

## **Transnationalised Memories among Migrants: How 'Indigenous' Food can Bring Home Closer**

**Maheshvari Naidu<sup>1</sup> and Nokwanda Nzuza<sup>2</sup>**

*School of Social Sciences, University of Kwa-Zulu Natal, South Africa*  
*E-mail: <sup>1</sup><naiduu@ukzn.ac.za>, <sup>2</sup><yoliswanzuza@gmail.com>*

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**ABSTRACT** Memories, as emotional artefacts of what has transpired, are vital as they allow migrants to connect to their past. Anthropological perspectives on memory explain memory through constructionist and interpretivist lenses, and point out that there is an inextricable link between 'memory' and 'place'. In this context, 'place' is the home space of the migrant. This paper argues that memories of 'home' are evoked through 'indigenous' or 'home food'. Even though the act of eating does not, literally bring 'home' to migrants, as artefacts and (social) events associated with 'home', they however, evoke powerful memories of home. This paper adopts an ethnographic approach and qualitatively investigates the different food-related memories that Sierra Leone migrants have, which assists them to stay connected to their home and cultural identity while in South Africa. It discusses issues pertaining to sensory memories and emotions around food. The paper reveals through individual interviews and focus group responses, that preparing and eating 'home food' acts as a form of re-territorialising, and show that the migrants are able to re-experience their memories and feel, the warmth of their sending country through 'home food'. The responses reveal that 'home food' is one of the main artefacts by which migrants are able to be emotionally transported back home.