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A Web Page

Recipe for Unity

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Share Your Recipe

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Home > Eat > Share Your Recipe

Share Your Recipe: Become Part of Our "Food Tapestry"

Why YOUR Recipe Is Important

Here's why: Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed do eiusmod tempor incididunt ut labore et dolore magna aliqua. Ut enim ad minim veniam, quis nostrud exercitation ullamco laboris nisi ut aliquip ex ea commodo consequat.

Share Your Recipe

General Information

Name of Dish

Where does this dish originate from?  
Country of Origin

Your First Name  
First Name

Your Last Name  
Last Name

☐ I wish to share anonymously

Your ZIP Code  
ZIP Code

Upload a Photo (Add a photo of your dish to the recipe)

Browse

Time & Servings

Prep Time  
00:00

Cook Time  
00:00

Servings

Serving Amount

Ingredients

Add Ingredient Category

Ingredient Name

Quantity  
QuantityUnit of Measure

Add Details for Ingredient

+ Add Another Ingredient

Directions

Step 1

+ Add Next Step

Tips & Tricks

Have any tips or tricks that would help others with this recipe?

+ Add Another Tip

Your Story

Recipe for Unity is all about people sharing their stories, and we want to hear yours.

SUBMIT

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

-- Cesar Chavez

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### Share Your Recipe

Step 1 of 4: General Information

Name of Dish

Where does this dish originate from?

Your First Name

Your Last Name

☐ I wish to share anonymously

Your ZIP Code

Upload a Photo (Add a photo of your dish to the recipe)

Prep Time Hours:Minutes

Cook Time Hours:Minutes

Servings

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### Share Your Recipe

Step 3 of 4: Directions [Go Back](#)

Please enter directions for preparing this recipe in the space below.

For easier readability, please enter the directions in a sequential numbered list. If you have any tips or tricks that would help others with this recipe, please enter them after the directions using "Tips".

[Continue](#)

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### Share Your Recipe

Step 4 of 4: Your Story [Go Back](#)

Recipe for Unity is all about sharing stories, and we want to hear yours.

Behind every recipe is a story. In the space provided, please share with us what this recipe means to you.

Point to discuss:  
Should we move this to  
the front of the order?

**Submit**

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Home &gt; Connect &gt; Stories &gt; My Escape from the Iran-Iraq War

## My Escape from the Iran-Iraq War: Shared by Dan Stover



### My Escape from the Iran-Iraq War

Shared by Dan Stover

SHARED ON 10/5/17

COUNTRY OF ORIGIN Iran

I was born in Iran, and at the age of 10, my family and I absconded from the multi-systemic injustices and immigrated to the US in hopes of extended opportunities and freedom. I was about 3-years-old when the Iran-Iraq war started. My experiences as an immigrant child growing up in the US helped me gain an appreciation for the gift of life. This is because my immigrant story is tied to so much loss and despair...pain and anguish that has yet to heal 30 years later.

"Here is a pull quote from this individual's story"



Through the years so many of my family members passed away (both grandmothers, uncles, aunts, cousins), and I never got to see them again. I grew up here wishing that just for one holiday in my life I could have family around and feel the love that everyone else seemingly felt. Turning our backs on immigrant and refugee populations would mean we are no longer willing to nurture others like myself who have a chance to grow and contribute to what makes America already so great. I ask you to please continue to fight tyranny and injustice by keeping the conversation going. We cannot allow changes to the core American values that have been admired by the world through so many decades of exemplary practices of inclusivity.

### Share

Help us to extend our community by sharing this story with your family &amp; friends.



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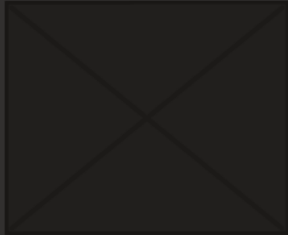
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Home > Connect > Stories > My Escape from the

## My Escape from the



### My Escape from the Iran-Iraq War

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Share

Comments

I was born in Iran, and at the age of 10, my family and I absconded from the multi-systemic injustices and immigrated to the US in hopes of extended opportunities and freedom. I was about 3-years old when we arrived. I started. My experiences as an immigrant child have helped me gain an appreciation for the gift of life. The story is tied to so much loss and despair... it took me 30 years later.

"Here is a pull quote from an individual's story"

Through the years so many of my family members passed away (both grandmothers, uncles, aunts, cousins), and I never got to see them again. I grew up here wishing that just for one holiday in my life I could have family around and feel the love that everyone else seemingly felt. Turning our backs on immigrant and refugee populations would mean we are no longer willing to nurture others like myself who have a chance to grow and contribute to what makes America already so great. I ask you to please continue to fight tyranny and injustice by keeping the conversation going. We cannot allow changes to the core American values that have been admired by the world through so many decades of exemplary practices of inclusivity.

### Share

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Has anything you've read on our site today changed your heart/mind about diversity or inclusion?



YES



NO

Has reading Dan's story changed your heart/mind about diversity or inclusion?



YES



NO

Do you think Recipe for Unity has the power to change others' hearts/minds about diversity or inclusion?



YES



NO

stranger

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Different options for the question we're looking to ask

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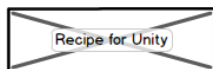
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**Share Your Story: Become Part of Our Recipe For Unity Community"**

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## General Information

Title of Story
----------------

Country of Origin

First Name

Last Name

☐ I wish to share anonymously

ZIP Code

**Upload a Photo** (Add a photo to supplement your story)

Browse

## Your Story

Please share your story however you feel comfortable. Below you will find an area to add text and another to upload a video.

[illegible]

### Upload a Video (Optional)

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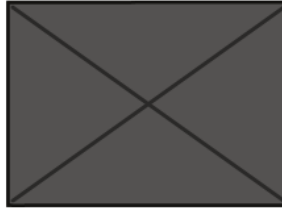
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### Why YOUR Recipe Is Important

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#### Why Share?

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