

# “Bake Your Story” - Personal Recipe Book



Baking | Crafting

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## WHAT MAKES IT MEANINGFUL

Cooking and baking often come with strong emotional ties — family traditions, favorite childhood treats, or meals that remind us of loved ones. In this activity, participants choose or create a meaningful recipe and bring it to life while documenting the process and story behind it. It encourages self-expression, sensory engagement, and connection to memory or identity.

### TIME

1-2 hours (including cooking + crafting time)

### MATERIALS

- Ingredients for a simple, chosen recipe (e.g. cookies, sandwiches, fruit salad, etc.)
- Cooking/baking tools (depending on the recipe)
- Blank recipe cards or sheets of paper



# Bake Your Story!

- Markers, pens, or coloured pencils
- Optional: stickers, photos, glue, decorative tape
- Binder, folder, or a stapler (to create a recipe book)

## INSTRUCTIONS

### 1. Choose a meaningful recipe.

It could be:

- A favourite childhood food
- A family recipe
- A dish you enjoy making
- A recipe you want to try for the first time

### 2. Cook or bake your recipe.

Follow the steps (with help if needed) and enjoy the sensory experience — smells, textures, and tastes.

### 3. Create a Recipe Page.

After making your dish, fill out a recipe page with:

- The recipe name
- Ingredients and instructions (can be written with help if needed)
- A drawing or photo of the food
- A memory, story, or feeling the recipe reminds you of
- Optional: decorate with colours, stickers, or doodles

### 4. Add it to your Personal Recipe Memory Book.

- Store the recipe page in a binder, folder, or staple into a booklet

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- Over time, keep adding more recipes and memories to your collection

## SUPPORTS NEEDED

Support will vary depending on the individual's needs. Depending on the individual, assistance may be needed with:

- Reading or following the recipe
- Cooking safety (oven use, chopping, etc.)
- Writing/drawing the recipe or story

You can work with a support person, friend, or guardian who can assist you in creating and recording your recipe memories. It's also a great activity to do together with someone.