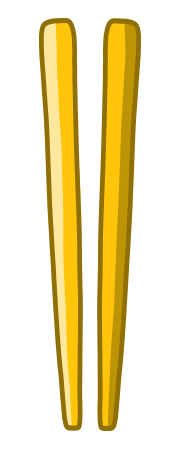
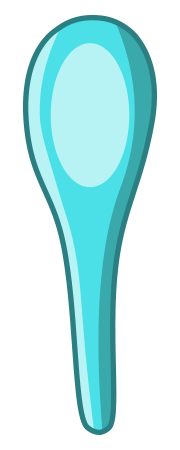
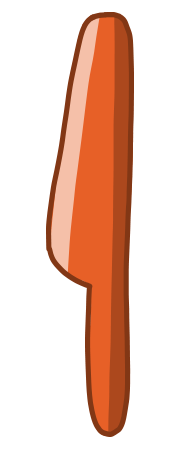
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Description automatically generated with medium confidence



OUTREACH EVENT | LUNCH BREAK

# FOR ASIAN AMERICAN STUDENTS

Written by Ashley Bauer-Yuen

# HAVE YOU EATEN YET? (HYEY) | OUTREACH EVENT

## What is Lunch Break?

Lunch break is an open space for community building, deeper conversations, and storytelling through food. It is a fun way to casually get to know people through a meal and intentional conversation. Build trust and relationship by inviting someone new and exploring the conversation topics below.

## Why do this on your campus?

Lunch is quick, easy, and non-intimidating! Being invited to a meal communicates hospitality and creates a sense of belonging.

## How to host a lunch break?

1. Invite 1-3 people to have lunch with you. Either provide food or ask people to bring their own lunch.
2. Talk about food!
3. Explore food conversation topics below.

\*\*[Graphics to host a lunch break](https://www.dropbox.com/sh/5oahg55n7dvjsvp/AACFw5wjtaqIm73umx6Wla8ta?dl=0)

## Ideas on who to invite:

* Initiate a Lunch Break for your small group.
* Host an open-invite chapter Lunch Break over a weekend.
* Invite an Asian/Asian American club to partner and host one together.

## Here are examples of conversation topics

Favorite Family Dish

* What is a favorite family dish?
* What type of family traditions did you grow up with?
* How does your family express care through food?

Asian Fusion Food

* What is an Asian fusion dish you’ve enjoyed or want to try?
* What is a fusion you never would have expected?
* What are two unexpected things that came together in your life this year?

Staple Foods

* What is a staple food you ate routinely growing up?
* Where have you found this food around campus?
* How have you found people or a space on campus that’s comfortable or familiar?

Create your own conversation theme or topics!