



Taste of Memories **Matkon Im Zikaron (מתכון עם זכרון)**

Commemoration, Remembrance, and Connection through Flavors and Memories

Taste of Memories is a unique initiative that works to commemorate fallen Israel Defense Forces soldiers and Israeli victims of terror, through cooking their favorite recipes and telling the stories of their lives.

The centerpiece of this project is cooking sessions, during which participants gather to cook a favorite dish of a fallen soldier or terror victim—people who could not come back home to enjoy it themselves. In addition to cooking, participants learn about the person and family behind the dish through pictures, stories, videos, and anecdotes shared by the family as a way of keeping their memory alive.

The Essence of *Taste of Memories*

Every person, everywhere in the world, knows the feeling of loss and longing. Every person also has a recipe that reminds them of someone precious.

We, at *Taste of Memories*, use this simple but powerful tool to create emotional connection and empathy, through food.

We work with sensitivity to bring increased awareness of bereaved families—those who continue on without their loved ones. While we may not often think about it, deep down we know that any one of us could lose a person we love. Herein lies the deep empathy, identification, and connection to every family's story, shared in the cooking sessions.

Dealing with bereavement, while continuing to live life and honor and remember those lost, is both an Israeli and universal story. Through the *Taste of Memories* project, we engage with these experiences through stories in an accessible, exciting, and meaningful way—both for the participants and for the bereaved families who take part.

The Story Behind *Taste of Memories*

Taste of Memories was established by Eden Kohali, while she served as a Jewish Agency Shlichah (emissary) to the Jewish community of Minnesota a few years ago. During her time in Minnesota, Eden sought to help her community connect in a meaningful way with Israel and its Memorial Day, Yom HaZikaron. She found that using a combination of food and stories shared by the families of fallen soldiers and victims of terror was an especially powerful method to create deep, authentic, and long-lasting connections between her community, Israel's Memorial Day, and most importantly, with bereaved families across Israel.

From Then to Now: Development of the Project

During the first two years of the project, in 2016-2017, its main focus was in the Jewish community of Minnesota, where Eden facilitated over 25 different cooking sessions, reaching over 250 participants, of all ages.

When she returned to Israel from her time as a shlichah, she continued to develop the project. She built a website, with the help of marketing and media professional, Carmit Gaffney, who volunteered and took on the project with great dedication. The site has provided visitors with recipes, presentations about the fallen including photos and personal stories, as well as activity plans for those looking to host cooking sessions.

Since then, the *Taste of Memories* project has grown and events have been held in Jewish communities around the world, facilitated by the Jewish Agency Shlichim. It has taken off in Israel as well; in schools, youth movements, restaurants, and by individuals in their own homes. Renowned Israeli Chef Saul Ben Aderet has even served desserts from fallen soldiers at his restaurants around Memorial Day 2018, and has continued to do so.

We believe that the model of *Taste of Memories* has great potential to cross cultural and geographic boundaries. It can enable all to connect with and commemorate the lives and stories of those lost, and importantly, help their families keep their memory alive.

Taste of Memories' website

Our website (www.matkonzikaron.co.il) provides the tools to enable anyone to host a cooking session to commemorate fallen soldiers and victims of terror in a personal and powerful way, by cooking their favorite recipes and sharing their life stories.

Currently, the website is in Hebrew with a growing number of English stories and recipes. We plan to translate it into additional languages in the future.

The section of the webpage dedicated to fallen soldiers or victims of terror includes recipes, photos, stories, and additional information about memorials. We also feature pictures and videos from past *Taste of Memories* cooking sessions held to honor the lives of those lost. We frequently add additional recipes, pictures, and stories of fallen soldiers and victims of terror, in partnership with their families.

The site includes guides for hosting a *Taste of Memories* cooking session. We encourage you to share photos and your experiences from your cooking session with the bereaved families through our [website](#), [Facebook](#), or [Instagram](#) pages.

We invite you to take part in the *Taste of Memories* project and host your own cooking sessions. Explore the website and download recipes, presentations of stories, and photos to help you commemorate the lives of Israel's fallen soldiers and victims of terror.

Finally, on a personal note, I invite you to take this journey with me, a journey of commemoration across the sea, a journey of memories and flavors from Israel and beyond.

Together, we can create moving, personal and meaningful cooking sessions. Together we can create connections, and shared experiences, and honor the memories of those lost defending the State of Israel and through terror. Together we can support bereaved families by sharing their stories, stories of Israel.

All the best,
Eden Kohali and the *Taste of Memories* volunteer team

