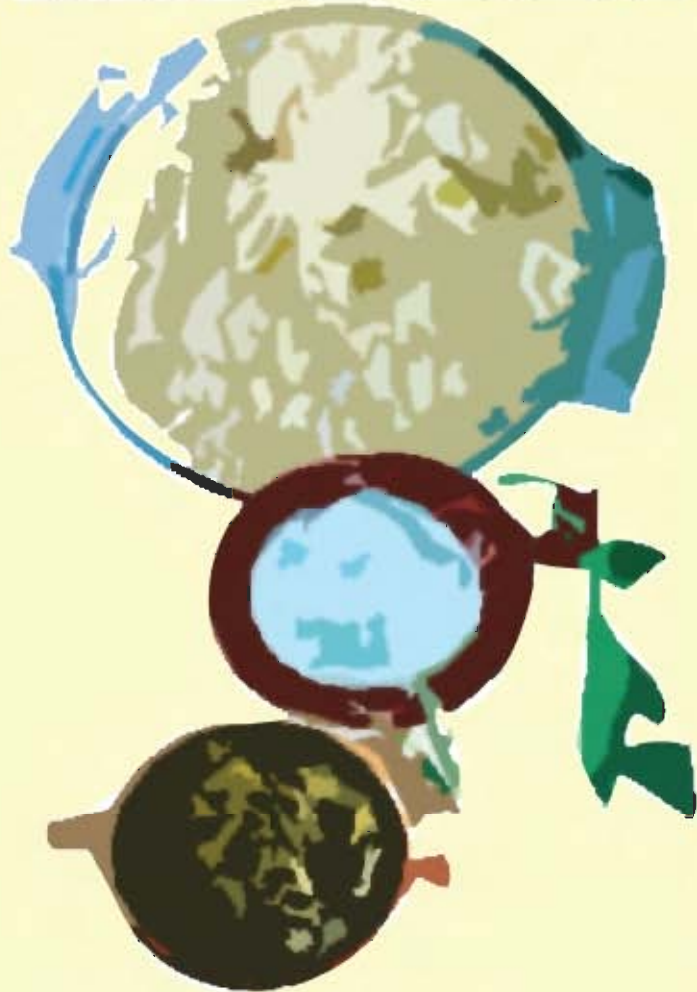


Food Heritage:  
"you are what your ancestors ate"



My grandmother's menu  
consisted of two choices:

Take it or leave it.



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Who to contact for further information  
about the Food Heritage Foundation?  
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The  
foodheritage  
Foundation



# THE FOOD HERITAGE FOUNDATION: OLD FOOD NEW MOOD

## What is the Food Heritage Foundation?

The Food Heritage Foundation is a non-profit partnership aiming at the conservation of a significant part of Lebanon's collective memory and indigenous knowledge through the preservation, documentation and revival of Lebanon's traditional Food Heritage.

## How does the Food Heritage Foundation operate?

The Food Heritage Foundation aims at establishing an exhaustive inventory of the Lebanese traditional Food Heritage while encouraging rural and urban women to preserve this heritage, transmit it from one generation to another, and transform it into an income generating activity.

The foundation is lead by a director and an advisory board. The director is assisted by a team of nutrition and food specialists to execute the foundation projects and research activities. The board defines strategies and action plans, mobilize human and financial resources to promote and carry on the foundation activities.



## What are the activities of the Food Heritage Foundation?

- Compile, document and publish Lebanese traditional recipes
- Establish support groups and organize tasting gatherings
- Customize traditional recipes according to modern health and nutrition standards
- Offer traditional recipes cooking lessons
- Provide women with income generating activities through
  - the provision of cooking facilities and proper training on food safety
  - the promotion of small traditional restaurants (table d'hotes) run by families in Lebanese villages

## Where does the funding of the Food Heritage Foundation come from?

The Food Heritage Foundation seeks funding from different sources. Interested donors can fund the activities of the Foundation, its operational cost or a specific project/ research activities of the Foundation. Supporters can contribute to various fund raising events organized by the Foundation.



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## How to get involved?

Those interested can contribute by becoming a friend of the foundation.