



Slow Food Iran

Do you see climate change as something abstract and far-off? Do you think there's nothing you can do about it? What if we told you that each and every one of us can make a difference?

HOW?

By paying more attention to something very simple, something we make choices around every day, often without realizing it: our food.

From field to fork, food production is responsible for a third of total greenhouse gas emissions. It's one of the major causes of global warming.

Yet our food is also one of the primary victims of climate change. Drought, desertification, floods, sea-level rise and ocean pollution put our food at risk across the world. The poorest parts of the planet are already suffering directly as a result, but the consequences can be felt everywhere: milder winters, the northward shift of tropical pests, meager pastures and frequent violent weather events.

The good news is that by changing our food habits, even a little bit, we can contribute to the solution. Menu for Change is the first international campaign that links climate change to the production and consumption of food, to promote the change we all need to make, now.

Start today! Join our campaign, eat good, clean and fair, and support Slow Food!

WE CAN ALL TAKE PART!

- October 16 – November 5: **Eat Local** – choosing only local, sustainable, seasonal products
- November 6 – November 26: **Cook Up A Better Future** – promoting a more varied and sustainable menu
- November 26 – December 31: **Support Slow Food** – even a small donation makes a big difference



PROMOTE!

Take pictures, make videos, send us recipes, tell us about your events!

Share them on social media with the hashtags **#MenuForChange #SlowFood #EatLocal** and send them to us at info@biopersia.com

SUPPORT US!

However you choose to take part, don't forget to raise funds for Slow Food projects. Whether it's inviting people to make a donation online, or gathering small donations at your event, there are many ways to support Slow Food!

QUESTIONS?

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www.slowfood.com

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