

Memorial University of Newfoundland

Department of Folklore

NEWFOUNDLAND FOOD TRADITIONS

Q77B

"Tell me what you eat: I will tell you what you are."

--Brillat-Savarin

Every culture has developed its own unique food system, including the procurement of ingredients to the preservation, preparation and serving of the food. Please help us better understand why we eat what we eat by answering the following questions in the space provided and on the back of the page if necessary. Return the form to:

The Department of Folklore  
Memorial University  
St. John's, Newfoundland  
A1C 5S7

Thank you, and please add any other details which you would like to share.

Name \_\_\_\_\_ Date \_\_\_\_\_

Birthdate \_\_\_\_\_ Birthplace \_\_\_\_\_

Present Address \_\_\_\_\_ Telephone \_\_\_\_\_

Home Community \_\_\_\_\_ Bay \_\_\_\_\_

Religion \_\_\_\_\_ Ancestry \_\_\_\_\_  
(for example, English, Irish)

Occupation \_\_\_\_\_

If you are a student, do you eat in the dining hall \_\_\_\_\_, prepare your own food \_\_\_\_\_, or have a relative prepare it for you \_\_\_\_\_?  
(or landlord/landlady)

Note: For University students, please describe normal eating habits, not University dining hall food.

Folklore \_\_\_\_\_

Semester \_\_\_\_\_, 198\_\_

1/77

Rev 10/84



7. Do your meals vary according to the day of the week? (like fish on Fridays) If yes, please give details. If no, did you or your family ever follow such a pattern. Give details.
  
8. Do you usually eat a 'Sunday dinner?' Please describe a typical Sunday dinner.
  
9. Write down every food that you usually find on your Christmas dinner table.
  
10. Write down every food that you usually find on your Thanksgiving dinner table.
  
11. What other special holiday foods can you think of? Please name food and holiday. (for example, Shrove Tuesday, St. Patrick's Day, Easter, Regatta Day, All Hallow's Eve, Bonfire Night)

12. Within each of the following food groups, what do you prefer?

vegetables \_\_\_\_\_

fruits \_\_\_\_\_

meats \_\_\_\_\_

fish \_\_\_\_\_

dairy \_\_\_\_\_

synthetic or man-made \_\_\_\_\_

13. What foods do you like best?

14. What foods do you like least?

15. What do you prefer to drink?

16. Do you buy your bread from the store, bake your own, or have someone else home-bake it? What kind of bread do you prefer?

17. How often do you eat out? At what kinds of places, restaurant or take-out?
  
  
  
  
  
  
  
  
  
  
18. What foods do you eat that you do not buy in the store? (for example, berries) Do you or any of your friends/relatives hunt or fish for any specific foods?
  
  
  
  
  
  
  
  
  
  
19. Do any men in your family cook or prepare food? If so, what do they make?
  
  
  
  
  
  
  
  
  
  
20. Are there any foods that only adults eat? or only children? Please give details.
  
  
  
  
  
  
  
  
  
  
21. Name everything that you ate yesterday, even if you ate in the University Dining Hall. Be honest! Please include meal names.
  
  
  
  
  
  
  
  
  
  
22. Please name what you consider to be traditional Newfoundland foods (for example, fish 'n brewis).

23. What traditional foods do you or your family eat regularly?
24. Are there foods that you ate when you were a child that you no longer eat? If so, why has this happened?

For Cooks

25. Do you use a cookbook? If so, what is your favorite one?
26. Do you keep a scrapbook of recipe clippings, card file of recipes, or written manuscript of recipes?
27. What spices and herbs do you use when you cook? Give examples.
28. Which do you use more of? Check both if you use equal amounts.
- |                  |                     |
|------------------|---------------------|
| fresh cod _____  | or, salt cod _____  |
| fresh beef _____ | or, salt beef _____ |
| fresh pork _____ | or, salt pork _____ |

29. What kinds of convenience foods do you use? (for example, canned, frozen, pre-cooked) How often do you use them? At any particular times of the year for certain things.
  
30. Where do you usually shop for groceries, at a supermarket or corner store? Do you prefer one over the other? Why?
  
31. Do you buy food in bulk or in small quantities? How often do you shop?
  
32. Does your family have special family recipes? Are any secret? Please give details that you can.
  
33. Please give your favorite recipe(s). If possible, include origin.

MEMORIAL UNIVERSITY OF NEWFOUNDLAND FOLKLORE AND LANGUAGE ARCHIVE  
CONTRACT FOR DEPOSITS

I, \_\_\_\_\_, do hereby deposit this questionnaire in the Memorial University of Newfoundland Folklore and Language Archive in order to help preserve the folklore, language and oral history of Newfoundland, Labrador and Canada. It is understood that the Memorial University of Newfoundland Folklore and Language Archive will, at the discretion of the Archivist or Assistant Archivist, allow qualified persons to use these materials in connection with their researches but that no publication of such collectanea will be made without the written permission of the Archivist.

Signed:

\_\_\_\_\_  
Depositor

\_\_\_\_\_  
Date

\_\_\_\_\_  
Depositor's Permanent Address

\_\_\_\_\_  
Archivist

\_\_\_\_\_  
Date

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