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EAT BETTER FOR LESS

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Ties that Bind: Share Family Heritage this Holiday Season

While this is the season for making memories, it's an even better time to share family history and culture. Many families have dishes that have been passed down through the generations, but the memories that go along with those classics are often forgotten. As you pass Grandma's famous fruitcake, sweet tamales, or yule log, make sure you share the stories that goes with them.

If you do not have fond memories or cultural stories to share, start making your own. Then the next generation will have something special to pass on when they gather around the table.

Happy Holidays! 

There are several ways for you to pass your family's unique food heritage onto future generations including:

-  Share a special family dish and the stories around it
-  Cook with your children, grandchildren, or friends
-  Create a family calendar that includes recipes for special dishes served during special events
-  Collect family recipes in a special cookbook
-  Design personalized place-mats featuring a family memory
-  Record the family's oral history
-  Share family recipes and history at reunions



Your family's dishes, culture, and history are very important. Use this space to record a special recipe and its story. Share copies of this newsletter with your family members so they can do the same. Joy and peace to all!

Recipe:

Story:

Our free, fun, hands-on classes offer large servings of helpful tips, exercise, food samples and resources. Sign up today at <https://www.eatgathergo.org/programs>.



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