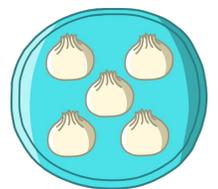


HAVE YOU  
*Eaten Yet?*

OUTREACH EVENT | LUNCH BREAK

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FOR ASIAN AMERICAN STUDENTS



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

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## 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.

### *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.

\*\*[Graphics to host a lunch break](#)

## 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!*