

Culture and Connection in the Kitchen

In all cultures, storytelling evolves from the culinary experiences of people preparing and enjoying food. These stories act like cultural recipes, guiding us and helping make sense of who we are as members of our communities, as families, or members of our institutions. In honor of Multicultural Day 2020, we invite you to submit a cooking story of culture and connectivity. Share stories of how you and your culture celebrate milestones, weather struggles, express gratitude, welcome newcomers, enjoy each other's company or display any number of human emotions and experiences through food and cooking.

Directions: Please complete this form if you would like to submit a recipe and story for the written cookbook or a video recipe. Please see the recipe examples and video instructions for your submissions. The story should share the cultural connection of your recipe to your personal or workplace culture, heritage, or histories. The written story should be 150 words or less; the video should be no longer than five minutes.

Please title your document and/or video: Firstname_Lastname_RecipeTitle

Please submit photos labeled: Firstname_Lastname_RecipeTitle_Photo(number if more than one)

Once you have completed the form please save a copy and upload to the UCOP 2020 Multicultural Week Box folder indicated below.

If you have any questions or difficulties with this form, please email culture@ucop.edu. Thank you.

First Name:

Last Name:

Role:

Department:

Submission for:

Written cookbook

Video submission

Mystery Ingredient Challenge

Category:

Submit your recipe and photos for the written book [here](#).

Submit your recipe and video for the video submissions [here](#).



Culture and Connectivity in the Kitchen

UCOP Multicultural Day 2020

Submission Form

Recipe

(please complete the sections with "*" for both written and video submissions)

*Recipe name:

*Recipe ingredients

*Recipe instructions

Connection to my cultural history (150 words or less)