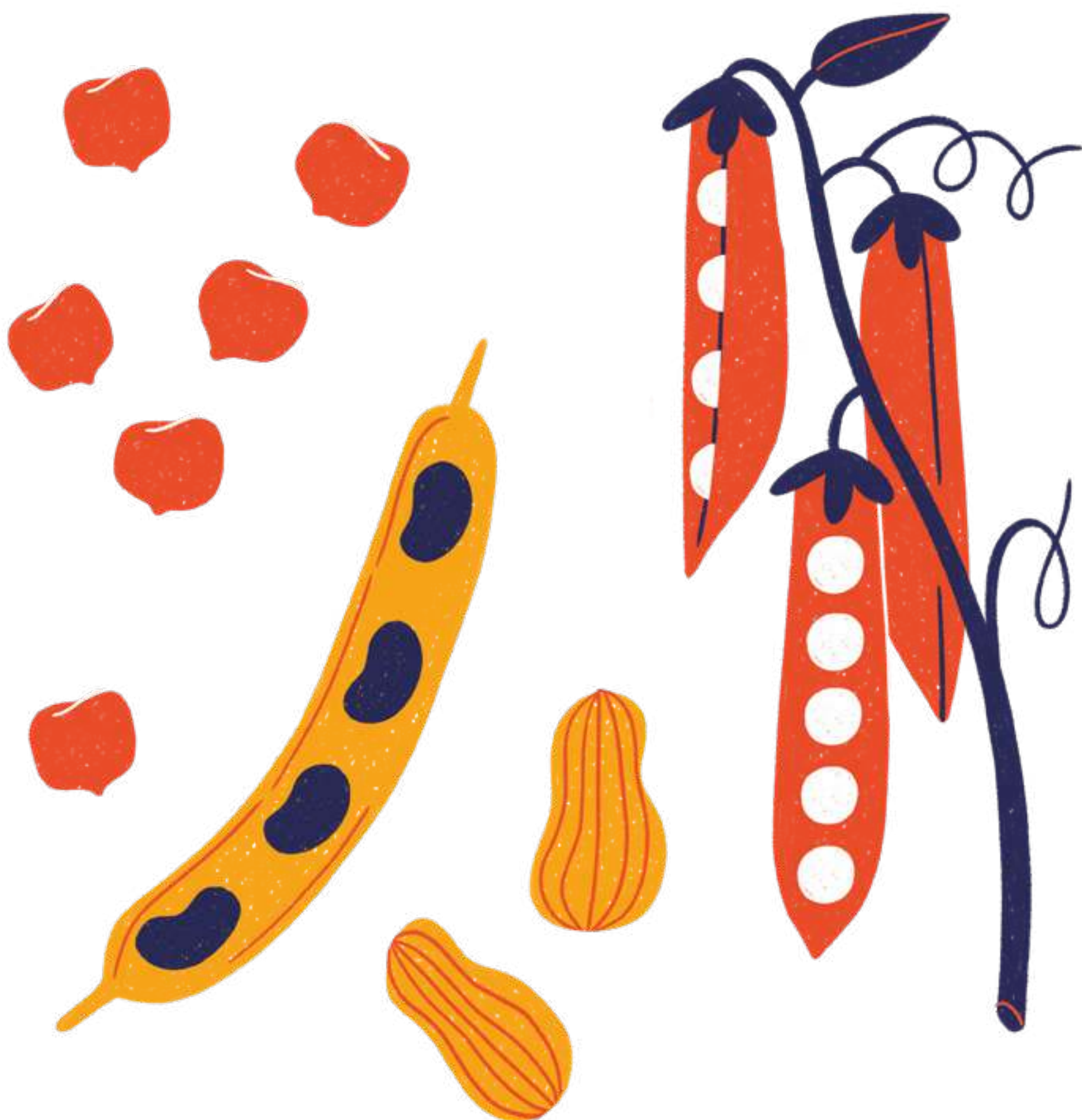


from the insects that pollinate crops to the microorganisms in the soil which allow plants to grow, and the bacteria which enable the fermentation of bread, yogurt, chocolate and more.

