

FAMILY & LEGACY / RECIPES

Family Recipe Collection

Every recipe carries a family story.

Some of our most cherished memories begin in the kitchen. A handwritten card, a pinch of this and a little of that, a dish that only appears at Thanksgiving, or the meal that always meant someone cared. Recipes carry more than ingredients. They carry the voices, hands, and traditions of the people who made them.

Use these pages to save the recipes your family loves, and the stories behind them, so they can be cooked, shared, and remembered for generations to come.

“The recipes we share are the stories we keep at the table.”

HOW TO USE THESE PAGES

Simple steps to preserve a recipe.

1 Write It Down

Record the recipe the way it was really made, even the “pinch” amounts.

2 Tell the Story

Note whose kitchen it came from and the memories it brings to the table.

3 Share It

Print extra cards, add photos, and pass copies on to the next generation.



OUR FAMILY COOKBOOK

Who keeps this collection?

Family name

Collected by

Date started

“Food is the ingredient that binds us together.”



FAMILY RECIPE COLLECTION / RECIPE CARD 1

A Recipe Worth Keeping

RECIPE NAME

Recipe name

From whose kitchen

Serves

Prep time

Cook time

INGREDIENTS

Amounts, brands, and any “secret” touches.

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INSTRUCTIONS

Step by step, the way it was really made.

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THE STORY BEHIND THIS RECIPE

Who made it, and what it means to your family.

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OCCASIONS IT WAS MADE FOR

Check all that apply.

- ☐ Holidays
- ☐ Birthdays
- ☐ Sunday dinners
- ☐ Celebrations
- ☐ Comfort / sick days
- ☐ Potlucks & gatherings

Other occasions:



FAMILY RECIPE COLLECTION / RECIPE CARD 2

A Recipe Worth Keeping

RECIPE NAME

Recipe name

From whose kitchen

Serves

Prep time

Cook time

INGREDIENTS

Amounts, brands, and any “secret” touches.

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INSTRUCTIONS

Step by step, the way it was really made.

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THE STORY BEHIND THIS RECIPE

Who made it, and what it means to your family.

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OCCASIONS IT WAS MADE FOR

Check all that apply.

- ☐ Holidays
- ☐ Birthdays
- ☐ Sunday dinners
- ☐ Celebrations
- ☐ Comfort / sick days
- ☐ Potlucks & gatherings

Other occasions:





GAVREL GUIDANCE

This worksheet is from Chris Gavrel

Independent Licensed Insurance Agent

Get more free planning tools at
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Honor Your Past. Protect Your Present. Prepare Your Future.