









slowfoodbarbados f 💟









WHO ARE WE?

Slow Food® is a global grassroots organisation present in over 160 countries that bring together over 1 million individuals working together in their local communities to defend their local culinary culture.

THINK GLOBAL, ACT LOCAL

Slow Food® was founded in Italy in 1989 to counteract the rise in 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 our food choices affect the world around us.

Our approach to food is based on three interconnected principles:



A FRESH AND FLAVORSOME SEASONAL DIET THAT SATISFIES SENSES AND IS PART OF LOCAL CULTURE



PRODUCE IN HARMONY WITH ENVIRONMENT AND HUMAN HEALTH



ACCESIBLE PRICES FOR CONSUMERS
AND FAIR CONDITIONS AND PAY FOR
SMALL-SCALE PRODUCERS

"SLOW FOOD
UNITES THE
PLEASURE OF
FOOD WITH
RESPONSIBILITY,
SUSTAINABILITY
AND HARMONY
OF NATURE."

~ Carlo Petrini, Slow Food® Founder & President

OUR OVERALL AIM IS SIMPLE.

We believe in the fundamental right to the basic pleasures of quality local food and consequently the responsibility to protect the heritage of food, tradition and culture that make such pleasure possible.

We aim to acknowledge and celebrate local farmers, chefs, eateries and artisans who contribute to good, clean, fair food; and to spread awareness of the importance of building a local food economy while increasing our island's food security.

FARM NAME	CONTACT NAME	EMAIL	TEL#1	TEL#2	ADDRESS	WHAT'S FOR SALE	OGCA MEMBER*
Bathsheba Blue Farm	Rackel/ Roger	stingyreggae @hotmail.com	433-9475		St. John Hastings Farmers Market	Fruits, Veg, Natural Juices	N
Carmeleta Local Grown	Carmeleta	kasphere2 @caribsurf.com	231-2598		Christ Church, Graeme Hall Farmers Market	Veggies	N
The Caribbean Centre for Food Security and Sustainability (CCFSS)	Phillip	info@ccfss.org	624-3472		St. George & Christ Church	Root crops, Com, Cucumber, Eggplant, Seasonings	Y
Chi Organics	Christy	bajanchicentre @gmail.com	571-4275		St. Michael	organic seeds, organic plants, fruits and veggies. Organic medicinal tonics.	Y
CG Organics	Chea	chea @caribsurf.com	Н 547-1000	C 695-7000	St. Phillip	Root crops	Y
Conscious Spirit Farms	Lisa	consciousspiritfarm @gmail.com	571-6757	253-1906	St. Philip Hastings Farmers Market	herbs, leafy greens & micro- greens	N
DI Farms	Dave	d_inniss@ hotmail.com	232-1202		St. John	tomatoes, cucumbers, spinach, herbs	N
Denzil Boyce	Denzil	obrian82I @hotmail.com	571-2610		St. James	Produce	N
Eden Organic Farm	Michael	michaelbradshawl 959@gmail.com	285-9927		St. Lucy, Holders Farmers Market	Organic Produce & fruits	Υ
Farmacy	Emmanuel	thefarmacy.fruit. veg@gmail.com	2 44 -6637		St. James St. Michael	Avocado, ginger, dasheen, eddoes, mangoes, dried coconuts, golden apple, grapefruit	N
Farmers Association of Barbados	Deborah	blackbeautydeb @aol.com			St. Thomas, Graeme Hall Market	fruit, veggies, eggs, juices	N
Fortress Farms	Monica & George	monica@surfside wellness.com	234-1324	231-4626	St. John, Surfside Wellness Centre	Microgreens, Fruits, veggies & herbs	N
Griffith Family Farm	Serena/Neil	greenhousegrow @gmail.com	251-7859		St. Philip, Hastings Farmers Market	Premium culinary herbs & microgreens, squash, cucumbers, watermelons, sweet potatoes	N
Harrow's Organic Produce	Yosia	harrowsorganic produce@gmail.com	834-7949		St. Michael	Leafy greens & other veggies	Y

* Member of the Organic Growers and Consumers Association (OGCA)

