



## Keen For The Global Challenge Where You Write Down As Many Family Recipes As Possible?

# Join the movement!



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Approx 3 minute reading time

Call your Nonna. Swing by Tayta's place. Crash tackle your uncle with the one crab pasta recipe he cooks at every family gathering. If you decide to take up this challenge, you'll be needing all the family recipes you can find.

**Eat The Globe** is on a mission to inspire families from around the world to get to know their family food traditions better. They want you to join the movement to preserve precious family recipes.

### How it works

By signing up, you're saying you're keen as to take up a 30-day challenge and write down (or type down) as many family recipes as you can. Simply sign up for a free account, save as many recipes as you can (compete with your dastardly relatives go on) and save as many recipes as you can. Then share your links with your friends around the world with the hashtag #FamilyRecipes. By signing up, you also gain access to unlimited food & recipe posts online.

### Why this matters

It turns out we (the young Australian generation) have developed some pretty crappy eating habits. I'll put it down to the fact that **our generation has it harder than previous generations**. But let's take some responsibility here too. It's not too late to change ingrained eating habits.

**Eat The Globe** is an online community where users discover and share interesting food stories from around the world. According to its founder, Sydney-based food and travel expert Dinh Tran, the "Family Recipes Movement" is about inspiring people. "The mission is to inspire people, especially the younger generation, to start pro-actively preserving their family recipes and food traditions," said Ms Tran.

She shared some current trends that highlight the decline of home cooking and food traditions:

- Australians are eating out more and hence cooking less – 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% 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% 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% of Australian adults are classified as overweight or obese, and more than 25% fall into the obese category (ABS 2012).

According to the Dietitians Association of Australia, cooking at home is usually healthier than eating out, as home-cooked meals usually contain less fats and sugars. If you're looking for another ethical food grocery shopping challenge, **we've got you covered**.

This is also backed by Deakin University research – they have found that the 10-week cooking skills program taught through Jamie's Ministry of Food Australia is successfully improving the long term eating habits of Australians.

Dinh Tran said a **moving interview with a fellow Sydneysider, Nasla Christie**, has inspired her to start this global food movement.

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"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," said Ms Tran.

**"The 'Family Recipes Movement' is all about inspiring people to write down their family recipes and cook more often," she said. "**

When you think about it, having a culturally diverse mix of food seamlessly integrated into our way of life is the one thing Australians have gotten right all these decades. It's the one of the strongest and most delicious reasons to encourage diversity. If only we could apply that same logic to our fellow humans (well most people are pretty good at it and there's a small minority of players letting the team down.)

Although racism is undeniably still a big issue in Australia, I remember back in high school, when my Lebanese friends would bring traditional food in (I often just had a sandwich, my mum had no time for fancy Lebanese lunches, also she probably still thought I'd get teased for it like she did), and the Australians would say "I wish I had an interesting background with exciting food!" and it was weird to hear them say that, knowing how hard it was for our own parents, to embrace their cultural heritage and their differences.

So this is one way of spreading the good food thing we have going. Think of it like one big massive "Bring Your Cultural Heritage Food To School Day".

TAKE SOME ACTION

Sign up for the delicious food recipe finding challenge

I'm ready to take notes