

What is Cittaslow?

Cittaslow aims to improve the quality of life for all residents, business operators and visitors to our region by developing sustainable environmental practices, use of alternative energy, supporting local producers & products, providing unique tourist experiences, supporting community groups and organisations for all ages, backgrounds and abilities, preserving our heritage, sharing ideas and encouraging all to take the time to enjoy what we have to offer with family, friends and visitors.

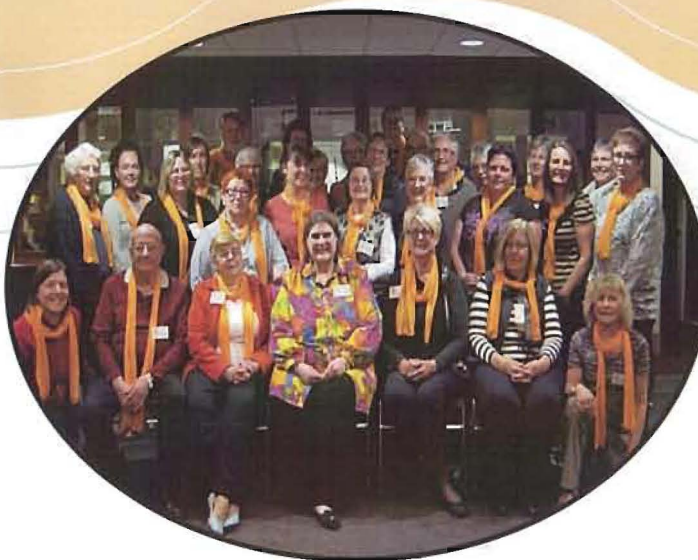
"We are looking for towns where people are still curious about times past, towns rich in theatres, squares, cafes, workshops, restaurants and spiritual places, towns with untouched landscapes and fascinating craftsmen, where people are still aware of the slow passing of the seasons, marked by genuine products, respecting tastes, health and spontaneous customs..." Original Cittaslow Manifesto

Cittaslow was established in 1999 by the Italian towns of Orvieto, Greve in Chianti, Bra and Positano. The headquarters is in Orvieto. An international Assembly is held in a different Cittaslow member town each year.

What is Slow Food?

As a response to building a fast food outlet in Rome in 1986, Carlo Petrini developed **Slow Food** which encourages an awareness and enthusiasm for traditional food and cooking. The food we eat should taste good; it should be produced in a clean way that does not harm the environment, animal welfare or our health; food producers should receive fair compensation for their work. **Slow Food** is in many countries including Australia. International events *Terra Madre* and *Salone del Gusto* attract thousands of people every second year to Turin, Italy.

Australian Ark of Taste – Leatherwood Honey, Kangaroo Island Honey (Ligurian bees), Bull Boar Sausage and Bunya Nuts.



You are invited to join
Cittaslow Goolwa and be
part of Goolwa's future

Your Cittaslow Membership enables you
to join the activities of the
Goolwa Community Garden
Cittaslow Food and Wine Group
Cittaslow events and functions

Cittaslow GOOLWA

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Building a
Sustainable
Community:
Sharing
Together



Cittaslow Goolwa Story

In March 2007, Goolwa was accredited as the first Cittaslow (slow town) in Australia. Goolwa has since been joined by Katoomba in the Blue Mountains NSW and Yea in Murrindindi, Central Victoria. (They are the Foundation Members of the Cittaslow Australasia Network.) These towns have all been assessed against more than 50 criteria covering the environment, infrastructure, heritage, tourism, local produce, care for the community and education. Cittaslow Goolwa is an incorporated body that works with Council, businesses and the Goolwa community to improve quality of life for all who visit, live or work in this region. Goolwa is part of an international network of Cittaslow towns across the world – 190 towns in 29 countries and growing!

Cittaslow (pronounced CHEETAH-slow) -

Citta – Italian for town/city

Slow – developed from Slow Food.



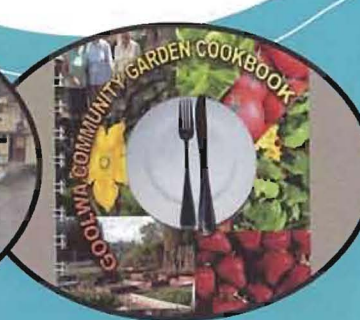
What have we done or are doing now?

- Winner of 2014 International Cittaslow Chiocciola Orange (Orange Snail) Best Practice Award – Planter Box Project
- Cittaslow Goolwa Community Garden
- Gopher Festival, Goolwa Living Legends, Around Goolwa with History
- “How To” cooking demonstrations and Dinners
- Goolwa Primary School healthy living programs with OPAL
- Goolwa Flags and Banners
- Goolwa Ambassador Training
- Cittaslow Awards

Are you Cittaslow friendly?

We encourage you to:

- Consider alternative energy sources and conserve your use of water, electricity and other resources
- Recycle your waste
- Support local businesses, artists, projects
- Welcome visitors to our town
- Take an interest in community activities and decisions
- Join and support volunteer, service, sporting and social groups
- Take the time to enjoy Goolwa and its environment with family and friends
- Protect and appreciate our heritage – aboriginal, built and cultural
- Take time to care for your community, environment and well-being
- Participate in activities like our Annual Cittaslow Smoke Off cooking event



Combining Council, Business and Community