



25 TASKS OF CREATIVITY

FOR FOODIES

1. Sharpen knives and oil cutting boards.
2. Record your earliest food memory.
3. Create a notebook for your food favorites: recipes, fruit, vegetables, spices, herbs, sauces, textures.
4. Make something with just your favorite color.
5. Play with Playdough or Sculpy.
6. Replace one cooking utensil with a higher quality one.
7. Teach a child something about food or cooking.
8. Write a food poem.
9. Draw or paint a fruit or vegetable or favorite dish.
10. Buy a special tea towel.
11. Are you on a diet? Think about your why's.
12. Use food to make a culinary version of a famous painting.
13. Splurge on an expensive ingredient.
14. Make a collage of food images from magazines.
15. Create miniature food.
16. What are your food beliefs?
17. Explore in your morning pages negativity toward food.
18. Learn about a cuisine new to you.
19. What is the best potluck or party you have been to?
20. Send friends/family a favorite recipe on a postcard.
21. Clean out your pantry. Donate or compost.
22. Buy a new apron.
23. How does your view of food affect the planet?
24. Volunteer at a food pantry or shelter.
25. What about food have you come to share with the world?