



Myers-Insole Local Learning CIC
www.locallearning.org.uk

MEADOWS TO MEADERS

As part of the fully funded Meadows to Meaders project exploring the history of Southmead and its creation in the 1930s, we have an exciting opportunity for all members of this community wanting to promote the area's fascinating heritage.

We are looking for Southmead residents to explore some tastes from the past.

Would you like to join us in cooking some authentic 1930s recipes with students from Orchard Secondary School in November?

If you would like to get cooking, talk about your food memories or share some recipes with us please contact Sarah or Clare at info@travellingkitchen.org.

To find out more about the Meadows to Meaders project contact Ruth Myers ruth@locallearning.org.uk or visit locallearning.org.uk/meadows2meaders.



Travelling Kitchen is a Bristol-based social enterprise working with schools and community groups. We run practical cookery workshops that celebrate the history and culture of food and encourage people to enjoy cooking and sharing food together



We'd love to hear your food stories:

- What did you or your parents or grandparents eat in the 1930s and does your family still enjoy some of these dishes today?
- Where did you and other people in Southmead get their food from in days gone by? What were your favourite food shops?
- What were your family food rituals? Was it always fish on Fridays?
- Are manners around the table different today?
- Do you know how your grandparents or parents cooked and what appliances were available to them?
- What appliances and equipment make your life in the kitchen easier today?



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