



Our Kitchen Table - The Ple Reh Family

Before eating offerings are given to Buddha on the mantelpiece. Three generations sit down to eat together. They always try to eat together to make sure there is food for everyone. Food is offered to the elder member of the family first - as a sign of humble respect for their position in the family. Karen Family from Burma.

Special thanks to Diversitat Geelong for sharing this story.

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