FARM NAME	CONTACT NAME	EMAIL	TEL#1	TEL#2	ADDRESS	WHAT'S FOR SALE	OGCA MEMBER*
Healthy Harvest	Troy	troy.cumberbatch @gmail.com	258.2158 243-9310	422-7887	St. George, Graeme Hall Farmers Market	Veg & watermelons	Υ
J&P Farms	Peter	bernicechase @gmail.com	286-8216		St. Michael	Veggies & fruits	N
Komer Stone Organic Farms	Mike	nvnubians @hotmail.com	423-1455		St. John	Herbal Medicines, medicinal tonics, produce	Y
Leafy Organics Inc.	Logan	leafyorganicsinc @gmail.com	262-0925		St. Philip	Lettuces & other leafy greens	N
Neils Organic	Neil	kash_king @gmail.com	836-1144		St Michael	organic veggies, friuts & herbs	N
Nuevo Organic Farm	Roger		260-7307		Pine Basin, St. Michael	organic lettuce, pumpkin, squash, watermelon, zucchini	Υ
PEG Farm & Nature Reserve	Mackenzie	pegbarbados @gmail.com	433-9806		Easy Hall, St. John	Fruits, herbs & veggies	Y
Prosperity Farms	Ken		268-2839		St. Joseph	Moringa, peppers, hay	Υ
River of Life Farm	Wassim	wasworrell @gmail.com	232-1070	438-4135	St. Phillip	Lettuce, chinese cabbage peppers	Υ
Kamp Deed	Sky	obrian821 @hotmail.com	237-0502	840-5679	Turners Hall, St. Andrew	Produce vegetable and herbs	Υ
Redland Farm	Veronica/ Linda		433-5541		St. George	Produce, lettuces & preserves	N
Seneb Organic Farm	Dorian	senebfoundation @yahoo.com	236-0155		Christ Church	Juices & fruits	Υ
Terrell Inniss	Terrell	terrellinniss @gmail.com	831-8733		St. Phillip	Herbs & greens, dehydrated ginger & garlic	N
U Eco Farm	Uleesia	uecofoods @gmail.com	251-0512		St. Lucy	organically grown lettuces & micro mesclun, baby greens, edible flowers	N
VegCo	Tanya	mholder.vegco @gmail.com	622-4063		Grove Plantation, Six Roads, St. Philip	Veggies & herbs	N

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FARM NAME	CONTACT NAME	EMAIL	TEL#1	TEL#2	ADDRESS	WHAT'S FOR SALE	OGCA MEMBER*
Walkers Reserve Food Forest	Seatonia or Julian	info@walkers reserve.com	422-9308		Walkers, St. Andrew	bananas, figs, plantain, edible flowers, casava, lemongrass, moringa, ginger and more	N
Yam House Farm			241-4067			arugula, zucchini, tumip, radish, basil, squash	N
Zantarea Farms	Christina	zantareafarms @gmail.com	261-6277		St. Philip Codrington Farmers Market Cheapside Market	veggies, lettuce, zucchini, ground provision	N
Zonia Phillips	Zonia	chiaseeds23 @hotmail.com	256-8388		St. Phillip, Holders Farmers Market	herbs/baking goods	N



WHAT TO ASK YOUR LOCAL FARMER?

DO YOU USE ORGANIC PRACTICES?

- How do you deal with pest management?
 - How does that relate to your harvest schedule and process?
 - How do you control weeds?
- How do you nourish the soil and feed your plants?
 - What's your post harvest process and selection?

DO YOU USE AGRICULTURAL CHEMICALS?

 If so which ones? How often? How long do you wait to harvest?

WHAT METHODS DO YOU USE TO MANAGE CROPS?

 Composting, intercropping, biocides, companion planting?

WHAT TO ASK YOUR LOCAL FARMER?

WHAT METHODS DO YOU USE TO MANAGE CROPS?

 Composting, intercropping, biocides, companion planting?

WHAT TYPE OF ANIMAL FEED DO YOU USE?

- Does the feed contain
 GMOs/antibiotics/artificial additives?
 - Where do you source your feed?
- How do you prevent and manage illness?

WHAT TO ASK YOUR LOCAL FARMER?

ARE YOUR ANIMALS TREATED HUMANELY?

- Are the chickens free range?
- Do the animals have access to water and shade?
- How much space does each animal have?
 - How often are the enclosures cleaned?
 - What do you think makes your animal happy?
 - Who manages your slaughter?

