SAMPLE TALKING POINTS

**Instruction:** Use the USDA Food Guide Pyramid and MyPlate to guide the first part of the interview (3-5 minutes).

**Food Systems Exploration: An Elder’s Story of Food Systems**

1. Cultural Background: What is your ethnic or cultural background? How has this affected the types of foods you eat? As a child, could you always find food that fit your culture or background? Can you find those foods now?

2. Food Types: As a child, did you eat mostly processed or home cooked meals? Did you eat at restaurants or fast-food chains frequently? Why or why not? Is it the same now?

3. Traditions: What were your family traditions around eating together, cooking together, or growing food together? Did you have a garden or a farm? How did you typically purchase food – did you go to a single grocery store? Did you get different products from different community members? How did historical events impact your access and use of foods (examples might be droughts, economic downturns, or changes to the neighborhood)?

4. Food System Changes: What are some things in the food system that have changed:  
   i. How has the cost of milk changed? Was milk delivered?  
   ii. What skills around growing and preserving food did you learn - how has that changed? Did anyone in your family do food preservation, grow, or raise food?  
   iii. Are there people in the family who have been farmers or cooks – how has that changed? What other food systems jobs did family members do?

**Instruction:** For the second part of the interview, ask your interviewee about their experiences regarding food culture and food systems (25-27 minutes).

1. Did you follow these guidelines in choosing healthy foods?

2. What are some examples of food you choose to eat based on each food group?

3. What portion of each food category did you eat in the past? Has that changed over time?

4. Why did you think the food guide was changed from Food Pyramid to MyPlate?