FOOD · MEMORY · CULTURE · SOVEREIGNTY

A Foundational Declaration of Meaning and Principles

Food is more than a collection of nutrients. It is the outcome of biological relationships, environmental conditions, evolutionary processes and human knowledge accumulated across generations.

eatWILD™ Real Food for Real People expresses a commitment to understanding, preserving and making visible these relationships.

The word *wild* is not a literal instruction about what to consume. It does not prescribe a diet, an ingredient or a method of preparation. It does not imply eating raw food, rejecting cultivation or returning to an imagined pristine past.

It refers to the living ecological foundations from which food ultimately emerges.

Every agricultural landscape is shaped by interactions among soil, water, climate, plants, animals, microorganisms and human activity.

Microbial communities are particularly significant. Their evolutionary lineages extend deep into the history of life, while their composition and functions continue to change through adaptation, ecological interactions and environmental pressures.

They are neither frozen remnants of an ancestral world nor interchangeable components of a uniform biological system.

Food can retain traces of this evolving history through its composition, characteristics, production processes and documented provenance.

We understand this as *ecological memory*.

Not memory in a literal or mystical sense, but a continuity of biological processes, environmental influences and cultural practices that science can investigate.

Microbial ecology, molecular analysis, food chemistry and documented traceability can help reveal elements of this history where evidence permits. Authenticity, safety, nutritional value and geographical origin remain distinct questions, each requiring appropriate evidence.

Human culture forms another dimension of this continuity.

From the diverse knowledge of foraging societies to agriculture, pastoralism, cooking, preservation and fermentation, food has always connected human communities with their environments.

These traditions have never represented a single universal diet. They have evolved through observation, experimentation, exchange and adaptation.

Their value lies not in resisting change, but in carrying knowledge forward.

For us, food sovereignty means the ability of people and communities to understand, participate in and help shape the systems that nourish them — while preserving cultural identity, ecological responsibility and meaningful freedom of choice.

It does not establish a hierarchy between diets, technologies, producers or consumers.

Scientific progress, food processing and technological innovation can contribute to safety, nutrition and access. They need not be opposed to ecological understanding or cultural authenticity.

Equally, the value or dignity of a person cannot be measured by what they eat, what they can afford or which food traditions they follow.

Food must never become a measure of human worth.

We believe that access to safe and nourishing food, respect for cultural diversity and the freedom to make informed choices belong to everyone.

Our purpose is therefore not to prescribe how humanity should eat.

It is to deepen our understanding of where food comes from, how living systems and human knowledge shape it, and how that knowledge can remain accessible to future generations.

We stand for scientific inquiry without mythology, authenticity without exclusion, innovation without the erasure of origins, and sovereignty without the restriction of others' freedom.

eatWILD™ Real Food for Real People is not a dietary doctrine.

It is a commitment to the living continuity between nature, food and human culture.

And to the equal dignity of everyone who shares in it.

Authenticity without exclusion. Sovereignty without restricting others. Science without mythology.

Foteini Papadopoulou

Founder & Sole Owner of eatWILD™ Real Food for Real People

IN MEMORIAM MAIORUM · IN SPEM FUTURI

Greece · 2026

---

eatWILD™ Real Food for Real People is a composite mark registered in Greece (OBI N232725). Other names and phrases marked ™ are claimed, not registered.

Licensed under CC BY-NC-ND 4.0 (creativecommons.org/licenses/by-nc-nd/4.0): share unchanged, with attribution, for non-commercial purposes. The licence grants no rights in the marks, the logo or the images. Rights are claimed under trade mark, copyright and unfair-competition law, as applicable.

Foundational statement — not a dietary protocol, scientific publication or quality claim. Human-originated · AI-assisted drafting, editing and design. Human editorial direction and responsibility govern this publication. The English text is the reference text; the Greek and German texts are renderings of it. In case of divergence the English text prevails.

© 2026 Φωτεινή Παπαδοπούλου · Foteini Papadopoulou · Greece · author and rights holder