

OUR SOLUTIONS

“Recipe Capsule” – The Capsule of Culinary Memories

“Recipe Capsule” is an experiential object designed to preserve the emotional and cultural memory linked to family recipes through a moment of collaboration between generations.

The idea stems from the observation that the oral and practical transmission of recipes, once a natural part of domestic life, is being lost today due to new rhythms of everyday life, less time spent together as a family, and the growing tendency to rely on ready-made meals or online recipes.

The project proposes a tangible and symbolic solution: a jar that becomes a container of memory, in which not only a recipe is preserved, but also the stories, gestures, and emotions connected to its preparation.

The “capsule” is created together by a young person and an elder during a shared cooking moment. The elder transmits the recipe according to their natural and intuitive way of cooking (“by eye,” “as needed,” “until it smells right”), while the younger person participates actively by writing down the ingredients, noting the steps or impressions, and adding small visual or symbolic elements (such as a photo, a drawing, or a handwritten note).

At the end of the process, all these elements are gathered and sealed inside the jar, which becomes a physical testimony of the shared experience.

The main function of the Recipe Capsule is not to create an archive of recipes, but rather to foster a genuine moment of contact between generations.

The true value of the project lies more in the process than in the outcome: the act of cooking together, documenting, and preserving becomes an exercise in emotional and cultural reconnection.

The jar thus becomes a time capsule, to be reopened in the future during another family occasion or while cooking the same dish again reactivating memories of that moment or adding new ones.

The project also responds to the requirements set out in the brief:

- it encourages direct physical interaction without the use of complex technologies;
- it promotes a learning-by-doing approach, in which the younger participant learns by taking part in the process;
- it is stimulating for those who live fast-paced lives, yet comfortable for those less accustomed to technology;
- it can be made with common, low-cost materials, promoting sustainability and replicability.

STEP-BY-STEP FUNCTIONING

1. Choosing the recipe and preparing the materials

The process begins with the selection of a family recipe that holds emotional value for the participants. The goal is not simply to cook, but to evoke a shared memory: a traditional dish, a recipe typical of a festive occasion, or a meal that “tastes like home.”

Once the recipe is chosen, the necessary materials are gathered:

- a glass or tin jar (recycled or inexpensive),
- small cards or paper sheets to write down ingredients and memories,
- pens, markers, ribbons, or fabric scraps to decorate the container,
- optionally, a photograph, a drawing, or a small symbolic object to place inside.

2. Shared cooking, knowledge exchange, and documentation

During the preparation of the dish, the core of the project comes to life: the transmission of practical knowledge and the intergenerational exchange.

The elder leads the process according to their traditional method, often based on experience and intuition (“by eye,” “as needed,” “until it looks right”), while the young person observes, asks questions, takes notes, and participates actively in each step.

At the same time, the young person documents the experience by recording a short video, using their smartphone or any accessible device.

The video captures key moments of the preparation the gestures, the explanations, the smiles, and the spontaneous interactions creating an “emotional video recipe”, unlike traditional tutorials, as it focuses on relationships rather than mere technique.

The recording not only stimulates the younger participant (through a familiar visual medium) but also preserves the voice, gestures, and expressions of the elder, giving three-dimensional depth to culinary memory.

3. Creating the “capsule” and integrating the QR code

At the end of the cooking session, participants collect and preserve the memories that emerged during the experience.

On small sheets or cards, they write down:

- the ingredients and key steps of the recipe,
- a phrase, anecdote, or memory related to the dish,
- the date and names of those who took part.

They may also add:

- a printed photo,
- a symbolic detail (a sprig of herbs, a ribbon, a miniature utensil),
- and, as an innovative element, a QR code linking to the recorded video of the cooking session.

The QR code can be easily generated and printed on paper, to be placed inside the jar or attached to its label. In this way, each time the capsule is reopened, it becomes possible to watch the video again and relive the experience, hearing the voices and seeing the gestures of the protagonists. Once complete, the container is closed and decorated together, becoming a physical and emotional object that combines written, visual, and sensory memories.

