

## To-Go Box: Food-writing Prompts!

### *Savory* (Traci Brimhall)

Some meals arrive at times of grief. That might mean making a recipe by someone you loved that has passed. It could mean the “funeral potatoes” or casserole your family routinely made for people who are grieving. What food do you associate with loss and memory? What meal helps you connect most with those who’ve gone?

1. Consider titling the poem “Dear [person you miss]”
2. Name three things that help you remember that person. Is it a song? A flower? Something in the sky?
3. What is the flavor of the way you miss?
4. List 2-3 real ingredients to the recipe and then mix in something metaphorical or strange that clearly isn’t real, but call it a teaspoon of \_\_\_\_\_ or a cup and a half of \_\_\_\_\_.

### *Sweet* (Traci Brimhall)

Some meals are a rare pleasure and something we do alone, like picking wild blackberries and eating them alone in the forest, or that chocolate we hide at the back of the cupboard for a special treat. What is your meal for one? Your favorite secret snack?

1. Try starting with “I did it again, ate...”
2. Where did you find this meal?
3. What did it taste like?
4. What pleasure besides taste did it have? Was it a beautiful color? Was the table beautifully set? Was it warm?

### *The Last Meal* (Marianne Kunkel from Kwame Dawes)

1. Think of an intimate relationship that you once had that has now ended (not by death—the person should still be alive, but the relationship has to be over). Write down the name of the person.
2. Now remember the last meal you had with this person. Consider the occasion and the details of that meal as far as you can remember. Write a description of the meal in prose (not poetry)—what you ate, where you were, what they may have worn and what you wore.
3. Write a letter (not poetry) to that person that begins, “Dear [name]...”
4. You have mailed the letter and four weeks have passed without a reply. Write a second letter (not poetry) to that person.
5. After a week you receive a reply. Write the reply you imagine receiving in the form of a letter (not poetry) in the voice of that person, taking their perspective.
6. Now write the poem! Using the prose and letters as raw material, write a poem in four sections, following the structure of the prompts:
  1. The last meal
  2. The first letter
  3. The second letter
  4. The reply

### *Flavor Remix* (Marianne Kunkel)

Write an ode to a food that many people dislike or a diatribe against a food many people enjoy.