



Slow Food®

PLANT THE FUTURE: ACTIONS FOR COOKS

Cooks play a key role in consumer food choices. Ingredient selection, menu composition, and communication can all have a huge impact on diners' awareness about the pros and cons of different food systems.

Industrial food production is depleting our planet's resources, causing suffering to animals and harming human health. In this context, a **cook's gastronomic philosophy** can be an **extremely powerful** way of supporting a behavioral shift towards more **plant-rich** and **sustainable diets** and influencing the market supply.

The hospitality sector can be an intricate jungle for cooks to navigate. Between suppliers, administrative constraints and demanding diners, **making sustainable choices can be a challenge.**

Plant the Future: Actions for Cooks has been created in collaboration with the network of Slow Food. This collaboration with cooks aims to support anyone working in food service who wants to commit to being more **responsible towards people, animals, and the environment.**

A sustainable and resilient food system starts with **agroecology** - a scientific, practical, and social approach encompassing the whole food system from the **soil to the organization of human societies.** Agroecological practices mimic natural ecosystems to enhance **soil health, biodiversity, and production** while **minimizing environmental impact, defending food sovereignty,** and supporting **short food supply chains.**

If you are a cook, **take action to build a more sustainable food system!** Plant the Future: Actions for Cooks, mark the actions you already put into practice, and aid in working towards other sustainable actions. **You're not alone:** to receive more support from other cooks and the international movement advocating for equitable and sustainable food systems, **join Slow Food today!**



CHECK LIST FOR YOUR MENU: ARE YOU DOING IT?

- MANIFEST CHANGE THROUGH PLANT-RICH DISHES!**
Balance your menu, enriching it with flavorful fruits and vegetables, tasty legumes, juicy mushrooms, salty seaweed, fermented foods and crunchy nuts: in a word, diversify!
- AVOID FACTORY FARMING AND INTENSIVE FISHING!**
Talk to your suppliers to see where and how the animal products you cook with were raised. Choose suppliers with high animal welfare standards and environmentally friendly practices – bonus points: communicate this to your customers!
- CONSCIOUSLY CHOOSE YOUR SUPPLIERS!**
Pick ingredients with known sources, favoring shorter supply chains and producers who follow agroecological principles, AKA respecting animals, ensuring workers' rights, and safeguarding the planet.
- SAVOR THE FLAVORS THAT PROTECT THE CLIMATE AND OUR FUTURE!**
Promote biodiversity by choosing a multitude of native plant varieties! Prioritize local, seasonal ingredients and supply chains that require fewer resources and create less pollution.
- EMBRACE THE VERSATILITY OF LEGUMES!**
Explore the leguminous biodiversity of your area: pulses are healthy and delicious, and if sustainably produced, they have a low environmental impact too!
- REJECT ULTRA-PROCESSED FOOD, WHETHER PLANT- OR ANIMAL-BASED!**
Avoid industrially manufactured products with a long list of ingredients. Let's support companies and producers that support our food systems, not companies that ruin them.
- MAKE YOUR KITCHEN WASTE-FREE!**
Reuse scraps, donate what you don't use and adopt a nose-to-tail approach with meat and fish cooking, making the most of less commonly used parts of the animal.
- RESTORE VALUE TO YOUR LOCAL FOOD HERITAGE!**
Support farmers, foragers and fisherfolk who uphold local culinary traditions through native heirloom varieties and heritage breeds.
- RAISE AWARENESS AMONG THE PEOPLE AROUND YOU!**
Share knowledge with your staff and customers about the contradictions in industrial supply chains. Introduce them to the alternatives you're implementing and how they, too, can make a difference.



Slow Food®
Cooks' Alliance



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materials here