4. Reopening and continuity

The capsule can be reopened on special occasions (such as a holiday, birthday, or family gathering) to revisit the experience and relive the memories associated with that recipe.

Each time the recipe is prepared again, new elements can be added: a new note, a new photo, a reflection from that day, or even an updated video.

Over time, the Recipe Capsule grows and evolves, becoming a small family archive of shared experiences. It is not a static memory, but a living, multimedia record that accompanies the family through generations, reinforcing both emotional bonds and cultural continuity.

MATERIALS AND CONSTRUCTION

The Recipe Capsule is designed to be simple to create, accessible to all, and achievable with a minimal budget.

All the required materials are common household items or easily available, reflecting the project’s philosophy of sustainability, everyday creativity, and emotional authenticity as well as the limited budget of 80 BRL (approximately €14).

The main element is a glass or tin jar, often repurposed from food containers such as preserves or jams. The jar symbolizes the act of preservation not only of food but also of memory becoming a physical and emotional vessel for the recipe and its related stories. Inside, participants place cards or paper sheets on which they have written the ingredients, steps, anecdotes, or sentences spoken during the preparation. Each note becomes a tangible trace of the shared moment.

To personalize the capsule, participants can use pens, markers, ribbons, strings, or small pieces of fabric—simple materials that make each jar unique and recognizable.

The act of decorating it together strengthens the emotional bond and turns the object into a familiar and meaningful symbol.

A key aspect is the inclusion of small symbolic elements: a photograph, a dried herb used in the recipe, a fabric sample, or a miniature utensil. These details enrich the capsule with sensory and emotional references, evoking smells, colors, and moments.

During the preparation phase, the younger participant records the short video of the recipe and the interactions with the elder, using any available smartphone or device.

The video is then linked to a QR code, which is printed and either inserted inside the jar or attached to its outer label. In this way, the capsule merges manual and digital dimensions, allowing anyone who reopens it in the future to see, hear, and feel that moment again transforming it into a living, multimedia memory.

EVOLUTION OF THE CONCEPT: FROM CAPSULE TO MEMORY FURNITURE

In its broader development, Recipe Capsule extends beyond a single jar to become a modular design system capable of holding multiple recipes, memories, and relationships.

The jar thus becomes a unit within a larger system, which can take the form of a domestic shelf, kitchen furniture, or a book-object an expanding emotional archive made of stories, scents, and gestures passed down through generations.

Each jar represents a family story, a small time capsule containing a recipe, a memory, a voice, and a face. Placed together on a shelf or within a purpose-built structure, the jars form a collection of visual and tactile memories, capable of narrating the story of an entire family or community.

This collective arrangement reflects the desire not to crystallize memory, but to let it grow and stratify over time just like family traditions themselves.

Each capsule preserves a fragment:

- a recorded recipe,
- a QR code linking to the video of its preparation,
- and a set of symbolic elements that evoke sensations, scents, and emotions.

Together, these capsules create a domestic landscape of memory, where food becomes an affective language and the jar transforms into a tool of intergenerational communication.

In an evolved version of the project, the capsules could be displayed within a modular wooden or cardboard structure: a small kitchen cabinet or wall-mounted bookshelf, where each compartment houses a different recipe.

The design remains intentionally simple and natural, consistent with the project's domestic and emotional character:

an object that belongs in the kitchen, living room, or dining space the everyday heart of family life.

Thus, the Recipe Capsule becomes part of the home's identity, no longer hidden away but displayed as a visual and emotional presence.

Each time a jar is opened or added, the piece of furniture grows richer in meaning, turning into a collective, ever-evolving memory.

Another possible evolution is its translation into a book-archive format.

Each family could gather its capsules in a handcrafted volume, where every page contains:

- the text of the recipe,
- a photograph of the preparation,
- the QR code linked to the video,
- and a small pocket for a physical element (a spice, a fabric sample, a note).

