

SABOR LATINO

A RECIPE BOOK WITH A STORY

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Luz Perez





SABOR LATINO

“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 Pasion es el ingredient 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.

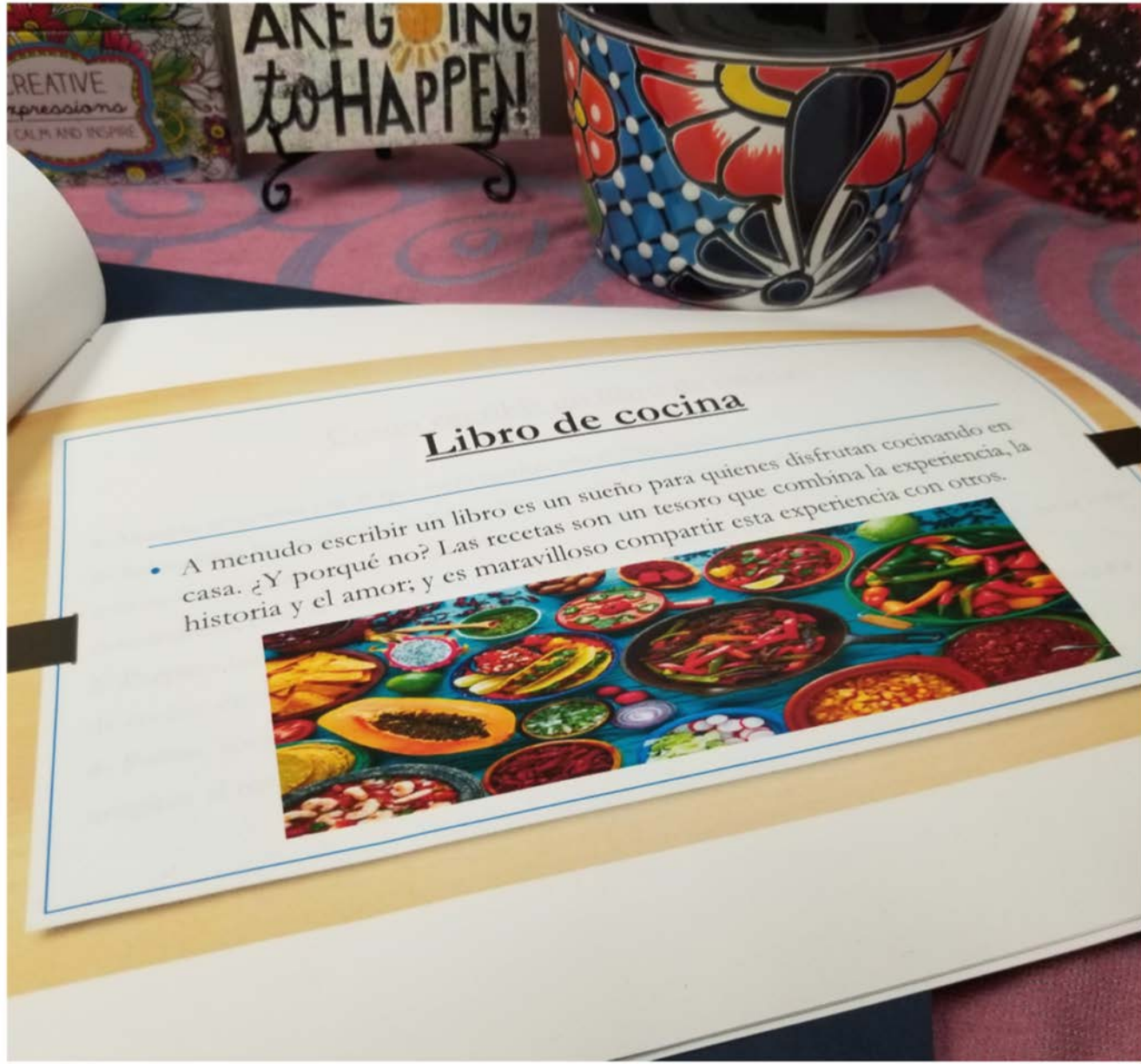
□ BE CONSCIOUS OF BODY LANGUAGE AND NONVERBAL RESPONSES, THEY CAN BE AS DISRESPECTFUL AS WORDS.

WORKSHOP GUIDELINES

Rules

Agreements





SESSION I

Choosing a Recipe

Voting on Title

Deciding on Book Content

CHOSEN RECIPES





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 V & SESSION VI

Book Style

Content

Selecting Pictures



Contenido

- 2 Director Creativo
- 4 Coordinadora y Asesora de Proyecto
- 7 Contribuyentes
- 8 M.G - Colombia
- 14 A.N - Ecuador
- 20 L.P - Ecuador
- 26 M.L - El Salvador
- 32 F.E - Mexico
- 38 N.X - Mexico
- 44 M.T - Republica Dominicana
- 50 S.S - Republica Dominicana
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SESSION VII

Experiences

Thoughts and Feedback

Luz's Testimony





SESSION VIII

Book Reveal

Presentation to Providers
and Family

Certification

Food Tasting



“ 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