By eating different varieties **we support the resilience of our food system** as well as the small-scale farmers who continue to grow endangered foods. We should **eat less meat** and animal derivatives, too, and ensure that they **come from sustainable producers that respect animal welfare**. Try to **experiment as much as you can**, making your meals as biodiverse as possible! **Discover the foods produced in your local area** through the **Presidia** and the **Ark of Taste**.

EAT

legumes more often

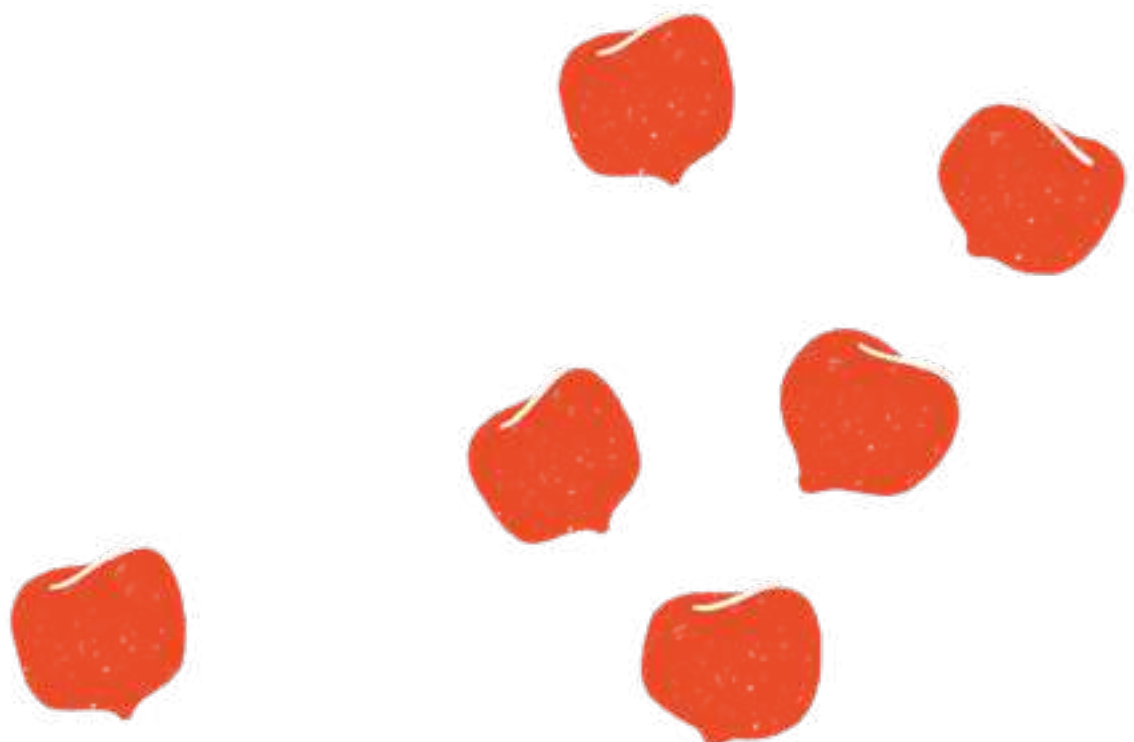


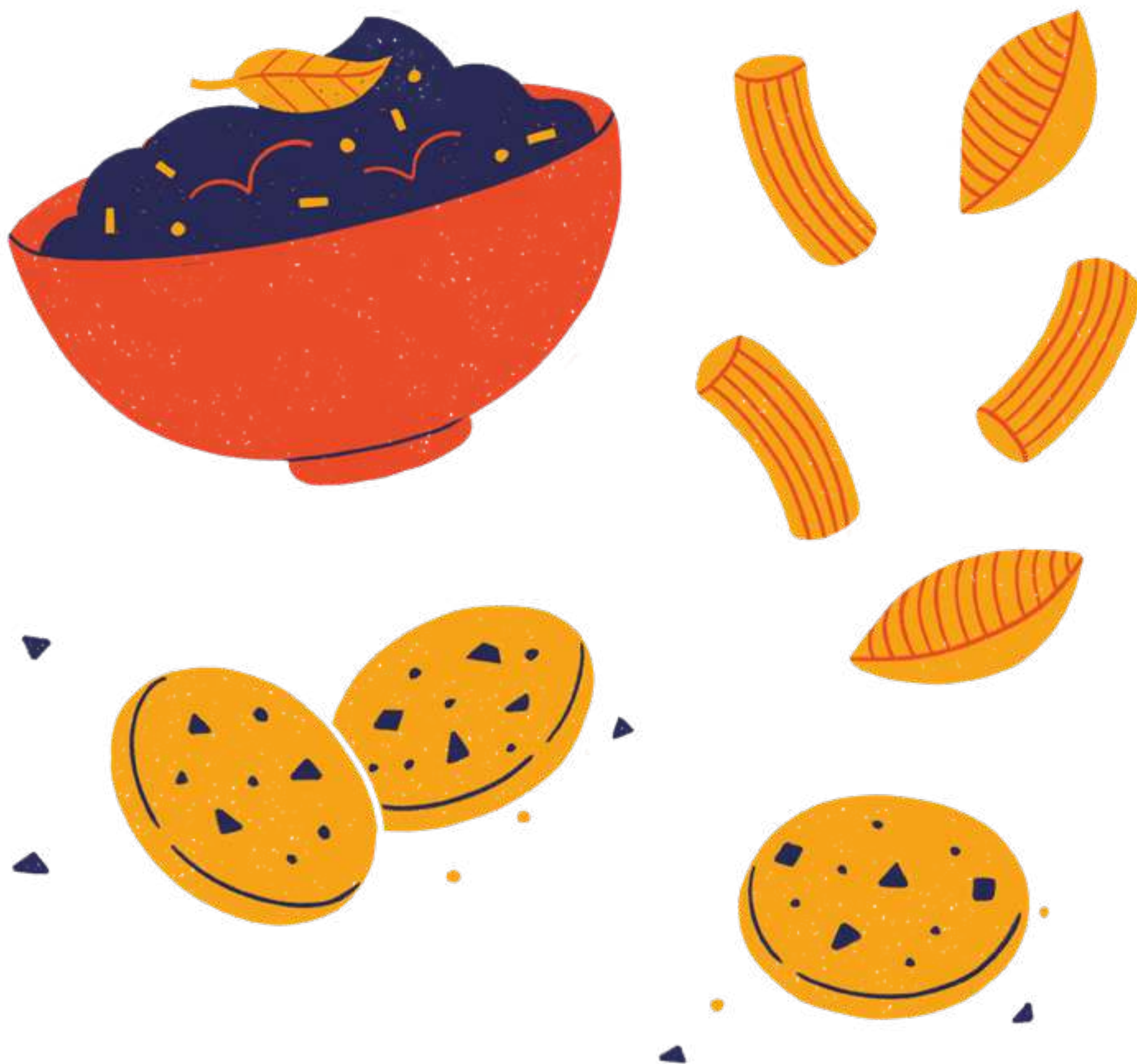
Legumes are a **nutritious staple** of **healthy diets** around the world: being rich in antioxidants and complex fibres and low in cholesterol, they help to **prevent** heart disease and diabetes.



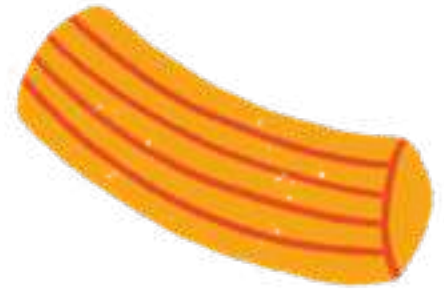
They are essential for **global food security**, as they are an affordable source of protein and micronutrients and can be stored for **long periods**.

