



# Taste of Happiness

Author of the idea: Anna Podstawka

## About the idea

Older persons are often lonely. Their friends and spouses leave them behind and they often feel misunderstood by their families (if they have one). The „Taste of Happiness” is an opportunity to meet and open up to another person who understands the beneficiary, because they have a similar baggage of experiences. This idea also gives the elderly the opportunity to tell their story, which is especially important at the end of life.

„The Taste of Happiness” is an idea for meetings based on cooking and eating together, but meals made on a recipe that the previously selected person remembers from his or her childhood/youth. Protagonists of the meeting will have a chance to tell what happy memory the recipe brings to them. Maybe there is some anecdote or family history associated with it?

## Benefits of the idea

The „Taste of Happiness” is an opportunity to establish relations with people with a similar history, to talk, be noticed, heard and appreciated. It is also about opening up to another person and establishing relationships that will bring relief from loneliness in the long run.

On a psychological level, meetings can help participants to organize their lives, find their sense of meaning, and look at life more positively.

The meetings also increase the value of the participants, show them that they are important, and that their stories are interesting and worth telling and recording.

*Food is about more than just carbohydrates and proteins. These are memories, flavours, cooking together and a sense of being together*

Anna Podstawka

Do you want to know more about this idea? Go to the website:  
[www.inicjatorpomocy.pl/en](http://www.inicjatorpomocy.pl/en)

### **„Inicjator PoMocy”**

The „Inicjator PoMocy” competition (eng. „emPOWERment Initiator”) is part of the „PoMoc. Together, we can do more” implemented by the Shipyard Foundation on behalf of the EVZ Foundation (Remembrance, Responsibility and Future). In the competition, we were looking for innovative ideas aimed at improving the quality of life of Nazi persecution survivors.

### **The competition is funded by the EVZ (Remembrance, Responsibility and Future) Foundation.**

In remembrance of the victims of National Socialist injustice, EVZ Foundation works to promote human rights and understanding between peoples. The Foundation is thus an expression of the continuing political and moral responsibility of the German state, the private sector and society as a whole for Nazi injustice and towards the victims.

More at [www.stiftung-evz.de](http://www.stiftung-evz.de).

### **The organizer of the „emPOWERment Initiator” competition is the Shipyard Foundation.**

For over 10 years, we have been creating and supporting effective solutions to social problems, involving citizens in deciding on public matters as well as helping other organizations and institutions to better plan and conduct their social activities.

More at [www.stocznia.org.pl](http://www.stocznia.org.pl).