

ROOTS & LEAVES



FamilySearch

Evans Georgia Center

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A DIGITAL MONTHLY NEWSLETTER



DECEMBER

PRESERVING FAMILY TRADITIONS

Does your family have holiday traditions? If so, you may not even know how they started; they have just always been a part of how your family celebrates. No matter what holidays your family celebrates, your family's holiday traditions are one of the most special parts of the season, and you may consider them part of your personal heritage.

Traditions also create a family bond that can connect generations. Consider sharing your family's holiday traditions on [FamilySearch Memories](#) to preserve them for future generations. Sharing these traditions can inspire others, both in your family and beyond.

If your family hasn't started any traditions, here are a few holiday activities to consider:

- DECORATE YOUR HOME AS A FAMILY
- READ NIGHTLY HOLIDAY STORIES
- PUT OUT HOLIDAY LANTERNS
- TAKE GIFTS TO NEIGHBORS
- MAKE A MEAL TOGETHER THEN DONATE IT
- RE-ENACT FAMILY STORIES
- HAVE A FAMILY GAME NIGHT
- HAVE A FAMILY PAJAMA DAY
- HOST A HOLIDAY PARTY
- BE A SECRET SANTA TO SOMEONE
- TAKE FOOD TO POLICE OR FIRE STATION



FOOD TRADITIONS

One of our strongest family traditions that spans generations is our love for food. Food is far more than simply nourishment, it is something we can share with one another and as we pass recipes down from one generation to the next, we share the stories that go with those foods.

It doesn't matter what culture your ancestors came from, every family can enjoy preparing and eating their special food. It's a way to express our unique culture, create memories and connect with others. So let's go make some food!



FOOD TRADITIONS IS ONE OF THE MOST POPULAR CLASSES AT ROOTSTECH

Watch this amazing video!

SAVE YOUR FAMILY RECIPE STORIES ON FAMILYSEARCH.ORG!

To preserve your family recipes for future generations so that they are never lost. Add your Recipe Story to the FamilySearch Memories App.

A recipe story is a family recipe that is highly cherished. It is usually a recipe that reminds us of warm feelings and happy memories with the ones we love. These can be foods our family always makes for celebrations and events or foods we enjoy eating together all the time

Some family recipes have been passed down for so many generations that we aren't even sure where they originated. Other family recipes are in their infancy. These are recipes that you try for the first time and they stick. We call these "keepers" at my house. Use the graphic to the right when you want to start family food traditions from scratch.

Family recipes tell a story. They're often connected to people, places, and special memories. They have a who, a where, and a why. You're making family history when you prepare and eat these foods with your family.

Take some time to write down who has shared family recipes with you. Where did the recipes come from? Why are they meaningful to you? Even better, share your family recipes online by uploading them to the [FamilySearch Memories App](#). Here they will be preserved and accessible to your family members and friends near and far. Or you can use the printable Recipe Story form to record your food history.

How to Start Family Food Traditions from Scratch

TIP #1

Celebrate the Food You Grew Up Eating



TIP #2

Research New Family Dishes




TIP #3

Pioneer Your Own Food Traditions



 FamilySearch familysearch.org/recipes

Recipe Story Printable

 FamilySearch