This hybrid form, both tangible and digital, turns the Recipe Capsule into a sensory, participatory family book, to be leafed through like a family album, where each page preserves the fragrance of a memory.

Emotional and cultural value: the bond between grandparent and grandchild

In the Brazilian context, where conviviality, cooking, and shared meals are central to emotional culture, the project acquires even deeper resonance.

The figure of the grandparent often embodies the guardian of tradition and family warmth: through cooking, they transmit not only practical knowledge, but also love, patience, and a sense of belonging.

The grandchild, on the other hand, represents the rhythm of modern life constant connectivity, technology, and speed, yet also a longing to rediscover roots and authenticity.

The Recipe Capsule thus becomes a bridge between two times and two languages:

- on one side, the slowness and manual wisdom of the elder;
- on the other, the curiosity and visual sensibility of the younger generation.

Through this shared experience, the two find common ground, where gestures and generations meet: the kitchen as a space of dialogue, the video as a tool of connection, and the jar as a symbol of continuity.

When the young person films the preparation, they are not merely recording a recipe, but recording affection. The QR code inside the capsule becomes a key to that living memory a way to hear the grandparent's voice again, to see their hands kneading, to feel the warmth of home even when time or distance separate them.



"Jogo do Sabor" – The Game of Memory, Taste, and Intergenerational Connection

"Jogo do Sabor" (The Game of Flavour) is much more than a simple board game; it is an experiential and affective tool that redefines the kitchen space, transforming it from an environment of pure food preparation into a genuine laboratory for collaboration, exchange, and intergenerational discovery.

The project stems from the deep awareness that the intangible heritage of family recipes is at risk of being lost. Often, the process of culinary transmission is perceived as rigid, laborious, or passive, especially by young people. "Jogo do Sabor" overturns this perception, proposing a playful, interactive, and multisensory approach to actively engage both the elderly knowledge-keeper and the curious young "apprentice" through play and direct action.

In a socio-cultural context where young people are increasingly drawn to the digital world and tend to view home cooking as a secondary or burdensome activity, "Jogo do Sabor" offers a new method of learning through immersion. Cooking is no longer a duty; it becomes a creative challenge, a shared story, and a team dynamic. The primary value of the game does not lie in the excellence of the final gastronomic result, but rather in the process of deep human connection and mutual discovery that takes place between participants. The game concretely invites two generations—typically a grandparent and grandchild, or an elderly person and a volunteer—to cook a family recipe together. The preparation is guided by cards and rules that expertly alternate practical actions, moments of deep narration, and small collaborative and sensory tasks, thus structuring a holistic and unforgettable experience.

II. STRATEGIC AND PEDAGOGICAL OBJECTIVES

The objectives of "Jogo do Sabor" are multi-dimensional, ranging from the social to the pedagogical:

- Foster Connection and Collaboration: Create a communicative bridge between generations in a natural, fun, and non-judgmental environment. The necessity of collaborating to complete a dish breaks down mutual distances and resistances.
- Renew the Culinary Experience: Elevate cooking from a task to a shared, participatory, and "played" experience, valuing the aspect of *doing together* rather than the perfection of the result.
- Stimulate and Value: Stimulate curiosity and practical learning in the young person and, concurrently, value the historical memory, practical knowledge, and self-esteem of the elderly person.
- Promote Accessibility and Replicability: Offer a physical, tangible, and intuitive tool that is easily accessible and replicable in various contexts (families, community centres, retirement homes, schools), maintaining a low production cost to maximize its spread.

-Memory Archiving: Create a simple mechanism to document and preserve the stories and recipes that emerge, transforming each game session into a small piece of family and cultural history.

III. STEP-BY-STEP FUNCTIONING: The Game Structure

The game mechanism is designed to be fluid and focused on human interaction, rather than complex competitive rules.

