

GET STARTED WITH FOOD WRITING

Writing about food can help us slow down and become more reflective about what we eat, how we choose it, and the habits that usually pass unnoticed. Structured food journalling has been used to support healthier eating behaviours, but food writing can take that reflection somewhere more playful: towards memory, pleasure, curiosity, culture and the sensory experience of eating.

In that spirit, try one of the prompts below. You do not need to think of yourself as a writer. Anything from a few sentences to a paragraph or two is plenty. It doesn't need to be polished, profound or clever to be meaningful. Slow down. Notice something. Find a few words for it. That is enough.



OPTION 1: Your last trip to the supermarket

Think back to the last time you shopped for food. How long did you spend in the fresh produce section? What did you choose? How did you choose it? Why did it catch your eye? Maybe you picked something up and put it back. Perhaps you squeezed, sniffed or inspected a fruit or vegetable. Did you take notice of the price? Was it something you always buy? When you walked past something you keep meaning to try, what thoughts ran through your mind? Were you hungry when you arrived and did it leave you making a decision you had not planned? Whatever moment you chose, slow it down. Describe what you could see, hear, smell or touch. Explain the actions you took. Unpack the decisions you made. **Start anywhere.**

OPTION 2: The last thing you ate

Go back to your most recent meal or snack. Don't tell us it was *delicious*, *healthy* or *good for you*. Tell us what actually happened. How did you eat it? Where were you? Who was there? What snapped, softened, melted, resisted, stained, crunched, perfumed, stung or lingered? What did your hands do? What happened in your mouth? How did it feel in your belly? Did the food remind you of anything? Try making the food do the work by finding the words to describe how the ingredients acted. **You could begin:** *The first bite... On the plate... Before I tasted it... This food always reminds me...*

One small rule: Don't try to impress anyone. Notice something. Tell us what happened. Your writing can be funny, ordinary, nostalgic, strange, unfinished or completely new to you.

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