

ZIBA

FOODS

with Toba Adina-Jao

Our Family Recipe

recipe name

ingredients	quantity

special notes

instructions

1.
2.
3.
4.
5.
6.



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The story behind the recipe

Why is this recipe special to your family?
Who first taught you how to make it?
Has it changed or been adapted over time?

Your story

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A family meal memory

Share a favorite memory related to this recipe,
was it part of a holiday dinner, a cozy Sunday
at home, or a family gathering?
How did you feel in that moment?

Your memory

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How do you share this dish with others?

Do you cook it for friends, pass it down to younger generations, or bring it to special gatherings?

Sharing the recipe

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Gratitude Corner

What is one thing you are thankful for in your home?

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Who is someone you're thankful for, and why?

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What's your favorite memory with your family or friends?

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What is something beautiful you saw today?

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Name a meal or food that reminds you of home. Why does it bring you comfort?

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What are three little things that brought you joy today?

1. 2. 3.