1. Kit Preparation and Content

The kit is intentionally essential to maintain accessibility, yet rich in suggestion:

-Deck of Illustrated Cards: The heart of the game, divided into three chromatically distinct categories to balance action and storytelling:

(Practical Action): Cards that require the execution of a phase of the recipe, often with a creative or unusual twist.

(Memory/Story): Cards that act as narrative prompts, inviting the elderly person to share stories, smells, or the origin of the recipe.

(Sensory/Creative Challenge): Small timed trials, such as guessing an ingredient with eyes closed, or creative challenges related to presentation and naming.

-Foldable Game Board: A visual and tactile support (it can be a simple sturdy sheet, a recycled paper placemat, or a decorated cloth) that serves as a map of the game's path, articulated in key phases:

"Escolher" (Choose), "Preparar" (Prepare), "Cozinhar" (Cook), "Servir" (Serve).

-Mini Hourglass / Symbolic Timer: A tactile accessory, used in a non-stressful way, to mark time for the or to give a rhythm to the narration moments, without the anxiety of competition.

2. Start: Defining Roles and the Recipe

The game begins with a fundamental collaborative act: choosing the recipe.

-Recipe Choice: The pair of players together selects a family recipe that holds strong emotional value (e.g., grandmother's cake, holiday dish).

-Role Assignment: Participants decide who will initially be the (the person who guides the preparation with their knowledge and tells the stories) and who the (the person who executes, kneads, and experiments). The instruction is to alternate roles to ensure engagement from both.

3. Gameplay: Cooking While Playing

The preparation phases follow the rhythm of the cards drawn in turn:

- Example AÇÃO (Practical) Card: (Mix with your hands, without a spoon – Feel the consistency of the dough!). The action encourages tactile and sensory contact with the food.
- Example LEMBRANÇA (Narrative) Card: (Tell a story about this recipe – What is the funniest moment you associate with this dish?). The card shifts the focus from action to memory, opening a moment of deep listening.
- Example DESAFIO (Sensory) Card: (Taste with your eyes closed and try to guess the ingredient – What is missing?). This trial stimulates attention to flavours and playful interaction.

Every card is conceived as a pretext for interaction: to laugh, to tell a forgotten anecdote, to listen carefully, and to act together, overcoming silence and rigidity. The game organically advances until the physical completion of the dish.

4. End of the Game: The "Serving Moment" and Archiving

The final act formalizes the conclusion of the experience, giving tangible value to what has been created.

-Sharing and Tasting: The moment when participants taste the dish together, appreciating not only the flavour, but the story and the joint effort.

-Emotional Documentation: On a small Memory Sheet (or Recipe Capsule) the players write:

The name of the recipe and any modifications.

○ A significant phrase, word, or sound that emerged during the game.

○ The most powerful memory or the culinary "secret" revealed by the .

This sheet can be preserved, creating an affective archive of "games and memories" that transcends the single experience.

IV. EMOTIONAL AND CULTURAL VALUE: An Affective and Contemporary Ritual

“Jogo do Sabor” is not just a playful mechanism, but is configured as a contemporary affective ritual.

It transforms the execution of a recipe into a powerful catalyst for emotions: a structured pretext for active listening, laughing together, learning without the pressure of performance, and, above all, valuing the spontaneity of gestures and the inestimable richness of family and personal stories. In the Brazilian cultural context, where cuisine is deeply rooted in identity, celebration, and welcoming, the game reinterprets the concept of conviviality in a modern key. It masterfully unites the natural playfulness and speed of learning of the young people and the deep historical memory and manual wisdom of the elderly. The final result is a transmission experience that educates respect for tradition without imposing rigidity, and that transmits practical and emotional knowledge without the obligation of formal teaching. "Jogo do Sabor" cements bonds, honours the past, and ensures that the flavour of memory can be tasted by future generations.



"Receita Invisível" (Invisible Recipe) – The Memory Tablecloth

"Receita Invisível" is reimagined as a single, meaningful, and deeply Brazilian object: an illustrated and customizable tablecloth that becomes a sensory and narrative tool to decode the intuitive "cozinhar de olho" while reconnecting younger and older generations.