PRODUCERS -

PRODUCER NAME	CONTACT NAME	EMAIL	TEL#1	TEL#2	ADDRESS	WHAT'S FOR SALE
Alternative Eats	Philisha		240-9392		St. Philip	Vegan cakes & pastries
Addis Allem Market	Troy	info@ addisalemcoop.com addisalemcoop @gmail.com	233-0100		St. Thomas	Banana Flour, Barbadian Condiments, Tridaitional Confectioneries, Body Care Products
Barbados Youth Action Programme	Lumumba /Glendine		264-9782 /248-0735		Christ Church	jams, jellies, tamarind sauces, chutney and other specialty sauces
Barbadiana Shop	Lyn-marie	info@barbadiana @gmail.com	622-1933		Sky Mall, St. Michael	IOO% bajan made products, fruit wines, gourmet condiments, ice pops, various local artisanal crafts and decor, gluten-free flours & mixes
Brand Fea Valencia Ltd.	Paulina	brand.fea @gmail.com	421-7272	837-3512	St. Michael Available in most supermarkets	Mango & tamarind chutney
Bibi Snacks	Winslow	bibis.snacks @gmail.com	425-6006		Grazettes, St. Michael Available in supermarkets islandwide	cassava, breadfruit, sweet potato, plaintain chip snacks
Carmeta's	Trevor	trevor.roberts @badmc.org	427-5250		St. Michael	Finest selection of local gluten free flours
Caribbean Treats	Paula	info@try caribbeantreats.com	624-7311	305 320-9683	St Michael	Speciality Jams, chutneys, seasonings, pepper sauces, sauces, gift baskets and full mini line of products
Coconut Baby	Allison	coconutbaby barbados @gmail.com	260-2224		Christ Church	Vegan and gluten free baked goods, natural drinks, kombucha and vegan/vegetarian meals
Creperie Meraki	Adonis		256-4242		Brighton Farmer's Market	sweet and savory gluten-free crepes
Delicious Treats	Shawna	delicioustreats 246barbados @gmail.com				Fish cakes & natural juices
Earth Mother Botanicals	Amy/Sandra	earthmotherbl @yahoo.co.uk	431-4642	287-1922	St. John	IO0% natural skin care products and soaps
Gluten-free Pizza	Carol	carolannhunte @gmail.com				Gluten-free pizzas
Green Monkey Chocolatier		info@green monkey chocolatier.com	435-5567	427-5567	Worthing, Christ Church Limegrove, St. James	Assortment of chocolates, popsicles, macaroons, teas jams & marmalides
Happy Life Barbados		happylifebarbados @gmail.com			Clifton Market, Brighton Farmers Market, Beach+ Life	Sea Salt

PRODUCERS -

PRODUCER NAME	CONTACT NAME	EMAIL	TEL#1	TEL#2	ADDRESS	WHAT'S FOR SALE
Hopscotch Treats	Lynn-Marie	hopscotchtreats @gmail.com	239-5957		Barbadianna Shop Holders Farmers Market	Popsicles & treats made from local fruit
J&P Farms	Peter	bernicechase @gmail.com	286-8216		St. Michael Available in Barbadianna Shop	Chutney, wines, sour & hot sauces
Ligon's Mixes & Vedge-Out Food Products	Nadine	vedge-out@live.com	821-1771		Christ Church	Cassava based gluten-free baking mixes, conkies, muffins cookies and cassava pone, pancake mix, biscuits & flatbreads
Lionel Sauces and Dips		lionelsauces @hotmail.com	263-2577	425-7045	St. Thomas	Local sauces & dips
Magnolia Chocolatier	Margaret	margaret@magnolia chocolatier.com	571-6691		Available at Barbadianna Shop, Italia Coffee House @ airport	Fine artisan chocolate, pastry, cookies and other desserts
Marie's Health Choice	Marissa	marieshealth choice@gmail.com	240-9278			Hummus Dips & buljol salsas, naan bread & chips
Moon-Seed	Akeym-i	art.animal @yahoo.com	252-0185		Christ Church	Vegan alkaline food bread, brioche, pizza, boule, baguettes, croissants, cashew cheese, hummus, baba ganoush, rejuvelac, sprouts
Shalana's Natural Wines	Shalana		257-3456		St. George	Natural Fruit Wines
Shemar's Organic Products	Sheila	shemarorganic products@gmail.com	261-8280	825-4499		Preserves, condiments, hot sauces, pickles, chutneys and sauces made with local organic ingredients
Splurge Cake Studio	Summer	splurgecakestudio @gmail.com	424-1240		St. Michael	Gluten-free cakes & desserts
Tiki Pies	Megan/Mike	tikipies @hotmail.com	836-7437		Available at Bayside Plaza, Bay Street, Massy Supermarkets & Cost-U-Less	New Zealand style locally made pies
Wentworx	Derek	derekwent@ hotmail.com	433-9419		St. Joseph	Aeromatic spices, healthy eats, hand made local flours and other products
Wyndhams Coffee & Tea	Dominic	info@wyndhams.bb	426-OII6		Christ Church	Wyndhams Bajan Crafted Roasters - Specialty Grade, Organic & Fair-trade Coffee roasted fresh to order.

