

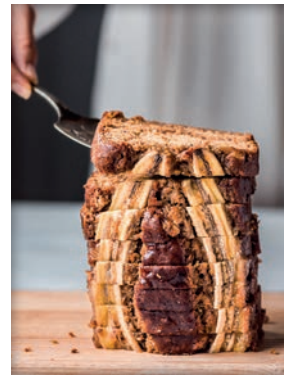
KITCHEN MEMORIES

Long before banana bread made it to the top of social media channels during the lockdown, someone else was running their kitchen with very little waste: our grandparents! They were ingenious in the way they used ingredients, **resulting in meals with little to no food waste.**

Valuing every bit of food recognizes the full potential of earth's natural resources. This approach has **given us some of the world's most delicious and iconic dishes like French toast, Italian ravioli, and even pickles.** All of these dishes are creative responses to reducing waste - honoring the farmer's work and the value of nature while reducing the cost of food.

Our grandparents were clever when it came to savoring ingredients, be it by using up leftovers or animal offcuts, preserving surplus, or simply making the most of what was available and in season. This frugal creativity is something we need to recapture if we want to eat in a way that is **affordable for both our own bank balances, and the planet's too.**

During the lockdown, many of us have had time to pause and think about how we do things. **We have wasted less food, written detailed shopping lists containing only what we need, and experimented with recipes to save leftovers.** Family meals are now driven by what we need to use up, and statistics reveal that most of us value food more now than we did pre-coronavirus. **As we continue to redefine the "new normal", let's keep nurturing this healthy relationship with food.**



"Kitchen Memories" is an invitation to share your most precious recipes and tips on reducing food waste. The ones you learned from your grandparents, the ones that have become a family tradition, and the ones that you came across by curiously sifting through cookbooks, videos and cooking with friends.

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HERE IS HOW YOU CAN TAKE ACTION AND SHARE YOUR

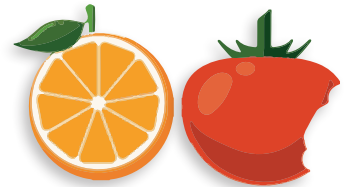
#KitchenMemories

1. Share your tips or recipe
2. Add a picture or video to illustrate your tips or recipes. It can be a picture of a recipe or one of the ingredients, or even a selfie in your kitchen – this is a space for creativity and fun, so find an interesting way to do so!
3. Tag 3 people/organizations/companies and challenge them to share their #KitchenMemories

Don't forget to mention @UNEP, @FAO and use #KitchenMemories and #FLWDay



“One of my fondest memories will stay those passed in the kitchen with **my grandmother Ancella**. That is where I learnt to look at ingredients with different eyes. The challenge is to think about, for example, an apple or a banana beyond the bruises: they can still be **tasty recipes made with leftover ingredients**. Passatelli is one that anyone can easily replicate at home. **Passatelli is a traditional Modenese pasta made from breadcrumbs** that my grandmother Ancella used to make for my family. I learned from her and now I love making it for my family” – **Massimo Bottura, Italian Chef and owner of Osteria Francescana, Founder of Food for Soul**



Check **#KitchenMemories** for more tips and recipes

“In old times, the kitchen used to be a place where knowledge of food was shared and developed spontaneously. **«Save Food From The Fridge»**, is about **traditional oral knowledge which has been accumulated from experience and transmitted by mouth to mouth**. Particularly focusing on the food preservation, it looks at a feasible way of bringing that knowledge into everyday life. My design looks at re-introducing and re-evaluating traditional oral knowledge of food, which is closer to nature. Furthermore, it aims to bring back the connection between different levels of living beings, we as human beings and food ingredients as other living beings. For example, I learned from my grandmother in Korea that **if you store a potato and an apple together, you can preserve the potato for longer**, because the gas produced by an apple delays the ripening process of the potato” – **Jihyun Ryou, Korean designer, creator of «Save Food From The Fridge»**. For more information, visit: <http://www.savefoodfromthefridge.com/>



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