Oct 30, 2026

Bridging Generations

LOW ENTROPY FOUNDATION

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Session 3 Recap

Theme: Diving into Culture and Food as Comfort











BOO!



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Session 3



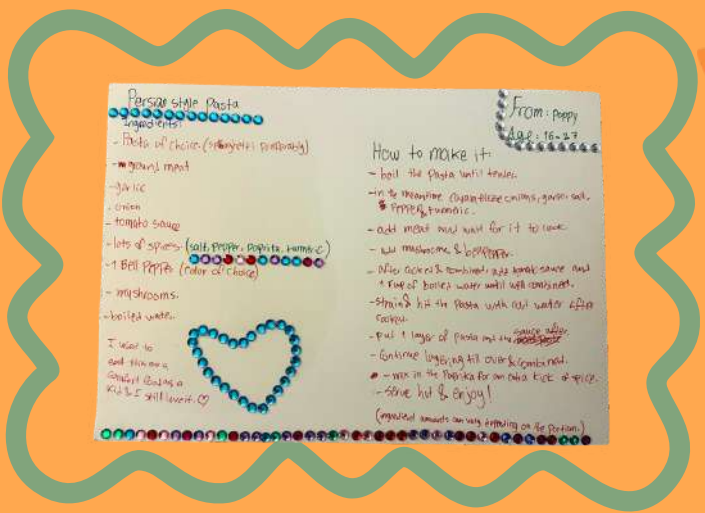
What's a dish that makes you feel at home? In Session 3, youth and seniors shared some of their favourite cultural traditions and talked about what those traditions mean to them. That led us to food and the role it plays in our cultures, from marking special occasions to bringing a little comfort on an ordinary day.

We each made a recipe card for a favourite dish, with space to capture what made it special. Sometimes the story behind a recipe is as good as the dish itself. It can bring to mind the person who made it for us, the kitchen we grew up in, or the people we still look forward to sharing it with.



Since it was Halloween Eve, we got into the spirit by dressing up, writing spooky poems, and dancing along to Thriller. A little comfort food and a few zombie moves made for a memorable Friday together.







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