WHAT TO ASK YOUR LOCAL PRODUCER?

DO YOUR PRODUCTS CONTAIN ANY ...?

- GMOs; trans-fats or hydrogenated oils, additives, artificial colors, flavors or preservatives?
 - Do the farms you source from use organic practices?
 - What are the organic practices used?

IF THEY USE ANIMAL PRODUCTS -

WHAT TYPE OF ANIMAL FEED DO YOU USE?

- Does the feed contain
 GMOs/antibiotics/artificial additives?
 - Where do you source your feed?
- How do you prevent and manage illness?

WHAT TO ASK YOUR LOCAL PRODUCER?

ARE YOUR ANIMALS TREATED HUMANELY?

- Are the chickens free range?
- Do the animals have access to water and shade?
- How much space does each animal have?
 - How often are the enclosures cleaned?
 - What do you think makes your animal happy?
 - Who manages your slaughter?

EGGS & MEATS



PRODUCER NAME	CONTACT NAME	EMAIL	TEL#1	TEL#2	ADDRESS	WHAT'S FOR SALE
Barbados Sausage Company	Јепу	babadossausage- company@gmail.com	258-9546		White Hall, Cane Garden Heights, St Thomas	Hand crafted sausages, burgers & kebabs
Carlton & Al Supermarkets			417-7675		Islandwide	Local pork & meats
Cameta's	Trevor	trevor.roberts @badmc.org	427-5250		St. Michael	Varierty of meats, hamburgers, sausages & hams
Clifton Meats		info@cliftonmeats.com	622-1661		Available at Massy & Al supermarkets or St. Thomas	Premium quality, farm-fresh meats, burgers & sausages
Conscious Spirit Farms	Lisa	consciousspiritfarm @gmail.com	571-6757	253-1906	St. Phillip, Hastings Farmers Market	Free range chickens & eggs
Delia Browne	Delia	deliamariabrowne @hotmail.com	266-1178	271-6295	St. John	Eggs
Earth Goddess Farm	Gloria	starchildlight @gmail.com	256-1968	624-2141	St. George	Organic Eggs
Flint Hall Farms	lan	Flinthallfarms @gmail.com	254-5175		St. Michael	Local eggs, chickens, pork, fish, lamb, goat and duck.
Lobster Alive	Sam	sam@lobsteralive.net	435-0305		St. Michael	Regional live lobster
Oink and Moo Meats	Guillermo		256-0666		St. Joseph	Premium Meats, Sausages, Burgers
PEG Farm & Nature Reserve	Mackenzie	pegbarbados @gmail.com	433-9806		Easy Hall, St. John	Free range meats & eggs
Proper Pork			417-7675	425-1097	Carlton Supermarket, St.Michael and Al Supermarket, St. Philip	Locally-raised, farm-fresh pork
Willoughby's Meat Shop	Julius		263-0254		St. James Stall #3, Cheapside Market	Locally-raised, farm-fresh pork, Goat, Lamb, Chicken, Turkey
Zantarea Farms	Christina	zantareafarms @gmail.com	261-6277		St. Philip, Codrington Farmers Market, Cheapside Market	Free Range Eggs, Chicken, Duck

