



"If you really want to make a friend, go to someone's house and eat with them...the people who give you their food give you their heart."

I tried switching these & noted it

Cesar Chavez *← which quote here? Scrolling?*

BECOME A UNIFIER, JOIN THE MOVEMENT!

In today's America, with a political climate that emboldens hate speech and alienation, we're driven further and further from each other, from empathy and civil discourse.

But, we believe it's possible to bring people together using the universal language of food!

There is value in eating together, even in simply learning about our common humanity using food, food culture, and food traditions as the catalyst. Read on for stories that prove this concept and add your own. And, please, explore this site to learn more about our Recipe for Unity™.

I'm torn about terms like "hate speech,"

which seems a little

*like virtual signaling?
We want real talk, right?*

Our Philosophy



*Start with "When we
other ever seen
seen about each
other ever understand*

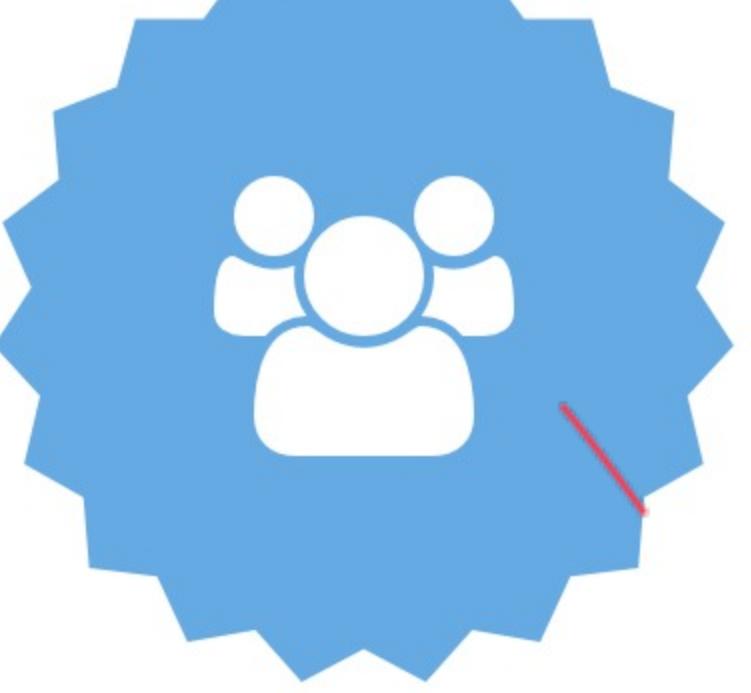
Learn

Discover--using our resources--how we are all much more alike than we are different



Eat

Eat together, learn about each other, and create community



Connect

Learn to connect and communicate effectively



Join Our Movement



Recipes

This sounds stupid

Browse our catalog of meaningful user-submitted recipes

Stories

Read stories of humanity and commonality around food

Blog

Read our blog for educational content, featured profiles, and insight into Recipe for Unity's mission

Resources

Explore fact sheets, White Papers, and external educational resources

be prepared to explain



Our Mission

To help unify America by promoting and fostering empathy and civil discourse using food as a catalyst to bring people together.

Get Updates on Our Site, Newsletters, Content, and More

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Recipe for Unity will never give away, trade or sell your email address. You can unsubscribe at any time.