



# Food Memories: Life in Context: Telling Your Story Workbook One

*Melissa Mannon, Susan Fay West*

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# **Food Memories: Life in Context: Telling Your Story**

## **Workbook One**

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This is the first in a series of workbooks to help you document what is meaningful to you. This series aims to support you while you define the values and traditions you want to pass on to future generations. The workbooks will help you mold your legacy. Food Memories examines the role of food in your life. This resource will help you consider the meals, the events, and the heirloom serving pieces tools that define your precious food memories. This book is part of The Life in Context Project. The Project is building ways for you to explore your story. Help us build a community that values its heritage as a means for personal and societal growth. The things we save give shape to our lives and reflect who we are - our interests, our values, our activities, our relationships - to our families, our communities, and to future generations. Your personal papers, memorabilia, and artifacts are part of a unique individual history. Explore what your personal items tell about you. Reflect on why what you save matters to you and to the people around you. Connect your present with your past. Honor it, without getting stuck. Of all the memories you have, decide which are key to pass on; Understand which belongings are important to your family history; Understand how your memories fit into your broader community and culture; Discover ways to record/document your own story, a life in context. [www.lifeincontext.org](http://www.lifeincontext.org)



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