DAIRY & CHEESES

PRODUCER NAME	CONTACT NAME	EMAIL	TEL#1	TEL#2	ADDRESS	WHAT'S FOR SALE
Alternative Eats	Philisha		240-9392		St. Philip	Vegan Cheeses
Brand Fea Valencia Ltd.	Paulina	brand.fea @gmail.com	421-7272	837-3512	St. Michael & most Supermarkets	Yoghurt, Goat Cheese & Dips, Goat Milk
Green Medows Creamery	John	jmsdairyfarm @gmail.com	253-0368		St. John	Fresh Raw & Pasteurised Milk
Greenwich Dairy Farm	Hilary	hilaryantigues @gmail.com	432-1169		St. James	Raw Milk, Calves and Culled Cows
Hatchman's Premium Cheeses	Andrea	hatchmanscheeses @gmail.com	436-5475		St. Michael	Premium Cheese
Hoads Dairy Farm	Richard		422-9083		St. Andrew	Goats Milk
Hillside Farms	Ray/Rico	rayz8I@ymail.com ricoyarde @gmail.com	238-3191 428-2566	262-0612 420-3486	St. Christ Church	Goats Milk & Cheese
Khafra's Cheeses	Sheba	khafracheeses @gmail.com	822-5196		St. Andrew	Artisanal Goats Cheeses
R-Tic Melt Ice Cream		ricmelt@gmail.com	432-1528		Sunset Crest, St. James	Fresh Ice-cream with Local and International Flavours

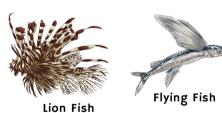


NAME	MON	TUES	WED	THUR	FRI	SAT	SUN	HRS
Barbados Agricultural Society						X		9am - 3pm
Brighton Farmers Market						X		6am - IOam
Cheapside Market	X	X	X	Х	X	X		7am - 3pm
Codrington College						X		Time Last Sat Month
Hastings Farmers Market	×							9am - 12pm
Holders Farmers Market							X	9am - 2pm

FISHERFOLK & FISH MARKETS

FISH MARKET/ LANDING SITE	BE SURE TO ASK FOR	Market Tel#	OPENING HOURS
Bridgetown	Gemma Judy Sharon/Ricky 'Muscles'	431-0202	7am - 7pm (Monday - Sunday)
Oistins (Berinda Cox Fish Market)	'Red Man' Wellington Russell Manning	428-7180	7am - 9pm (Monday - Sunday)
Consett Bay	Allan	423-1299	7am - 7pm (Monday - Sunday)
Millie Ifill (formerly Weston)	'Smokey'	432-0492	7am - 7pm (Monday - Sunday)
Payne's Bay	Eulene 'Foreva Young'	432-6804	8am - 7pm (Monday - Saturday)
Speightstown Fish Market		422-2912	7am - 5pm (Monday - Sunday)
Tent Bay	Diann	433-9964	7am - 3pm (Monday - Friday)

BEST CHOICES



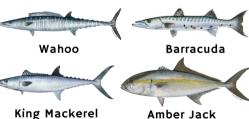
Lion Fish

Most Sustainable Choice



Buy these species first as they are often fast growing and reproduce quickly (e.g. flying fish & dolphin fish); current stock levels are relatively abundant and can withstand fishing pressure. They are usually well managed and caught responsibly.

ALTERNATIVES



(King Fish)



Atlantic Triple-Tail (Congalie)



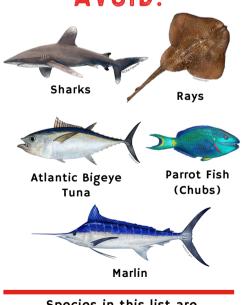
North Atlantic Yellow Fin Tuna (Albacore)



(Bonito)

Species under this list are good alternatives, but be aware of current population levels and how they are caught.

AVOID!



Species in this list are overfished, or caught in ways that harm the environment and other marine life; and some species may have high mercury content (e.g. sharks). Take a pass on these species.

WHAT TO ASK YOUR LOCAL FISHERFOLK?

SUSTAINABILITY IS BASED ON CURRENT POPULATION AND STOCK LEVELS, SEASONALITY, METHODS CAUGHT AND MANAGEMENT.

BESURETO ASK...

- Where is your fish coming from is it locally caught?
 - Is it in season?
 - What methods were used to catch it?

DO YOU SELL SUSTAINABLE FISH SUCH AS:

- Lionfish, flyingfish, dolphin fish > 7 lbs or > 65
 cm in individual length (~2 rulers) [best choices]
- Wahoo, barracuda, king mackerel (kingfish), amber jack, atlantic triple tail (congalie), ocean triggerfish (turpit), skipjack tuna (bonito), north atlantic yellow fin tuna (albacore). (alternatives)

WHAT TO ASK YOUR LOCAL FISHERFOLK?

