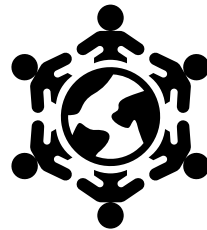


Social Connections Through Food

Food and food traditions are a big part of one's cultural identity.

Culture influences an individual's food choices by affecting how food is prepared, consumed, and where it is purchased.

These factors, together, impact one's dietary habits and food preferences.



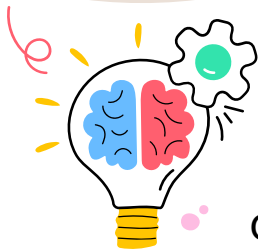
What are the benefits of incorporating different cultures in food and eating traditions?



Enhance cooking skills and knowledge



Preserve culture and traditions by passing them down across generations



Discover and appreciate different cultures and traditions



Build stronger connections in the community

Social Connections Through Food

How could you include culture and food traditions into your healthy eating habits?



Choose recipes that explore different cultures and discover new ingredients and methods of preparation



Visit farmers markets and learn about where different foods come from



Plan a potluck with traditional dishes from all around the world



Visit international grocery stores to discover and experience new foods.