

**Declaration at the  
Fifth International Slow Food Congress  
Puebla, Mexico – November 2007**

More than twenty years from the foundation of the Italian association and eighteen years from the birth of its international association, the Slow Food movement has celebrated its fifth International Congress in Puebla, Mexico.

Over the years Slow Food, founded as a movement of people keen to maintain the right pace of life and the pleasure of food with authentic historical and local connections, has increasingly developed its sense of awareness and its powers of analysis and interpretation. It thus closes this, its fifth congress, with a pledge to continue the journey it embarked upon with the Slow Food Manifesto in 1989 by developing its various 'souls' to the best of its ability, defining, pursuing and promoting good, clean and fair food by

I

**Recovering wisdom:** Slow Food is increasingly committed to the protection, preservation, assessment and use of traditional knowledge in the fields of agriculture, livestock breeding, fishing, hunting, gathering and food processing, attaching particular attention to activities undertaken in collaboration with indigenous peoples and to gender resources. This knowledge can only progress by basing itself upon existing wisdom. This flow must never be interrupted by the creation of barriers, proprietorship and rights or by loss of memory of how knowledge has allowed us to maintain an equal and harmonious relationship with nature.

II

**Continuing, after beginning with regional cooking, to dedicate ourselves to local cultures, local economies and local memories.** Each living being and each activity originate within a given local area, whence, as it evolves, it draws its lifeblood and purpose. However, *globalization* can be a good word. It can and must be used to improve the myriad peripheral communities that finally possess the tools to appeal for and receive attention, and whose methods and beliefs do not limit themselves to the rules of a single economic and cultural model. Besides food, music, handicrafts, languages, customs, stories and legends must be reappraised as an active part of society and the economy. Likewise, producers' markets must act increasingly as the economic tool for small-scale quality products.

### III

**Countering misconceptions about productivity as a threat to the environment and landscape.** Our well-being cannot be measured purely by quantitative indicators and without taking into account the well-being of other species and of the planet itself. Consequently, Slow Food, in collaboration with environmentalists, researchers, cooks, politicians, producers and anyone else who cares to join us, will continue to encourage ideas and behavior designed to promote sustainability, beauty, levity and happiness, certain that the planet is the sole source of life and pleasure for ourselves, for all our contemporaries and for future generations.

### IV

**Strengthening and increasing the frequency of international exchanges of experience, knowledge and projects:** from the Association to the Presidia, from the Terra Madre network to the actions undertaken by the Terra Madre university network. The University of Gastronomic Sciences will assume an increasingly central position within this university network, working in collaboration with all institutions, as a center for the elaboration of ideas and projects, alongside the Association. Slow Food pledges to become more international, not only in terms of its albeit valuable presence the world over, but also, and above all, through truly multiple vision and capacity for inclusion, respect for diversity and willingness to embrace the many different contributions that, albeit sharing fundamental values, may be forthcoming as these values themselves are assimilated within local areas.

This path we embarked upon in 1989 has moved from food to soil, from pleasure to justice, from quality to daily shopping, from the promotion of products to equal dignity for cultural diversity. We have reconfirmed it at Puebla thanks to the presence, reflections, energy and imagination of 414 delegates from 49 countries, representing more than 80,000 members from five continents.