

# PREPARING OUR FOOD HERITAGE

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<http://www.laterbloomer.com>

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# PREPARATION OF HERITAGE FOODS:

- **History**
  - Embrace our past, foster a sense of place
- **Health**
  - Promote cooking from scratch, using whole foods
- **Economy**
  - Support local producers and restaurateurs instead of large corporations and chains



<http://www.helpfulhealthtips.com>



<http://www.oakhillfund.org>

# Heritage Cookbook

- Work with the Virginia Food Heritage Project
- Create a comprehensive, regional, heritage cookbook that includes:
  - Recipes
  - Historic photographs
  - Essays
- Hard copy, web, smart phone app
- This will be a valuable to the community because:
  - Record elements of food heritage
  - Raise awareness
  - Technical instruction for how to prepare heritage foods



<http://iowasue.blogspot.com>

# Heritage Cooking Classes

**Work with the Virginia Food Heritage Project to provide cooking classes**

Actively teach Virginia preparations

- Classes and Demonstrations
- Blog with YouTube videos, how-to's, and FAQ's

Possible facilities for classes include:

- The Jefferson School
- The Haven
- JABA
- Local schools - field trips and in-school demonstrations

**Preserve a sense of place for future generations**



<http://www.cookinglight.com/eating-smart/smart-choices/healthy-lunch-ideas-00412000067923/page20.html>

# Restaurant

# Business Incubator

The five counties sponsor a start-up restaurant business incubator

Partner with the Darden School of Business and the U.S. Economic Development Association

Because...

- Over a five year period, **87% of business incubator graduates stay in business**, compared to 25% of non-graduates<sup>1</sup>
- Every dollar spent at a locally owned business generates **two to four times the income, wealth, and jobs**, than at a non-local business<sup>2</sup>

1. [http://vbia.org/find\\_an\\_incubator](http://vbia.org/find_an_incubator)

2. <http://voices.washingtonpost.com/all-we-can-eat/sustainable-food/can-local-food-jumpstart-the-economy.html>



[http://commons.wikimedia.org/wiki/File:Charlottesville\\_Downtown\\_Mall.jpg](http://commons.wikimedia.org/wiki/File:Charlottesville_Downtown_Mall.jpg)

# PRESERVING PREPARATIONS

## Stewardship of heritage foods

- Preserve the past for the future

## Bringing the past into the future

- Continue heritage recipes and preparations in modern ways

## Supporting local economy and place

- Foster distinct places with diverse, lively heritage food options



<http://www.readthehook.com/files/old/blog/wp-content/uploads/2010/03/dish-city-market-sunrise.jpg>



<http://www.oakhillfund.org>