Preserving Food Knowledge

Learn techniques from your elders to reduce food waste

How History Helps us Prevent Food Waste

Re-learning ancient ways to cook, preserve and manage foods can help us prevent food waste and become master chefs. Learning from elders in your community will teach you cool tips and help preserve knowledge and recipes that will help reduce food waste for generations to come.

Do your grandparents have a delicious recipe made out of leftovers or salvaged food? Or maybe they know how to use every single part of a vegetable or animal. This is your opportunity to find out!

You’ll Need:

• Tape recorder
• Paper, pen or computer

Sharing Stories, Preserving Food

Time: 3-5 days

5 Influencer, Grower-Chef or Innovator points

Amazing Recipe!
Sample Interview Questions

1. Do you think people waste more food now than in the past?

2. Are there foods that you used to eat, or parts of foods that were used before, that are now commonly wasted? Why does this happen now; what has changed?

3. Do you have strategies to prevent food waste by transforming ingredients or leftovers into a meal?

4. What dishes do you make where no food is wasted? How did you learn to make this dish?

5. When you were young, what was done with food scraps that weren’t eaten?

6. Are there cultural or spiritual traditions that influence your opinion on food and food waste?

Want to do More?

• **Cookbook:** Compile a cookbook of zero food waste family recipes. Include family stories and descriptions and any techniques you learned.

• **Radio Documentary:** Transform your interview into a radio documentary or podcast by editing the best parts of your interview and adding music or sound. Post it online or submit it to a local radio station to share what you learned with a wider audience.

• **Cook together:** Set a time with the elder(s) you interviewed to cook together. Pledge to master some of their cooking techniques and share a picture of you cooking together.

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59 Mike Russell (2016). How to Use Audacity for Beginners. <https://www.youtube.com/watch?v=DIlHslH32i&t=list=PL6wGbZVvzENjxK7Zw3D1XmOZel91GncR&index=2>