INGREDIENTS

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Authors/ Speakers:
Mara Guzman
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Luz Perez
“Our group is like a savory dish and each one of us is an ingredient that adds its own flavor to the dish.” N. X.

“Nuestro grupo es como un platillo y cada una de nosotras somos un ingrediente que le da sabor al platillo.” N.X.
OUR COOKING STEPS

• Focus Group
• Workshop Guidelines
• Session I- Brainstorming
• Session II- Sharing Stories
• Session III- Presentation of Recipes
• Session IV- Traditions
• Session V &VI- Editing and Presentation
• Session VII- Experience
• Session VIII- Book Reveal
• Final statement
• Q&A

“La Pasión es el ingrediente Principal de la comida Latina”
Elvis Crespo
FOCUS GROUP

Discussing the possibilities

Group Direction and Decisions

Planning Ahead
WORKSHOP RULES

All participants inputs are equally valued.
Confidential issues will remain in the room.
The sessions will start and end on time.
One conversation at a time.
Discussions and criticism will focus on interest not people.
No obscene language.
No cellphone uses during sessions.
Discrimination of any kind will not be tolerated.
Be sensitive and respectful of other experiences and voices, we all have a story.
No side conversations.
Everyone participates.
Speak from your own experiences, do not generalize.
Do not be afraid to ask, the goal is not to agree is to gain a deeper understanding.
Be conscious of body language and nonverbal responses, they can be as disrespectful as words.

WORKSHOP GUIDELINES

Rules
Agreements
SESSION I

Choosing a Recipe
Voting on Title
Deciding on Book Content
SESSION II

Introduction of Spices and Home Remedies

Sharing Personal Stories

A Taste of Culture: Tamales

Mara’s Story

“La inmigración es el proceso de pasar a un nuevo país para quedarse. La comida es el vehículo que nos transporta a nuestro lugar de origen cuando no podemos estar ahí físicamente.” Mundifrases
SESSION III

Presentation of Recipes and their origin

Individual coaching

Nivarda’s Story

“America es mi casa, pero mi cocina siempre sera Mexicana” N. X.
SESSION IV

Introduction to Healthy Alternatives

Discussion of Traditions (Cultural and Family)

Francisca’s Celebrations (Carnavales)

“Como lunas y como soles, con la certeza de las mareas, como las esperanzas brincando alto. Así, yo me levanto.” Maya Angelou
SESSION VII

Experiences
Thoughts and Feedback
Luz’s Testimony
“la mujer a preservado y transformado directamente la cultura, narrando sus propias historias, compartiendo su propia sensibilidad e internacionalizando su creatividad”

Maria Consuelo Castro
“APPRECIATION IS A WONDERFUL THING. IT MAKES WHAT IS EXCELLENT IN OTHERS BELONG TO US AS WELL.” VOLTAIRE