DO YOU AVOID SELLING SPECIES THAT ARE:

- Overfished and important to marine ecosystems such as parrotfish (chubs) and sharks
- Caught using fishing methods that harm the environment and other marine life (such as seine nets with a specific mesh size)
- Potentially have high levels of mercury such as sharks, billfish (marlin, swordfish, sailfish) which can impact human health
 - Juveniles and not reproductively mature

WHAT TO ASK YOUR LOCAL FISHERFOLK?

DID YOU KNOW THAT?

- It is illegal to catch, buy, sell and consume black sea urchin (sea eggs) during the closed season
- It is prohibited to sell or have in possession female lobsters carrying eggs
 - No person shall land any yellowfin tuna or bigeye tuna of less than 3.2kg

GARDEN PRODUCTS

PRODUCER (CONTACT NAME	EMAIL	TEL#1	TEL#2	ADDRESS	WHAT'S FOR SALE
Adams Aqualife	Kristina	adamsaqualife @gmail.com	230-1042		St. Thomas	Organic Green Water Fertilizer, mini aquaponics vegetable garden systems
CARE	Andrew	care@caribsurf.com	437-8188			Potting soil, plants & seedlings
Cliff Soil Works	Clifford		242-4863		St. George	Soil Mixes & compost
Green Clean Environmental Solutions Inc.	Justin	info@gcesinc.com	231-5857		St. Thomas	AZOMITE® Trace minerals, Black Earth Humic/Fulvic Acid, Effective Microorganisms, Maxicrop Organic Products & Myco Apply Mycorrhizae
Greensurance Composting Service	George	george.gill85 @gmail.com, barbadoscompost @gmail.com	288-07 3 432-0886		St. George	Compost, compost tea, worms and live compost
Grow It!	Amanda	growitbarbados @gmail.com	230-1333		Britos Eat Fit Avenue, Art Splash, Massy Supermarket Warrens	A variety of sprouts, microgreens & wheat grass
Kooyman			434-3333		Christ Church	Tools & Seeds
Natty Ted	Ted		419-0639		St. James	Organic vegetable & herb seedlings and plants
Nature Care Garden Centre		info@nature- carewi.com420	428-9420		Christ Church	Garden Centre
Seedburst Nurseries Ltd.		seedburstnerseries @gmail.com	428-1938 266-1938	233-1476	Christ Church	Seedlings, fertilizers & growing media
Soil Conservation Unit		scu@agriculture .gov.bb	422-9030		St. Andrew	Grafted fruit trees, seedlings & sesonal fruits
Sustainable Barbados Recycling Centre (SBRC)	Susanne	svryan@sbrcinc.com	425-2255		St. Thomas	Soil, mulch and other soil ammendments

