



Our Kitchen Table - The Melfi Family

Photo credit - [Rosie Melfi Photography](#)

Who is in our family

Salvatore, Luca, Layla and Alfie.

What we are eating

The Curcio kitchen table is always full of home-made deliciousness. This image is all about breakfast. There is toast with avocado, cereal, fruit and Nonno enjoying coffee.

Respect for older family members

In the Italian culture mealtime can include anyone and sometimes everyone. There are lots of cuddles and kisses between everyone, no matter your age, everyone is loved.

This photo documents breakfast between Nonno and his three great grandchildren. Moments like these are really rare and we know exactly how lucky we are to have them.

There are 81 years between the eldest and the youngest in this photo. Nonna is in the kitchen cutting up the fresh fruit for Nonno and the kids to enjoy after their cereal.

Conversations around the table usually include Nonna sharing her kitchen secrets with us and reminiscing about her childhood. It's interesting hearing these stories because it reminds us how lucky we are.

My grandparents are always interested in what we are up to, too. I feel like even though they are the elders, and we are always learning so much about them and from them, they are also learning a lot from us.

Times have changed dramatically, yet our experiences reflect a lot of the traditions and beliefs they have taught us over time. Family is a vital part of the Italian culture. We talk about everything. We feel together, we cry together, and we laugh together.

My family isn't perfect, but they are perfect to me!

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