

TRADITIONAL RECIPES**ABOUT****Objective**

Families will learn more about the food their ancestors ate, which will help them relate more to their ancestors.

Audience

Families (children, youth, and adults)

DESCRIPTION OF ACTIVITY**Cultural Night**

Invite members of a ward or stake to submit traditional family recipes from a specific culture that were passed down or that they have found on the Internet. Assign a staff member to collect the recipes and place them in a consistent format, such as listing the ingredients first and then giving the instructions. Invite those who contributed a recipe to prepare it for the cultural night. As part of the cultural night, distribute the collection of recipes.

Ward or Stake Project

Invite members of a ward or stake to submit traditional family recipes that were passed down or that they have found on the Internet. Inform them that they can sign up to receive a copy of the recipes even if they do not contribute to the collection. Assign a staff member to collect the recipes, organize them by culture, and place them in a consistent format, such as listing the ingredients first and then giving the instructions. Distribute the collection of recipes through email or another method.

Resources

- Receiving recipes: This could be done through email, a box at church where individuals can drop off their recipes, or another method.
- Signing up to receive a copy of the recipes: This could be done through email, a sign-up sheet at church, or another method.
- Distributing the recipes: This could be done through email, at a ward activity, or through another method.