



2025 Alabama History Institutes: Grades 3-6

Alabama Appetites: Connecting Food, Traditions, and History

Alabama Center for the Arts, Decatur
June 24-26, 2025

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Using primary sources such as family recipes, cookbooks, agricultural bulletins, and photographs, we will explore how food has shaped our state's history. Migration patterns of people over time have influenced the introduction of foods, culture, and traditions to our state, and agricultural and scientific advancements have affected food production and brought many changes to our plates. Furthermore, our individual lived experiences and familial connections with food create unique perspectives and lasting memories. During this three-day workshop, we will explore how Alabamians have shaped food traditions and how those food traditions, in turn, have shaped Alabamians. Hands-on learning and presentations from guest speakers will allow you to return to your classrooms with both knowledge and activities to share with your students. Come hungry to learn! You will need to bring a personal laptop or Chromebook, as you will be required to use it for full participation.