A legume-rich diet is also **good for the environment**; legumes require **fewer inputs** than other sources of protein, and **enrich the soil** they're grown in. Their cultivation also produces far **less emissions** and uses **less water** than farming animals.

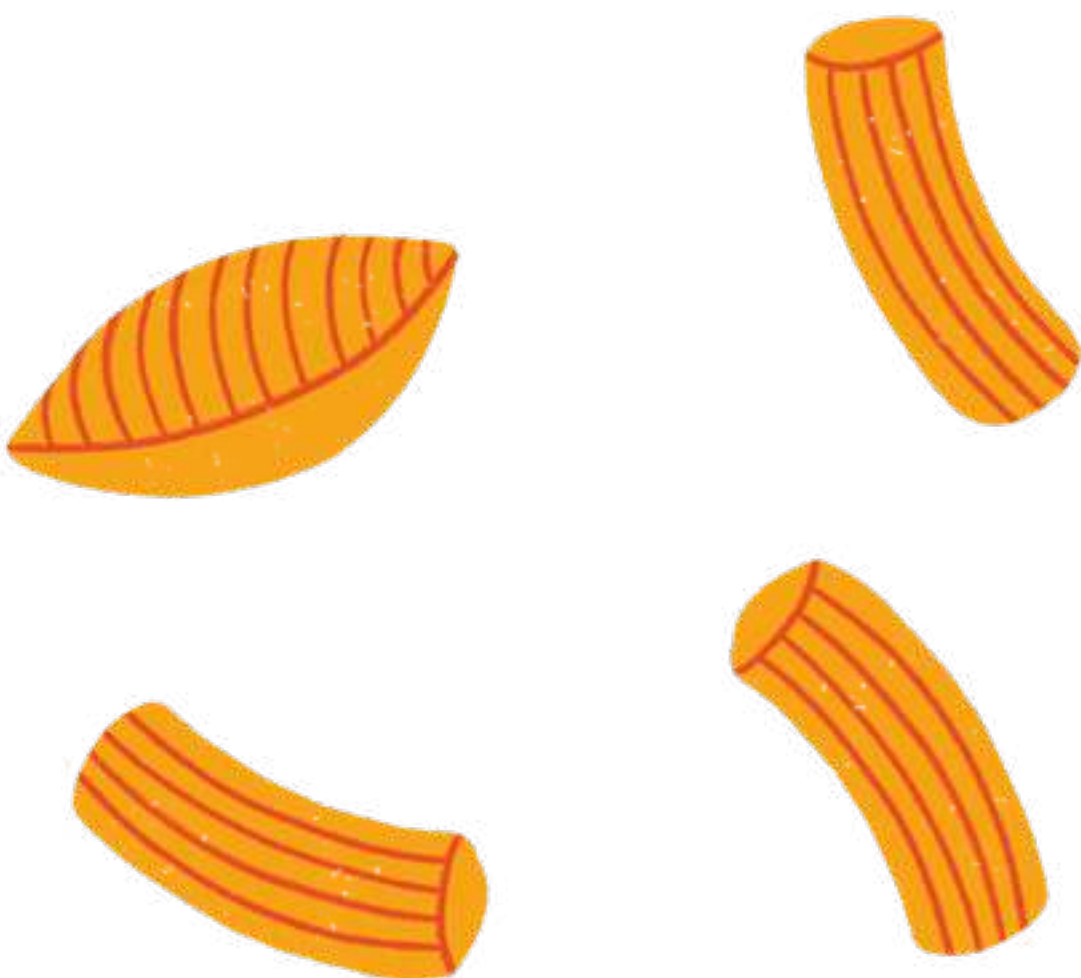




Worried about bloating? It just means your gut isn't used to eating them yet... but it soon will be!



- You can start with **dehulled legumes**, soak them well and use a **small bay leaf** or **kombu seaweed** when cooking to make them more digestible!
- Make hummus or other **sauces and spreads** from your legumes, use legume flour to make pasta, bread, biscuits and cakes.
- Look for them on **restaurant menus** too, and discover new flavors!



