

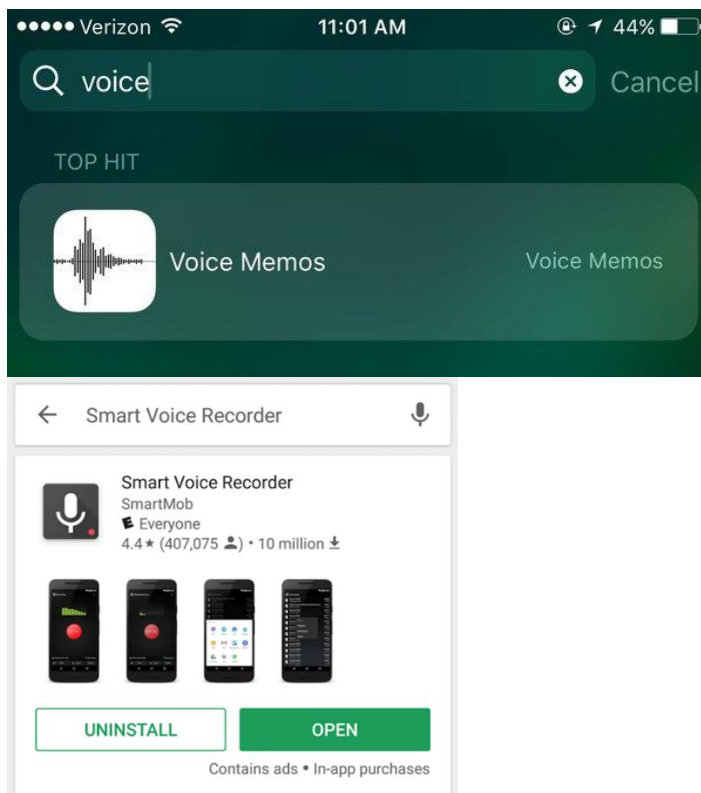


Let's Talk About Food

Guide To Sending Audio

We invite you to contribute your food story. Below is a handy guide for sending us your audio story for the podcast.

Open the recording app



If you have an iPhone, the app you'll need is called Voice Memos, and it comes with the phone. Search for it, or look in the "Utilities" folder.

Android users will need to download an app to make recordings. Our friends at [WNYC's Note to Self](#) recommend [Smart Voice Recorder](#), or [Creobe Voice Memo](#) for Windows Phone users.

Get in position

The internal mic on your phone is surprisingly good — there's no need to add headphones or any attachments to make a great recording. The easiest way to get the mic in a good position is to hold it to your ear, as if you're talking on the phone.

If you'd rather hold it out in front of you, make sure it's not too close — you want it about 4 inches away.

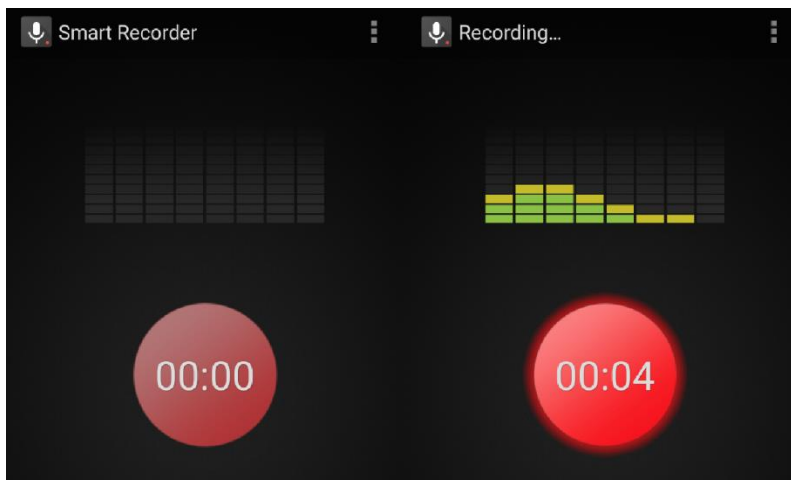


Start the recording

Push the red button — you'll know it's recording when the counter starts and you see the waveform dancing as you talk. Here's what it looks like on an iPhone:



And here's what it looks like using Smart Voice Recorder on an Android phone:



Tell us your story

First, tell us your full name and where you are. Then, it's often helpful to say the question or prompt that you're responding to before launching into your story. You can write out what

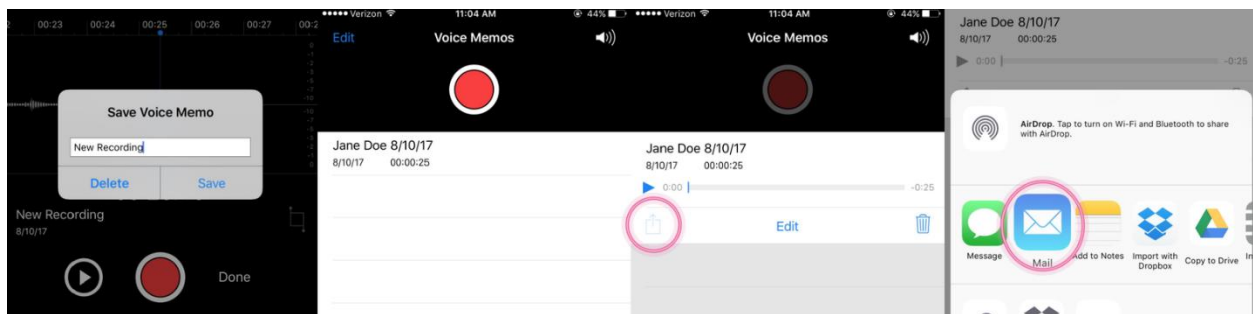
you plan to say if you'd like, but the strongest recordings sound casual and conversational, not like you're reading.

When you're finished, tap "Done."

Save it and send it

Give the recording a name that makes sense to you (like your full name and the date). Then save the recording and open up the file by tapping the recording, click the share button on the bottom left-hand corner (it looks like a box with an arrow coming out of it).

Choose "Mail," and send it to us at louisa.kasdon@gmail.com.



Please put LTAF Podcast Submission in the email, please include your full name and the town where you live.

Thank you, we will be in touch!