



NOVEMBER "FOOD FOR CHANGE" CHALLENGE IN THE HUNTER VALLEY

You are invited to take up the Slow Food "Food for Change" challenge and join Slow Food Hunter Valley in a global effort to reduce climate change. New research published in the science journal *Nature* reports that Western nations need to eat much less meat and more legumes, nuts and seeds to slow global temperature increases.

To entice you to take up the challenge

Three Winners will receive a copy of the new DK cookbook "Power Pulses" by Tami Hardeman. Winning entries will be chosen for taste, creativity & maximum use of the ingredients. **The Grand Prize Winner will also receive a meal for up to 4 people at Estabar Café in Newcastle, NSW.**

Winners will be announced at Slow Food's Terra Madre Day celebration on Thursday, December 6th at 6.30pm at The Levee, Central Maitland.

Here's how to participate in our Food For Change Challenge:

1. Purchase \$15 mystery box of ingredients from SFHV stall at our November markets: 1 and 15 November OR purchase \$15 of produce including a can of legumes or pulses from your local farmers market or local produce store.
2. Cook one dish or as many from the ingredients and highlight your use of the can of legumes or pulses. Add seeds and nuts to complement your dish if you wish. Describe your dish and provide your recipe, take a photos of the dish or dishes being consumed.
3. Post photos on our Facebook page (Slow Food Hunter Valley) and/or your Instagram page. Please use the hashtags **#Foodforchange** **#slowfoodhuntervalley** and **#earthmarketsmaitland**. **All posts or entries must be made by midnight 30 November.**
4. Email us at slowfoodhuntervalley@gmail.com to let us know you entered **OR** drop off description & photo to the Readers Cafe & Larder at the East Maitland Library.



Q. Why does eating more pulses help climate change?

A. From The Guardian article (11 October 2018) by Damian Carrington:

Huge Reduction In Meat Eating ‘Essential’ to Avoid Climate Breakdown

Huge reductions in meat-eating are essential to avoid dangerous climate change, according to the most comprehensive analysis yet of the food system’s impact on the environment. In western countries, beef consumption needs to fall by 90% and be replaced by five times more beans and pulses.

The research also finds that enormous changes to farming are needed to avoid destroying the planet’s ability to feed the 10 billion people expected to be on the planet in a few decades.

Food production already causes great damage to the environment, via greenhouse gases from livestock, deforestation and water shortages from farming, and vast ocean dead zones from agricultural pollution. But without action, its impact will get far worse as the world population rises by 2.3 billion people by 2050 and global income triples, enabling more people to eat meat-rich western diets.

If you are your family's head chef, YOU are a leader in showing your family and friends how delicious a lower-meat diet can be.

Have fun! You can add any other ingredients into your dishes. No limits.

PLEASE WRITE THE NAME OF YOUR DISH (S) - AS MANY Add your name and phone number and send to slowfoodhuntervalley@gmail.com. Please attach photographs or drop off at the Reader's Café & Larder, 3 Garnet Road East Maitland, located in the East Maitland Library. **The deadline is midnight 30 November.**

THANK YOU TO OUR PARTNERS: ORGANIC FEAST, EAST MAITLAND, and ESTABAR CAFÉ in NEWCASTLE!

IF YOU HAVE ANY QUESTIONS, PLEASE CALL Amorelle, SLOW FOOD HUNTER VALLEY LEADER ON 0427548886 OR EMAIL slowfoodhuntervalley@gmail.com



NAME:.....

EMAIL:.....

TELEPHONE:.....

My "Food For Change" ingredients purchased, description and recipe:

Please tick

I have posted my photos on Facebook Instagram

I give permission for Slow Food Hunter Valley Incorporated to share my posts on social media platforms, share the recipes after the competition closes and to allow media access to the information that supports the "Food for Change" campaign.