



Our Kitchen Table - The Muñoz Family

Who is in our family

Lupita, Alo, Eri, Adrián, Rod, Edith, Sandy. Three very important family members are not in the picture Claudia, Sander and Laurita.

What we are eating

Delicious Mexican food, tacos! My first meal after 7 and half years away from my beautiful Country and Family that I miss so much so this meal was to be remembered. All sitting together sharing a meal, talking about anything and everything, laughing, bonding and being perfectly imperfect.

Respect for older family members

Family is a vital part of Mexican Culture. You see that beautiful smile at the left back corner? That's my mom Lupita, the Centre, the nucleus of our family and the woman to whom we are thankful every day for raising three good people.

My mom taught us from a very young age the values of respecting our elders and she always led by example as she is an exceptional daughter that stood by our grandparents until their last breath without hesitation and always with compassion, understanding and love so there is no doubt that those values are going to pass to the next generation and the generations to come.

My grandparents shared their experiences and knowledge with us, and it will stay with us until we die, and I will be more than happy to share those beautiful memories with my children.

Lupita is a very strong woman whom we admire so much, her life hasn't been always easy, but she is like a tree; flexible but unbreakable and with strong roots that no storm can defeat, and I am incredibly proud of her as without her courage, resilience and fearlessness we wouldn't be here. She taught me well as I have been able to apply those values many times in my life.

Leaving your Country, family and everything you know that gives you comfort and strength is never easy and it comes with sacrifices and challenges but knowing that my family is there .. from afar, but they are here with me it helps keep me going so I am very thankful for technology!

I am now taking roots here in Australia without forgetting who I am and where I come from, proud of my culture and with my family and its values in my heart at every step I make.

The Kitchen Table is an initiative of Celebrate Ageing Ltd, a charity combatting ageism and building respect for older people. The aim of #TheKitchenTable is to promote respect for older people in families. The project documents portraits of families at their kitchen table and their stories about who is in their family, what they are eating and how respect for older people in their family is shown. More information on the project webpage: celebrateageing.com/kitchentable