

Micro & Meaningful Steps

Connect With Food

Food is a big part of celebrating and connecting with one another, with our heritage, and with what makes us unique.

Sharing your food traditions with others, and learning about theirs, are meaningful and enjoyable ways to build and strengthen relationships with people you care about.

- Share a holiday or celebration dish with coworkers or friends.
- Ask a coworker about one of their food traditions and what makes it special for them.
- Explore eating at restaurants that serve food from cultures that are different from your cultural background.
- Organize monthly potlucks at work where everyone contributes a dish from their food traditions.

