

Memory Makers

Do you have a special memory of something cooking or baking? Those stories bring back memories that help us imagine the taste, smell, and texture of our favorite foods.

How do stories help us?

1. Share in another person's experience
2. Think about our favorite flavors and aromas
3. Transport us back in time
4. Recall happy or exciting emotions
5. Connect with chefs, restaurant owners, farmers, and other cooks
6. Create our own food memories today
7. Recall a special food or recipe
8. Understand other cultures and groups of people
9. Open up someone's personal world
- 10 Remember eating places and settings
- 11 Recall your own childhood occasions or special events
- 12 Connect to other memories
- 13 Remember special caring people
- 14 Have a comforting feeling
- 15 Create our own food stories

So next time you read those stories printed above recipes, sit back and enjoy the experience.