



Family Food Traditions

What's your story?

When you were my age, what did you typically eat for:

Breakfast? _____

Lunch? _____

Dinner? _____

Snack? _____

How many meals in the day were home cooked?

What was your favourite food growing up?

What were some of the foods you ate as part of holiday celebrations?

Did you learn to cook when you were growing up? _____

Who did you learn to cook from? _____

Did your family grow, raise, fish or hunt any food? If yes, what?

Share your family food traditions at:

<https://www.nourishns.ca/your-story?rq=share%20what%20you>