

Capture Flavor Stories

This is not a recipe page. This is a space to pause, notice, and reflect. Use these prompts to explore how food connects to memory, comfort, and care. There is no right way to do this. Write what comes up. Let food be a doorway, not a destination.

WHAT FOOD MAKES YOU FEEL STEADY OR SAFE?

WHAT MEMORY IS CONNECTED TO THAT FOOD?

IS THAT MEMORY TIED TO A PERSON, A PLACE, OR A SEASON?

HOW DOES YOUR BODY FEEL WHEN YOU EAT THIS FOOD?
