

How has food fostered a sense of community this semester?

1) This semester, our class worked with students in the after-school program at Puentes de Salud. When we first met them they were excited about the prospect of doing cooking projects with us. For our next visit, we prepared recipes to cook with the students, working together in groups to make foods like tostadas, pico de gallo, and mangonadas.



2) Working with the students to make these recipes was a unique way to connect with them. We were brought together by the opportunity to work together with the goal of creating a final product that we could all enjoy. The process not only encouraged collaboration, but also gave us a chance to bond with them over favorite foods and cooking experiences, and helped everyone feel more comfortable and open with each other.

3) Through this experience, our class bonded both with the students at Puentes and with each other. The collaboration and work required in preparing and executing the recipes built trust and a sense of teamwork. Making the recipes with the Puentes students helped us connect with them because in addition to getting to know them and sharing experiences, we worked together to make something exciting, which brought us all together. Sharing all our efforts at the end of the day and eating together was a special moment because everyone had contributed, not only to the food but to the sense of community that we had developed.



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