In Brazil, a tablecloth is not just a surface; it is a place of gathering, conversation, and affection. Many *avós brasileiras* do more than use it they actually sew it, embroider it, and personalize it with care. Each stitched flower, each initial and each naïf drawing carries a memory. By placing this tradition at the center of the project, the tablecloth becomes more than a tool: it becomes an affective heirloom.

"Receita Invisível" embraces this cultural heritage and transforms the tablecloth into a living atlas of culinária afetiva, a space where gestures, intuitions and stories are interpreted and preserved. It becomes a way to make visible the invisible knowledge stored in the hands and memories of older cooks.

The concept is simple yet profound. The tablecloth is designed as a tactile and visual mediator between generations. It allows traditional gestures such as a *punhado*, a *pitada*, or a *fio de óleo* to be translated into shared visual references, without imposing strict measurements. The tablecloth honors approximation as a high form of knowledge a knowledge built through years of intuition, touch, smell, and experience. Instead of turning cooking into numbers, it turns it into understanding.

At the same time, the tablecloth strengthens the relationship between the elder who teaches and the younger person who learns. Sitting together around it creates a small ritual of presence. The young person observes, tries, asks questions, and the elder shows, remembers, and explains through embodied gestures. What begins as a recipe becomes a moment of reconnection.

The tablecloth itself contains illustrated zones that guide this interaction. There is a "hands area," where outlines of hands, fingers, and palms correspond to traditional intuitive measures. The elder can compare their own hands with the printed outlines, revealing how they take a *punhado* or a *pitada* in their own unique way. There are intuitive circles of different sizes, helping the young person visualize what the elder means by "um pouco" or "um tanto." A "family secrets" space invites participants to write down notes using a washable marker: the moment when the dough "fica no ponto," the color that tells you the farofa is ready, the exact sound the oil should make. These notes can later be embroidered onto the tablecloth, following the tradition of *avós* who decorate their kitchen textiles over time. A small "mapa dos sabores" uses textures, shapes, and colors to help the younger cook understand culinary sensations such as consistency, creaminess, aroma, and the look of the dish at the right moment.

The process becomes a translation game. The elder cooks intuitively, showing gestures that would otherwise remain invisible: how they grab salt, how they test dough between their fingers, how they judge heat by smell or sound. The young person then translates these gestures onto the tablecloth, marking circles, tracing the shapes, and writing small observations. Together, they create a shared language, like "pitada da vó = metade do dedo no círculo pequeno," turning intuition into a new symbolic vocabulary that belongs only to them. It becomes a learning-by-doing experience rooted in touch, sound, scent, and affection.

Once the dish is ready, the tablecloth continues to grow as a memory object. Some notes may become permanent embroidery. A date, a small design, or a meaningful word can be stitched onto the fabric. Over time, the tablecloth becomes a living archive of the family's culinary wisdom,

enriched through successive recipes and encounters. It is a tradition carried forward, a piece of the home that holds stories.

The materials remain simple and accessible. A cloth made of raw cotton, recycled fabric, linen, or juta can be printed with minimal illustrations and later enriched with hand embroidery. The aesthetic embraces the warmth of Brazilian homes: earthy tones, naïf drawings, familiar symbols, and small stitched details that recall traditional kitchen textiles. Producing the tablecloth stays within the low budget while reinforcing the poetic, handmade quality of the project.

The emotional and cultural value of the tablecloth is immense. In Brazilian homes, the tablecloth is the stage of daily life. It sees the meals, the celebrations, the everyday conversations. It is where family members sit to talk, laugh, taste, remember. Many *avós* pass down their tablecloths as symbolic objects, enriched year after year with embroidery and stories. By transforming this object into a tool of culinary transmission, “Receita Invisível” restores the kitchen as a space of dialogue and embodied knowledge.

The final “recipe” is never only a dish, but a shared family story, stitched, written, and lived together *uma verdadeira receita de memória*.



