



Tastes Like Home

# My Food

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# Summary

## Objective

To document the role food plays in forming our individual and national identities. And to determine if these two identities are separate, one and the same, or a mixture of both.

## Goals

To provide an opportunity to discuss our cuisine, its history, influences, the current state, and the future of our food.

To determine how those who live in the Caribbean view our food and interact with it. To ascertain how those West Indians living abroad in the Diaspora and elsewhere use the food of home to keep them connected.

To look at the importance or non-importance of food in our lives.

To provide a space, a virtual dining table, at which people from all walks of life, backgrounds, religions etc, can sit, talk, read and share. To observe our similarities, our differences and to work out if we can use spaces such as these to discuss other issues that can lead towards unity and tolerance. Why not? It's when our mouths are full that we stop arguing and fighting.

## The MY FOOD Project

This project is borne out of my interest in Caribbean food culture and food heritage.

### What is *My Food*?

My Food seeks to explore **how** we think of food, **what** we think of food and **how we use** food to communicate. It is about trying to find out whether or not food is important to our identity on a personal and national level.

Food rituals, practices and traditions are some of the instruments we use to mark our lives. Many of these customs have been passed on (mostly orally) throughout time. This project seeks to continue



in that light, only this time, we are writing as we speak so that we have something documented that we can share with each other and the world, through the world wide web. I chose to do this project online so that there can be wide participation by West Indians all across the globe. The use of the Internet as a medium also provides a certain degree of anonymity that allows us to communicate openly and frankly without some of the inhibitions face-to-face interaction can promote.

The food landscape has changed not only on a local and regional level but also internationally. These days we shop, eat, and cook differently. What are some of the things that we have gained and lost or are gaining and losing? Are these things important to us as a people or as a generation?

### Why We Should Care About These Linkages?

- These linkages help us to understand who we are.
- These linkages provide a context personally and nationally for the food we grow, cook, eat and share.
- These linkages connect us to a place, time and to people, especially those we love and care for.
- These linkages allow us to acknowledge and appreciate the sacrifices, resourcefulness and skills of generations that defined and continue to define our cuisine.
- These linkages are important to us writing our own histories, personally and culturally, thereby defining ourselves.

The scope of this project is meant to be truly Caribbean in nature as participation will be sought from people all across the region including Brazil and Suriname in the South. It will also seek out West Indians all across the globe from as far as Africa and the Middle East. Thanks to the internet the world is a smaller place and we can reach each other at the click of a mouse.

This is an online project and will be hosted at [www.tasteslikehome.org](http://www.tasteslikehome.org)



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# Guidelines

## Participants & Categories

MY FOOD intends to have 3 categories of participants:

- Caribbean people living at home in the region
- Caribbean people living in the Diaspora and beyond (this includes 1st, 2nd & 3rd generations)
- People from other parts of the world who have made the Caribbean their home

Each group will have its individual category when posted online for example:

- My Vincy Food (living @ home) - these are Vincentians living at home
- My Vincy Food (living abroad) - these are Vincentians living abroad
- My Vincy Food (@home in SVG) - these are non-West Indians who have made St. Vincent & The Grenadines their home

**Of course the countries will vary depending on where the participant is from.**

## Questions & Answers

- Separate groups of questions have been created and designed for each group of participants.
- There are no right or wrong answers to any of the questions. The **only answer that's relevant is the one that matters to you**. This is about YOUR food.
- If you do not want your name to be published on the website, that is not a problem, an alias will be created for you but your country will be correctly stated.
- People are free to submit a photograph of themselves to be included in their feature if they so desire.
- The answers will be posted in a Q & A style on my blog - [www.tasteslikehome.org](http://www.tasteslikehome.org)



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- The entries will be posted by-weekly (every other week) on Wednesdays. Project starts in January 2014.
- Participation is open to anyone, if you know of someone who would make an ideal contribution, email me at: [cynthia@tasteslikehome.org](mailto:cynthia@tasteslikehome.org) or [tasteslikehome@gmail.com](mailto:tasteslikehome@gmail.com) with the words **MY FOOD** in the subject line.
- To answer the questions, simply open the attached word document and type your answers next to the respective questions. If you wish, when typing your answers, you can change the font, the size or colour.



Company

# Contact Information

Feel free to contact me with questions or comments

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