



Local food expert Dinh Tran has launched Family Recipes Movement to preserve food traditions



## North Shore local LAUNCHES GLOBAL FOOD MOVEMENT

Food traditions are in jeopardy, as younger generations lose touch with their culinary roots, so North Shore food expert, Dinh Tran, has started a global food campaign called the "Family Recipes Movement".

"The mission of Family Recipes Movement is to inspire people, especially the younger generation, to start pro-actively preserving their family recipes and food traditions," Ms Tran tells *North Shore Living*, who says:

- Australians are eating out more and hence cooking less, and households' spend on eating out has increased more than 55 per cent in real terms since 1984 (ABS 2010)
- Australians are spending more on fast food - Average spend per month on fast food has increased by 23 per cent in the last 4 years (CommBank Signals - 2009 - 2012)
- The rise of pre-prepared meals. There has been a 1.3 per

cent increase in Australians eating ready-prepared meals, that's an increase of about 373,000 people within 4 years (Roy Morgan Research, March 2010 - 2014)

- Australians are losing the ability to 'cook from scratch'. Less than 20 per cent of people aged 14-29 said they felt confident about cooking (The Enhanced Media Metrics Australia report 2014)
- These trends are adding up to serious health issues - Around 60 per cent of Australian adults are classified as overweight or obese, and more than 25 per cent fall into the obese category (ABS 2012)

Artarmon-based Ms Tran, who is also the founder of [eattheglobe.com](http://eattheglobe.com), says cooking at home is usually healthier than eating out, as home-cooked meals usually contain less fats and sugars. "There is a real risk of families in the future having rather homogenous food, rather than the culturally rich and diverse food that we currently enjoy," she adds. "The 'Family Recipes Movement' is all about inspiring people to write down their family recipes and cook more often," she said.

To find out more about the 'Family Recipes Movement', visit: <http://www.eattheglobe.com/frm>