



Staying in the Circle of Life

Session 4 Activity: Recipe Exchange

Guide

Ask everyone to bring their favorite recipe to the next session. Encourage them to share a story or any memories connected to the recipe. The feelings we associate with family food traditions and stories can nourish our hearts and spirits in ways that the food itself can't.

Then, work with a partner or in small groups to “exchange” ingredients from the original recipe for ones you might not have used before- especially if they are healthy!