

FOOD FOR TALK SHOPPING MEMORIES

AGE AND DEMENTIA FRIENDLY PHOTOS AND PROMPTS FROM THE SAINSBURY ARCHIVE

How to use...

Use on screen or print on A4 paper.



Gather round Archive Photos...

Quick and easy conversation starters

Find useful dates, places and prompts (on 'b' pages)



Try the Memory Prompter...

Pick out prompts to keep the conversation going

Play shopping sounds...

Big shop to corner shop

What sounds can you pick out?



...use the QR code

Tried and tested by NAPA Activity Providers

Advisory group members. Here's what they said...

There is something for everyone - everybody eats, everyone has memories of where their food came from when they were younger. For those living on farms, for those living in cities - the memories are different, but everyone has memories to share.

Use the resource to involve family members. Encourage them to bring in pictures and make a memory book over time.

Useful as a base for special days, spin off activities or a chain of themed activities across a few weeks e.g. Birthday, Christmas, changing seasons.

FOOD FOR TALK SHOPPING MEMORIES

ABOUT... This food memory resource pack was made for you by artists, museum and archive staff, veteran supermarket staff, social prescribers, dementia support workers and care activity providers. Together we wanted to make an age and dementia-friendly resource that works for everyone.

SEEKING INSPIRATION? The Sainsbury Archive online shares shopping history in different ways. **Visit:**



- Timeline** – to track changes and find facts over the years
- Education** – to download / print activities & watch films
- Branches** – to search for a shop site past or present
- Stories** – to explore the past in pictures and articles
- Memories** – to read people's recollections or add your own



Sainsbury's veteran staff helped select the Sainsbury Archive photographs in this resource pack to bring forth food memories and get people talking.

CREATED BY: IN COLLABORATION WITH: **Sainsbury's Veterans Association & Action Together Tameside**



@interferenceart

With special thanks to NAPA's Activity Providers Advisory Group who all prioritise wellbeing in care services:

Jodie Cooper & Simone Carter (Avocet Court, Ipswich)
Sarah Furness & Tracy Durkan (Anchor, Yorkshire & North East)
Sherene Johnson (The Marbrook Centre, St Neots)



FUNDED BY:



FOOD FOR TALK MEMORY PROMPTER

This is a guide to support conversation. Pick out prompts to explore a food memory.

PRINT ME!

What age were you?

Age:

- Childhood School College
- Adulthood Working Married

How often did you eat it?

Often Weekdays Weekends

Occasionally Treat Celebration Holiday

When did you eat it?

- breakfast brunch lunch
- elevenses tea break snack
- weekday weekend dinner
- holiday holy day special occasion

Why did you eat it?

- hearty comfort food easy everyday milestone celebration
- get-together tradition family recipe out for a meal
- at someone's house house-warming home coming

Feelings... sick sad joyful

How did it look and taste? Can you describe...

- Flavours • Colours • Textures • Smells • Tastes • Temperature •

How was it served? In/on a...

- hurry big hearty bowl lunch box trusty tin tray
- picnic basket family china fancy plate sharing platter

A food that means something to me is...

e.g. my Nan's homemade coddle

Who made it? Who did you eat with?

- Me Family Friends
- Schoolmates Neighbours Colleagues

Where did you eat it?

Place School Work Home

Background sounds TV radio people

What was happening around that time?

- local & world events fashion

FOOD FOR TALK REMINISCENCE TIPS

Advice and ideas from people who provide meaningful engagement in care services

ADVICE FOR EVERYONE
supporting someone living with dementia

If someone living with dementia is in a different time period in their mind, it's normal to feel stuck for what to say or do sometimes. If someone is referring to their child or mother and imagine it is a different time in their lives, join them in their reality to provide reassurance.

Ideas for ACTIVITY PROVIDERS
working in care services

Give empathy and patience. Don't rush through – allow enough time for people to take part in their own way.

Get to know the person before the activity if possible. Look at their life history to see if what you have planned is suited to them. Find out their experiences and interests and plan around them.

Things you already know, or can discover, about their life are the best way to engage with people living with dementia.

What do you know, or can you find out about their school days, family, job, passions and interests, holidays etc.?

An 'Over The Years' newsletter with different dates and events can support reminiscence, get conversation going, and help you find out more about the person in front of you.

I'm transforming dining rooms into tearooms – I've bought old metal food signs of well-known brands as a talking point.



SHOPPING MEMORIES

Where and when can a picture take you?

Explore photographs together – look for details that ‘date’ the scene:

- fashions • hairstyles • technology • design • branding •
- transport • trends • prices • products • of-their-time objects •

Does it spark memories or mark changes you’ve lived through?

Do you share a memory with someone, or have different stories?

Can you find any connections with your life?

Before fridges, fresh food spoiled easily so shopping trips were more frequent. Customers waited to be served, having items individually weighed and packaged at several counters in one shop. ‘Counter Service’ meant shopping could involve lots of queuing and chatting.

Scan to hear a ‘big shop’ and corner shop soundscape:



SHOPPING
SOUNDS

PHOTO: Counter Service
LOCATION: Guildford town centre
DATE: 1957

© Sainsbury Archive



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PHOTO: Counter Service busy with customers
LOCATION: Derby Store, 36 Cornmarket, London
DATE: 1975

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SHOPPING
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PHOTO: Exterior with customers. Includes prams, poster relating to Christmas shopping and posters advertising Christmas chicken and English turkeys

LOCATION: 10 Ickenham Road, Ruislip branch

DATE: Dec 1968

© Sainsbury Archive



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PHOTO: Customers loading shopping in car park

LOCATION: Rugby branch, 385 Dunchurch Road

DATE: March 1990

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“When it came to 11 o’clock, if one of us hadn’t finished peeling the potatoes or washing the tins, we’d all finish the job then take our tea break together. We didn’t go one at a time, we’d all share. I remember all these small things and I’m still grateful for them.”

Margaret

Sainsbury’s Veteran 15 years’ service (Canteen & HR)

Scan to hear a ‘big shop’ and corner shop soundscape:



SHOPPING
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PHOTO: Staff tea break

LOCATION: North Square, Edmonton branch

DATE: 1976

© Sainsbury Archive



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SHOPPING
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PHOTO: Checkout with sleeping child

LOCATION: 25 Calderwood Street, Woolwich branch

DATE: 1973

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It wasn't until the 1950s and 60s that fridges became common in UK kitchens, joined by home freezers in the 1970s. Before supermarkets and household fridges and freezers, people ate more canned, dried, salted, pickled and bottled foods.

Scan to hear a ‘big shop’ and corner shop soundscape:



SHOPPING
SOUNDS

PHOTO: Frozen food aisle
LOCATION: Telford Town Centre branch
DATE: 1974

© Sainsbury Archive



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SHOPPING
SOUNDS

PHOTO: Frozen food aisle

LOCATION: Chase Lane, Barkingside (Newbury Park)

DATE: c. 1986

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