



Slow Food Facts

‘For the love of Meat’



Meat consumption - it's big

Australians eat more meat than anyone else in the world except the US, and with global consumption expected to double from 250 to 500 million tons of meat by the year 2050, it is time to familiarise ourselves with how large-scale animal production works. If we have a better understanding of where our meat comes from, we'll be better able to assess the impact that eating too much meat can have on our health, the living conditions of the animals, and our planet.

Slow Meat - eat less and of better quality

Slow Food is not against eating meat, but we do think that it is time that we have an honest conversation about the amount and type of meat we eat, where our meat comes from and how it has been treated. A few years ago, Slow Food launched the "Slow Meat" campaign, aimed at promoting the work of small and medium-scale producers who work with respect for animal welfare, and at raising awareness among co-producers and consumers about better, cleaner and fairer meat consumption habits. By making more informed choices we can create enormous benefits for our health, the wellbeing of the animals and the farming system, and our planet's resources.

What you can do

1. Eat less meat and choose grass-fed and local. Choose free-range poultry.
2. Go 'nose-to-tail'! We encourage you to try different cuts so we use more of the animal than just the eye fillet or chicken breast. Some of the lesser popular cuts are a lot cheaper too which will help manage your grocery budget.
3. You are what you eat, so it's a good thing to ask questions to understand where your meat is coming from and how it was fed, treated and slaughtered.
4. Recommended reading/viewing: "For the love of Meat" miniseries featuring Matthew Evans (aired by SBS - Oct 2016); Food Inc. documentary narrated by Michael Pollen

For more information visit our website (www.slowfoodaustralia.com.au) or Facebook page (@SlowFoodAustralia) or get in touch with your nearest Slow Food community.

With an average consumption of 90 kilograms of meat per person per year, **AUSTRALIANS eat almost 3 times more meat than anyone else in the world** except the US.



THE WORLD HEALTH ORGANISATION and CANCER COUNCIL are now also **calling on people to limit or avoid their intake of processed meat** (salami, sausages, ham, bacon) **and red meat** because it increases the risk of certain types of cancer.



Large-scale animal agriculture is a huge contributor to global warming, creating unsustainable pressure on our planet's valuable resources (water, energy, land, etc.)