

# 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!

**CLAIM**  
5 Influencer, Grower-Chef or Innovator points

## Sharing Stories, Preserving Food

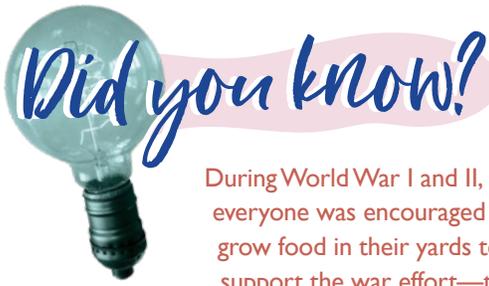
Time: 3-5 days

### You'll Need:

- Tape recorder
- Paper, pen or computer

Amazing Recipe!





During World War I and II, everyone was encouraged to grow food in their yards to help support the war effort—these became known as Victory Gardens. In Canada alone, it was estimated that by 1944, over 200,000 Victory Gardens were in operation, producing over of 57,000 tonnes of vegetables.<sup>60</sup>

## Making it Happen:

1. Find someone to interview. This could be an older relative or neighbor.
2. Prepare questions you would like to ask.
3. Ask permission to record the interview and take a photograph. If you are part of a university or school, check if there is an informed consent template that you should use for your interview.
4. Be prepared: check your recorder or charge your phone or computer. Bring a pen and paper or computer to take notes.
5. Do the interview in a comfortable and quiet space.
6. After your interview, ask yourself: What did I learn from this elder? How can I apply what I learned about the past to my own food practices today?

## 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<sup>59</sup> 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.



<sup>59</sup>Mike Russell (2016). How to Use Audacity for Beginners. <<https://www.youtube.com/watch?v=DjhllsLH32I&list=PL6wGbZVVzENlzXKZjz3DlXmOZeL9lGncR&index=2>>

<sup>60</sup>Mosby, I. (2015). Victory Gardens. The Canadian Encyclopedia. <<https://www.thecanadianencyclopedia.ca/en/article/victory-gardens>>