

## CORNERSTONE 2021 RESOURCE

### How Awesome is this Kitchen! Sharing Recipes and Stories that Fill Our Souls *Fellow Elective Session*

<b>AUTHOR(S):</b>	Jonah Canner
<b>TOPIC (S)</b>	Food & Cooking, Jewish Culture
<b>SUMMARY</b>	<i>Nana Layne's Noodles, Bubbie Ruth's Chicken, Uncle Bernie's Borscht...</i> There are some dishes that do a lot more than fill our bellies, they carry our stories, they nurture our souls. In this session we will gather in our literal kitchens to share stories and recipes, to ground ourselves in the food and comfort of our ancestors, and to think and talk about the traditions we want to pass on and hold onto when we return to the metaphorical kitchens that are our camp communities.
<b>GOALS:</b>	<i>Think</i> about relationship with cultural inheritance. Think about the connection between the food we eat and the stories we carry. Think about the ancestors we are calling in when we seek “comfort” from our food. <i>Feel</i> embraced in each other’s ancestries and culinary traditions. Understand their role as culture makers this summer and explore ways they might “cook” with their campers in or outside of “the kitchen” <i>Do:</i> Cook food; share stories and recipes that ground them in their identities.
<b>AUDIENCE:</b>	Good for all ages. The smaller the group the better: Ideally 8-16 participants
<b>TIMING:</b>	75 minutes
<b>APPENDICES:</b>	How Awesome is this Kitchen! - Participant Doc
<b>MATERIALS NEEDED:</b>	If done virtually: Each participant should have access to a kitchen and the materials needed to make their dish If done in person: The session works best with access to a full kitchen. Alternately, it could be done outside over a campfire with whatever supplies are needed to make the dish the counselor chooses to have the group make together
<b>SET-UP DETAILS:</b>	If done virtually: Each participant should be in their kitchen If done in person: the kitchen is the ideal setting or an outdoor campfire pit

### SESSION TIMELINE

- 00:00 - 00:05 - Welcome & Framing
- 00:05 - 00:20 - Opening Round (Introductions)
- 00:20 - 00:30 - Group Discussion (Inherited Values)
- 00:30 - 00:50 - Buddy Breakout (Sharing Stories)
- 00:50 - 01:00 - Group Discussion (Inspired Actions)
- 01:00 - 00:10 - Buddy Breakout (Bringing it Back to Camp)
- 01:10 - 01:15 - Group Discussion (Bringing it Back to Camp)

### SESSION OUTLINE:

- 00:00 - 00:05 - Welcome & Framing - Facilitator introduces the goals and purpose of the session
- 00:05 - 00:20 - Opening Round (Introductions) - The group goes around the “kitchen table” and everyone is asked to share:
  - Name, what are you cooking, and whose recipe is it?
- 00:20 - 00:30 - Group Discussion (Inherited Values) - Facilitator asks and takes a few answers from the group:
  - What is a value you have inherited from your culture/ community/ ancestors, that has come through a cooking or eating tradition/ practice?
- 00:30 - 00:50 - Buddy Breakout (Sharing Stories) - Facilitator sends participants into breakout rooms to share:
  - A story of eating, learning, or making this dish
  - Or a story about the ancestor that this dish calls in
- 00:50 - 01:00 - Group Discussion (Inspired Actions) Facilitator brings everyone back to the main room and opens a conversation about the actions we are called to take in the world that are rooted in or inspired by these ancestors or their foods:
  - What is something that you have been called to do in the world that is inspired by the ancestor/ ancestors you have been thinking and talking about?
- 01:00 - 00:10 - Buddy Breakout (Bringing it Back to Camp) - Facilitator sends participants back into their breakout rooms to discuss how they might run an activity like this with their campers
- 01:10 - 01:15 - Group Discussion (Bringing it Back to Camp) - Facilitator brings everyone back, gets a few people to share to the whole group and asks for one word closing thoughts either out loud or in the chat

### BRINGING IT BACK TO CAMP & SHIFTING TO IN PERSON:

If doing this activity at camp and in person here are some possible adaptations:

- Choose one camp dish and have participants go through the prompts thinking about their “camp ancestors”
- If you don’t have access to a kitchen at your camp this could be done over a campfire and you could focus the conversation around “cookout” foods
- This could be done in the artbunk and you could do food collages
- You could make it holiday specific if wanting to teach about holidays