Food for Thought:
A Exercise in Third Culture Building

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Tell us about your favorite food-related experience.
Agenda

Let’s dig in!

The 5 W’s (& 1 H) of food & culture

Intercultural food barriers

Food as cultural accommodation

Food as culture building

Takeaways
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What is culture?

- A system of meanings (Geertz, 1973)
- Communication (Hall, 1959)
- Group of people with common history
- Learned, shared, dynamic, & complex
- Intersectional
What do you eat?
With whom do you eat?
Why do you eat?
Where do you eat?
When do you eat?
How do you eat?
Intercultural Food Barriers

- Ethnocentrism
- Prejudice and stereotypes
- Terms like "ethnic" & "authentic"
- Resource limitations/food deserts
- Cultural appropriation
Food as Cultural Accommodation

- **Communication Accommodation Theory** (Giles, 1973)
- Convergence
- Divergence
- Maintenance
- Overaccommodation
Sheila makes Menominee food
Food as Culture Building

- **Third culture building model** (Casmir, 1978)
- Cooperation, sensitivity, receptivity > manipulation
- Interactive relationship > dominance
- Highlights importance of power imbalance
- Proactive, problem-solving process
- Develops self- & partner- knowledge
SESSION TAKEAWAYS

- Competence = knowledge, motivation, & action
- Share a meal or a drink with someone new
- Set culturally sensitive food spaces
- Try a new food or beverage
- Support minority-owned food spaces
- Consider building shared cultures
Comments or Questions?