



ACADÉMIE INTERNATIONALE DE LA GASTRONOMIE

A Manifesto for the Gastronomy of the 21st Century

18th November 2023

On the occasion of the 40th anniversary of its creation, the International Academy of Gastronomy (AIG) renews its commitment to the promotion of gastronomy and makes the following ten proposals:

1. *"Gastronomy is the rational knowledge of humans as they feed themselves. Its purpose is to ensure the preservation of mankind through the best possible food"* (Brillat-Savarin, 1826). Gastronomy is about **nourishing oneself, while preserving one's health, understanding where our food comes from, and enjoying it** in a convivial environment.
2. While striving for with excellence in taste and enjoyment, **gastronomy must promote food safety and health**, by encouraging a healthy, varied, and balanced diet, avoiding excessive salt, sugar, saturated fats, additives, and over-processed products. Gastronomy must contribute to the fight against the "diseases of the century," such as obesity and diabetes. The right to healthy food should be actively promoted in every country.
3. **There can be no gastronomy without good products**, because gastronomy serves to enhance the product and not to hide its defects. This applies to all food sectors: crop and livestock production, aquaculture and fisheries, and the agri-food industry.
4. **It is necessary to respect the seasonality of the products**, as in any activity linked to nature, and to favour local products, because a product is better in its natural period of production, without unnecessary transport.
5. The corollary of these proposals is the **ecological respect for our planet and the protection of its biodiversity**, including the use of **sustainable and less intensive farming** and fishing methods, the promotion of more sustainable and frugal diets, the rejection of

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animal mistreatment, the exclusion of endangered species from culinary use, and the fight against food waste.

6. **It is also necessary to protect gastronomic cultures** (such as local cuisine), where compatible with previous recommendations, from the threats of globalisation, standardisation, and legislation influenced by industry lobbyists, while striking the right balance between heritage and modernity, as gastronomy is a fundamental part of the cultural expression of all people.
7. **The role of chefs** and their teams is fundamental, as their **knowledge** and **inventiveness** are a driving force behind the evolution of culinary tastes, techniques, and practices. Chefs also inspire and transmit the spirit of culinary craftsmanship to the next generation of chefs. Gastronomy is a vibrant and creative practice.
8. **Gastronomy must encompass all culinary habits:** it must be accessible to all and include home cooking, street food and all restaurants, from bistros to brasseries and fine dining.
9. **Gastronomy is and will remain an important component of tourism**, combining the pleasures and culinary discoveries with those of travel and other tangible and intangible aspects of culture, making it a complete leisure activity.
10. However, all this will only be possible **if a comprehensive educational programme** is developed, ranging from the education of tastes in young children to professional training in the hotel and catering industry and the most sophisticated university programmes. It will then be possible to use all the potential of gastronomy to improve eating habits in a sustainable way, thanks to healthy and tasty meals.

This is the programme that the **International Academy of Gastronomy** supports in its national and regional bodies and academies to promote the gastronomy of the 21st century and the future.

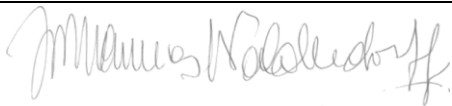
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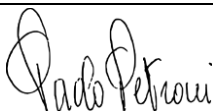
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