

**e - News 12/15/11 GROW BIOINTENSIVE AGRICULTURE CENTRE, Kenya
(G-BIACK)**

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G-BIACK Hosts the International Slow Food Day



Participants showcase local food

Slow Food is a global, grassroots organization with supporters in 150 countries around the world who are linking the pleasure of good food with a commitment to their community and the environment. There are over 100,000 members joined in 1,300 convivia, and G-BIACK is a member of Thika Convivium.

Slow Food was founded in 1989 to counter the rise of fast food and fast life, the disappearance of local food traditions and people's dwindling interest in the food they eat where it comes from, how it tastes and how local food choices affect the rest of the world.

In collaboration with the Participatory Ecological Management Land Use Management, (PELUM Kenya), G-BIACK hosted the 2011 Slow Food Day, whose theme was "Celebrating Eating Locally". 9 different self help groups from Thika region brought their local food to showcase and to share. Farmers and participants reminded one another on the importance of going back to their local food and local seeds.

Here is a comment from a 78 year old lady participant: ***I am still very strong. My bones are very strong. I walk normally and think normally, even better than you young people. I eat local food!*** And indeed she looks 45 years old.

Please visit us! We are located 10km east of Thika town along the Thika – Garissa Rd (highway A3)
Or visit our web site: www.g-black.org

Donations of any amount help us to reach out to more vulnerable families. Checks payable to Kili Self Help Project and designated for G-BIACK may be mailed to 260 Marion Avenue, Mill Valley CA 94941 USA. Donations are tax deductible and 100% of the donated amount will be sent to G-BIACK for our programmes.

G-BIACK- Empowering the communities ~ Transforming Lives
(G-BIACK is a registered CBO in Kenya. Donations are tax-deductible)