EAT

food you grow yourself



Food gardens increase access to nutritious, fresh food for communities, and **raise awareness** of the importance of healthy diets.



Because of their positive impact on both diets and household incomes, food gardens are a step in the right direction towards **healthier** and **more biodiverse** food systems, while also educating everyone involved.

Even if you live in a small apartment **you can still grow plants**. Herbs, tomatoes, chilli peppers, green salads and many other plants can thrive in an apartment garden. Start with a small space, **grow what you love** to eat and investigate the benefits of companion plants! And if you really have no space at all at home, then check out if there's a **local community garden** in your area.

Get inspired by [Slow Food Gardens in Africa](#) and [Slow Food school gardens in the USA](#).



LEARN

LEARN

to take care of your microbiota



The microbiota is a **trillion-cell community** in your intestines that absorbs microorganisms from the food you eat. When your microbiota is **out of balance** it can cause numerous gastrointestinal diseases and affect your weight, metabolism and even your mental health.

Diet and lifestyle play an important role in maintaining a healthy microbiota, since the microbial community in your intestines absorbs microorganisms from the food you eat.

Eating fruits, vegetables and high-fibre foods helps **keep your microbiota healthy**, and boosts your immune system. But industrially-processed foods tend to be high in both salt and sugar, two ingredients which are known to damage our microbiota, leading to all sorts of health issues.

What to do?

- Eat more **dietary fiber**: fruits, vegetables, nuts, legumes, non-refined flours and whole grains.
- **Avoid** industrially-processed foods wherever possible.
- **Read the labels** of the foods you buy, and pay particular attention to the **levels of sugar and salt**.
- Introduce some more **probiotic** foods into your diet.

LEARN

how to read food labels



Labels can be difficult to read, but with a little practice you'll be able to decode them in no time.

- Check the **origin** of your food – was it imported from far away? Are there **local alternatives** available?

- Look at the **ingredients** on processed foods – in general, **the shorter** the list, **the better**! Try to avoid food with ingredients you don't recognize.
- Look for indications on how your food was produced and find out what those **certifications** actually mean.
- Be wary of **misleading claims** in food marketing: words like "light" don't necessarily mean the food is better for your health.
- Check the number of **servings** on the package – food labels usually provide nutritional information according to portion size or a set quantity (e.g. 100 grams) though an adequate serving differs depending on your weight, age, metabolism and genetics. **Be mindful of your own body and lifestyle.**
- Most foods are still **perfectly edible** after their "best before" date! Use your senses to check if it's still good to eat!
- Producers of truly slow food are eager to **share their stories** with you: many of them do so through the **narrative label**.

LEARN

about the welfare behind
your food



The environmental impact of our food isn't the only thing that's hard to detect through its taste: there's the story of **the people who grew the food**, too. Exploitation, unfair payment practices and dangerous working conditions are rife in food supply chains around the world.



Workers' welfare is a key topic we must address as food activists: food cannot be sustainable if it is not **sustainable for everyone** involved, from farm to fork.

It's hard to know how much **exploitation** there is behind the food we buy, and it's not something you can check on the label – so **what can you do?**

- **Meet the producers!** Go to a farmers market or a farm itself, and get to know the people who make your food, and how
- Check out if there are any **ethical purchasing groups** or fair trade stores in your area!
- Learn about **Participatory Guarantee Systems** like, for example, the **Slow Food Coffee Coalition**.

LEARN

to be creative with food waste



A third of all food produced for our consumption is wasted. If we reduced our waste by just a quarter, **we could feed all 870 million of the chronically undernourished people in the world.**



And it's not just the food we're wasting: it's all the resources used to grow that food. If our food waste were a country, it would be the **third largest emitter** of greenhouse gases! **So what can we do?**

- Buy **directly** from producers where possible – they **discard less produce**, bringing to market only what they can sell!
- Transform your **leftovers** into delicious new recipes! You can make **pickles** and **preserves** with just about any fruits or vegetables, giving them a much **longer shelf life**.
- Set up a compost bin for all your organic waste.

