

Breaking Bread is a Transformative Act

When someone asks, “What’s the best meal you’ve ever had?” it tends to trigger a memory. The question transports you immediately back to the experience.

Food is evocative that way. It’s reminiscent of people and places and cultures and countries. Tied inextricably to taste and smell, but also to memory, presence, and a sense of connectedness. We remember incredible meals as much for the fêtes and shared laughter they inspire, as we do for the nostalgic, complex, and creative ways they excite our palates.

Because the shared experience is often the point.

Enjoying great food requires a level of physical, emotional, and spiritual presence that opens us up to connection. It creates space for the exchange of ideas, opinions, experiences, cultures, and history, even among people who would otherwise never interact.

Sharing a meal is an exercise in coalition and community building. It is an intentional act.

So this and next month, choose to share a meal with someone. And check out these women- and minority-owned spots if you need inspiration!