



# Slow Food Facts

‘Good, Clean and Fair on a budget’



**Australians throw out 20% of the food they buy** - that's one in every five shopping bags - **equating to \$1,036 worth of groceries each year.**



How's this for a win-win: Australians eat almost 3 times more meat than anyone else in the world (except the US). Being one of the most expensive items on your shopping list, buying a little less meat and replacing it with extra veggies **could easily cut down 10-20% on your grocery bill.** Doing this will also increase your intake of 5 recommended serves of veggies a day.



Given the state of our planet's health, the state of animal welfare around the world and the state of our own health, **it seems worth it to shop local/ regional and seasonal when we can.**

## Good, Clean and Fair ... for all?

Slow Food advocates a sustainable food system that supports ‘good’ (seasonal, local, fresh and tasty), ‘clean’ (foods that nourish a healthy lifestyle and is produced in ways that preserve biodiversity and cause no harm to humans, animals and the planet) and ‘fair’ (food that is affordable while respecting the producer by paying them an honest price) ‘for all’ (meaning good, clean and fair should be accessible to everyone). But how do you do that when you're on a budget?

## We live in a system where ‘cheap’ is great ... but is it?

Of course we all like a bargain so we get excited when foods are on special or ‘everyday low price’. The problem with very cheap prices however is that somewhere along the line, someone pays for you getting that food so cheap. Meaning either the farmer gets squeezed into growing/producing for unfair prices (often less than what it costs him/her to grow it); our own health suffers; the animals providing the meat, milk or eggs get treated badly, or the earth suffers because the soil gets depleted or sprayed with synthetic chemicals. So how do we eat well, live within our budgets and still feel good about supporting our local small-scale farmers and producers?

## What can you do?

There are things you can do to save money that still support “good, clean and fair”:

1. **Break up with your supermarket!!** If you can, buy your groceries at a local farmers’ market or community garden - organic or not. Prices are often competitive because the goods will be in season and much fresher/healthier than those shipped long distances. By “shaking the hand that feeds you” you support local farmers (and jobs) and get to ask questions on production practices. Another benefit is that you don’t get lured into the middle aisles with junk food and expensive things you buy on impulse but don’t really need.
2. Join a bulk food co-op (or start one if there’s none around). Buying in bulk is cheaper, and often you get discounts or wholesale prices which reduce the costs of your pantry staples significantly.
3. Compare prices per kilo: bananas \$2.99/kilo versus a bag of potato chips \$18.42/kilo... hmm...
4. Grow some of your own food. All it takes is a bit of time and a bit of love, both of which are free.
5. A little goes a long way: if you or people around you grow food, share/swap/barter with them to get more variety of food. Learn which weeds or bush foods in your area are edible so you can go foraging, and learn new recipes on how you can make the most of ‘nose-to-tail’ / ‘root-to-leaf’ by using the whole vegetable / fruit / animal.

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