TABLE STORIES

A family food-memory interview kit

A conversation-led way to gather the people, places, small rituals and remembered details around a family dish.

30 OPEN-ENDED PROMPTS · REPEATABLE STORY SHEETS · AUDIO & ARTIFACT INDEX

A quiet working kit for family and household use | 2 November 2026

A CONVERSATION CHECKLIST — NOT A LEGAL RELEASE

Invitation & permission

Use plain language and ask before you set up. Pause if the answer is uncertain. This checklist supports a respectful conversation; it is not legal advice or a formal release.

- ☐ Explain why you would like to talk and what you hope to make from the conversation.
- ☐ Ask whether the person wants to take part, and whether they would rather talk without being recorded.
- ☐ If recording is proposed, describe what device/file you will use and ask clearly before pressing record.
- ☐ Agree on an approximate length, a comfortable place, and whether breaks are welcome.
- ☐ Invite them to name topics, names, or details they prefer not to discuss or have written down.
- ☐ Explain who will have access to notes, recordings, photos, and any finished family copy.
- ☐ Ask whether they want to review a quotation or excerpt before it is shared beyond the household.
- ☐ Agree how they can later ask you to pause, omit a detail, or keep material private.
- ☐ Check separately before photographing or copying a recipe card, letter, or personal object.
- ☐ Before sharing anything, check again with everyone identifiable in it and consider applicable local rules.

> Permission is ongoing. A narrator can decline a question, stop, take a break, or choose not to be recorded at any point.

What I explained:

Recording choice (yes / no / undecided):

Topics or details to leave out:

Who may see or hear this, for now:

PEOPLE, PLACE & BEGINNINGS

Prompt collection

Choose one or two that feel natural. Follow a detail the narrator offers; skip anything that does not feel right.

01 **The first taste**
What is one of your earliest food memories? What do you remember noticing first?

02 **A kitchen remembered**
If you picture a kitchen from your childhood, what can you see, hear, or smell?

03 **The people at the table**
Who usually gathered for meals, and where did everyone sit or stand?

04 **A dish with a name**
Was there a dish your family called by a particular name? Who used that name?

05 **A person’s hands**
Who taught you to make or serve something? What do you remember about how they did it?

06 **Learning by watching**
How did you first learn the steps: watching, helping, being told, or another way?

07 **The everyday meal**
What ordinary weekday meal do you remember most clearly? What made it feel ordinary?

08 **A special occasion**
Which celebration or gathering had food you still remember? What happened around it?

Optional follow-ups: “What happened next?” · “Who else was there?” · “What do you remember most clearly?”