PRODUCER NAME	CONTACT NAME	EMAIL	TEL#1	ADDRESS	WEBSITE/ FACEBOOK	PRODUCTS
Enterra Trading	Steve	info@enterra- trading.com; steve@enterra- trading.com	236-9160 629-4525		https://www.facebook. com/pg/- WorldCentricBB	Food containers, cups, utensils
BICO Loves Vegware	Cozette		256-1418	Harbour Road, Bridgetown, St. Michael	https://bicoicecream.c om/vegware-2/ https://www.facebook. com/BICO-loves- Vegware- 1679624422323132/	Food containers, boxes, cups, utensils, plates, cake accessories, bas, bin liners
BW Hotel & Restaurant Supplies		https://www.bladeson line.bb/	426-2850	Tweedside Road, St. Michael	https://www.facebook. com/BWHotelRestaura ntSupplies/	Food Containers, Drinkware, Cutlery and Paper products
Devinely Nature	Colin	info@devinely- nature.com; colin.muhammad- @aol.com	263-9696		https://www.instagra m.com/devinely_natur e/?hl=en	Bamboo utensils, paper straws
Direct Packing Inc.		vmitchell@directpack aginginc.com	435-5616 420-5771	Nile Steet, Cockspur House, St.Michael #2 New Century Complex, Toprock Christ Church	https://www.facebook. com/Direct- Packaging-Inc- 190720147608931/	Food containers, drinkware, fry boxes, plates, straws, cutlery
Dyna Pak		dynapakco @gmail.com	437-3525	Tudor Street, St. Michael	https://www.facebook. com/dynapakcoltd/	Food containers, bowls, plates, boxes, straws
Firgos	Neil Kirton	info@firgosbarbados- .com	425-3958	Warrens Industrial Park, St. Michael	http://firgos barbadoscom/	Food containers, cups, plates
Packaging Centre Ltd	Robin Cho	packaging.centre @gmail.com	417-5474	Friendship, Green Hill, St. Michael	https://www.facebook. com/Packaging- CentreLtd/	Food containers, cutlery, drinkware, lids, boxes, pouches, bags
R.L Seale Ltd.	Karen Price	karen_price@rlseale. com.bb	842-7002 629-4529	Foursquare, St. Philip	https://www.facebook. com/rlsealeltd/	Food containers, boxes, plates
Simplex Trading	Hilary Hunt	hilary@simplextrading .net	426-IIIO	Lower Estate, St. Michael	http://simplextrading net/products/eco- friendly-products	Food containers, cups, lids, jackets, cutlery, straws, trays
Singapura Nature Foods Ltd		singapuralimegrove- @gmail.com	624-7777 622-1677	Limegrove, St. James	https://www.facebook. com/singapura.lime- grove	Bamboo boats
The Crate	Nikola	thecratebarbados- @gmail.com	827-4 2	Canewood Industrial Park Cane Wood, Saint Thomas, Barbados	https://www.facebook. com/pg/thecrate- barbados	storagte bags, reusable straw, bamboo utensils



PLASTIC IN THE PLANET'S ECOSYSTEM IS A THREAT TO OUR FOOD AND HEALTH.

- Do you use compostable packaging?
- Do you encourage consumers to bring their own reusable containers?
- Would you consider packaging your products with sustainable material instead of plastic?

CATERERS & VILLA CHEFS



NAME	CONTACT NAME	WEBSITE	EMAIL	TEL#2	ADDRESS	WHAT'S THEY OFFER
Caribbean Villa Chefs	Dane	www.caribbean- villachefs.com	info@caribbean- villachefs.com	233-5102		Personal Chefs, Butlers & Waiters to homes and businesses as well as private cooking lessons
Country House Caterers		www.countryhouse- caterers.com	countryhouse- caterers@ gmail.com	228-0333 228-0512	'Rosemary', Dayrells Road, Christ Church	Weddings special & corporate events, cocktails & canapés, teas & desserts. Dairy free, gluten-free and special requests
In-fusion Catering Services	Omar	www.infusion- catering.com	info@ infusion- catering.com	424-2772	'Falaise Petite', Lodge Hill, St Michael	Innovative, creative fusion cuisine, using the best of the local produce Barbados has to offer
John Hazard Events	John	www.facebook.com /johnhazardevents	johnhazzard22 @gmail.com	233-8131	Walkers Valley, St. George	Contemporary high-end catering
Marc Kanngiesser	Marc		mkann79@ gmail.com	821-9954	Christ Church	Personal chef services
Privé Culinary & Design	Marcel	www.priveculinary .com	culinarydesigns @privecd.com	828-6329		Boutique Catering inspired by Caribbean essence and International execution
Scott's Catering and Events	Scott	www.scottscatering- barbados.com	scottscatering- barbados@gmail .com	425-2255	Holetown, St. James	Fullservice luxury catering and events company
Real Food Wellness Catering	Cathy or Chrissy		realfoodwellness- catering@gmail .com	243-8055 235-8786		gluten free with local flours- patties, quiche, muffins, pones, cakes, patries and juices

WHAT TO ASK YOUR LOCAL CHEFS?

- How much of your menu do you source locally?
 - How do you supportlocal farmers and producers?
- What items on the menu are grown or raised using organic practices?

DO YOU USE INGREDIENTS THAT CONTAIN - ...

- GMOs; trans-fats or hydrogenated oils;
- Additives; artificial colours, flavors or preservatives?









TEL: +246.622.4097 WALKERS RESERVE ST. ANDREW, BARBADOS Slow Food® Barbardes

SF BARBADOS CHARITY Reg. Charity No. 1184









www.slowfoodbarbados.org