

Community Table

Explore New Foods & Flavors

A community is a group of people brought together by something they have in common. Communities come in all different forms and can include neighbors and family, colleagues and friends, and people who live near or far.

All communities have foods that help us celebrate and commemorate special occasions. Food brings us together and can deepen our sense of connection. This activity invites you to try a food that is important your community to learn more about your shared history, culture, and where your food comes from.

1. Prepare a special food for your Community Table.

Check out these ideas to get you started!



Swap Rad Recipes

- Try a virtual recipe exchange with family and friends via email or recipe post cards!
- Challenge family members to prepare each other's favorite snacks.
- Host a community cookoff featuring different recipes for a specific dish.



Try Tasty Traditions

- Learn how to prepare a traditional food with an elder in your family or community.
- Host a neighborhood potluck, sharing foods that represent each family.
- Start a new tradition by getting creative with your family's favorite foods.



Celebrate Local Flavors

- Does your town have a signature food item? Try it and learn how it became well known.
- Mix up Festive Fruity Waters and find out where each fruit is grown.
- Make a fresh snack with seasonal produce from a local farmers market or community garden.

2. Talk about your Community Table!

Here are some questions to spark your exploration.



Take turns asking each other:

- What does this taste like to you? Do you like it?
- What are the ingredients and where do they come from?
- What can we learn about another place or culture by trying this food?
- What can we learn about our family or community through this food?



Rate that Flavor

Decide together if you've found a new family favorite:

- 1 = I do not like it!
- 2 = I like it less than other foods.
- 3 = I'm not sure.
- 4 = I would eat it again.
- 5 = New favorite!



What did you learn about your community by trying new foods?

Share your experience on social media with the hashtag #KohlsHealthyAtHome.