You can also join or organize a **Disco Soup** to celebrate **the fight against food waste** with music and dancing!



ACT

for better policies



The kind of food we eat is heavily influenced by the **food and agricultural policies** of our governments. They need to know that we **demand** better food – that means **raising our voices** together to **put pressure** on politicians to enact fairer, more sustainable food and farming policies.



Join campaigns and mobilizations that **raise the alarm**: this can be on social media or **in the streets**, from online petitions to **demonstrations** against industrial farming, public debates and forums with local decision-makers.

You can vote, too – and not just with your fork! – for election candidates with sustainable food policy proposals.

If you're a citizen of the European Union, for example, you can **tell politicians to keep new GMOs strictly regulated**.

Need more inspiration? Check out this **mobilization toolkit** from Good Food Good Farming and these **effective actions against land grabbing** from the International Land Coalition.

ACT

for better food in schools



School canteens don't just provide millions of meals to children around the world every day – they're an important space for **food education**, and have enormous impact on the **eating habits** children develop and carry into adulthood. We need to make sure school canteens provide a **varied, nutrient-dense** and **culturally-appropriate** menu.

Whether you're a parent, teacher, cook or simply a member of the community, it's in our **collective interest** to have better food in local schools and other public canteens, from prisons to hospitals!

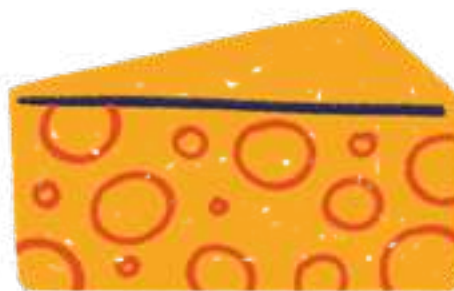
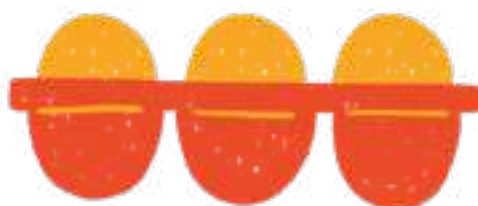
Take action:

- Discuss your canteen with other parents and arrange to **meet with the school directors** and local authorities
- **Raise your concerns** about the food served in the canteen: is it varied, local, healthy, and sustainable?
- Ask for more **food education activities** to be included in the school curriculum
- Demand **universal access** to good, clean and fair schools meals for all children.

For more inspiration, check out how [the transformation of a public school catering company from an industrial model to a more virtuous approach.](#)

ACT

to influence supermarkets
and policy-makers



A handful of supermarkets control **the majority** of the food market worldwide, so they play a crucial role in shaping the system. They **need to know** we care about the quality of the food we buy, and how it is produced.

Politicians make decisions that have a **real impact** on our food, too: they need to know that we want better, cleaner and fairer food policies!



Call on your supermarket to **stop selling unsustainable or unethical products**, and tell your local government officials you want **community-wide access** to good, clean and fair food and more support for **alternative, local supply chains**.

You can do this by writing letters and signing petitions. We have **power in numbers**, so if you can convince your friends and family to do the same, you have more chance of success!

Here are some **letter templates** you can send to supermarkets and policy-makers. Adapt them as you see fit!

JOIN US

WE'RE STRONGER TOGETHER...



Join Slow Food, a **global network of local communities** all united by a common goal: to guarantee that everyone has access to **good, clean and fair food**.

You can join the movement in a number of ways:

- Become a member
- Join your local Slow Food community, or even create your own!
- Sign up to our newsletter
- Share our campaigns
- Donate to the cause

...SO KEEP IN TOUCH!



There's a numbers of ways to stay in touch with us, from email to social media. Follow us and tag us at:



@slowfoodinternational



@slowfood_international



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And use the hashtag – **#RegenerAction**

FOOD REGENER ACTION



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