

Slow food-a new way of healthy food style in the modern european society

Iuliana Vintilă

Food Science and Engineering Faculty Galați, Romania

Abstract

The Slow Food concept was promoted in Europe as a resistance food styling which combat fast food, claims to preserve the cultural cuisine and the associated food plants and seeds, domestic animals, and farming within an ecoregion. The objectives of this study research is to designed a management system for implementation of the Slow Food movement in ecoregions of Romania, where local culinary traditions and foods are traditionally existing.

Keywords: Slow Food, ecoregions, management system implementation

1. Introduction

The Slow Food movement was founded by Carlo Petrini in Italy as a resistance movement to combat fast food and claims to preserve the original cuisine and the associated food plants and seeds, domestic animals, and farming within an ecoregion (Bra, 2007, ***). Local food movement is a "collaborative effort to build more locally based, self-reliant food economies - one in which sustainable food production, processing, distribution and consumption is integrated to enhance the economic, environmental and social health of a particular place" (*Organic Farming in the European Union*, 2005). Additionally, preserving or renewing regional food ways, including unique localized production practices, indigenous knowledge, agricultural landscapes, and local/regional landraces of crops or livestock that may be the strategically goals of the Slow Food movement (IFOAM, 1996). Slow Food works to defend biodiversity in food supply, spread taste education and connect producers of excellent foods in professional associations (Hockings, 1997; *Slow Food an Excerpt Oxford Companion to Food.*, 2007).

2. Materials and methods

The strategically objectives of the management system for implementation of Slow Food movement in ecoregions of Romania are the following:

- preserving and supporting traditional ways of growing, producing and preparing Romanian food;
- emphasis on natural, organic methods of producing agro-alimentary foods;
- developed of eco-gastronomy in ecoregions of Romania;
- find markets for traditional Romanian food producers.;
- reinforce uniformly hygiene standards for all Romanian food producers;
- encouraged intensive agribusiness practices which choice is quality over quantity;
- encouraged using traditional feeding methods in Romanian agrobusiness;
- promote the endangered organic foods;
- encouraged strict protocols for natural and organic methods of feeding and raising the animals in order to produce the highest-quality products;
- spreading the knowledge about intelligent use of the environment in Romania

The Management Framework activities will focus on:

- Planning;
- Prioritizing actions and implementation responsibilities ;
- Timely decision making, particularly for implementing projects and activities;
- Tracking performance, monitoring and assuring that activities are consistent with relevant science and new information;
- Communicating in society the goals, tasks, and outcomes of the *Year Strategy and Romanian Implementation Program in Ecoregions*.

Guidelines principles and certification systems have relevance to ecoregion management under the following aspects:

- **Forest Management;**
- **Sustainable Agriculture:** developing organic farming schemes which meet national standards under the principles of the **International Federation of Organic Agriculture Movements** (IFOAM, 1996);
- **Sustainable use of marine resources;**
- **Fair Trade:** Such as the guidelines for coffee, tea etc.;
- **Social Rights:** the guidelines and charters relating to the treatment of people, including those of the **International Labour Organization, UN Human Rights** ;
- **Tourism:** Guidelines for ecotourism developments (national and regional ecotourism guidelines).

The measure for the effectiveness of management implementation in ecoregions are the followings:

- identifying national ecoregions;
- promote ecoregion conservation and funding the management program implementation;
- improve management system;
- monitor performance in achieving management system targets.

The objective of management implementation process evaluation is to assess the standards of the management system and the processes used in Romanian ecoregions.

The process evaluation has the following steps:

- establish standards for the conduct of management that can be used as a basis for assessing performance.
- establish outcome indicators which measure the real impacts of management action by assessing the extent to which management objectives are being achieved.
- establish monitoring and evaluation programmer for outcome indicators achievements.

2. Conclusions

The Slow Food Management system implementation in the Romanian ecoregions will reinforce the private business in agro-industry, food industry and agro-tourism. The Romanian gastronomy will be recognized all over the world and will generate progress and performance in the Romanian tourism activities. The Management system proposed include the specific activities involved by the International Slow Food movement associate with the particular issue involved by the Romanian ecoregions specifics.

References

- Bra, Serralunga d'Alba and Barolo, Italy. (2007) History. Slow Food. University of Gastronomic Science.
- Organic Farming in the European Union (2005) Commission européenne, Direction générale de l'agriculture et du développement rural
- Hockings, Marc Evaluating management Effectiveness: A Framework for Evaluating Management of Protected Areas (1997) IUCN/WCPA
- IFOAM Basic Standards for Organic Agriculture and Processing and Guidelines for ISO (1996);
- Slow Food an Excerpt. Oxford Companion to Food. (2007) Oxford University Press.
- *** www.wikipedia.org