



RECIPE FOR CONVERSATION

TALK ABOUT: FAMILY TRADITIONS



- What is your favorite tradition we have as a family? Why is it special to you?
- Is there any part of our traditions that have changed or been missing for you lately? What would you want to bring back if you could?
- If you could suggest one new tradition for us, what might it be?
- Have you participated in any traditions from other cultures? What did you enjoy about them?



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TALK ABOUT: FAMILY RECIPES



- What is your favorite family recipe, and why is it so important or meaningful to you?
- Who do you remember making this recipe for you? Who taught you to make it?
- When and where did you typically eat this food growing up?
- If you could eat this special occasion food every day, would you? Why or why not?
- What is one memory you particularly associate with this food? Share it with us!



RECIPE FOR CONVERSATION

TALK ABOUT: FAMILY HISTORY



- Tell me your favorite story about our family. Why do you like that story in particular?
- Do you know any stories about your grandparents when they were kids? How about your great-grandparents? Tell us the story!
- If you had to describe our family using only three words, what words would you choose?
- What is a quality of someone in our family that you admire, and hope to share?
- What family tradition do you hope to carry on for future generations?