

# The Mixing Bowl: Meals & Memories



A Multi-Cultural Cookbook created by  
The Southeast Vancouver Seniors' Arts & Cultural Society

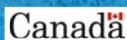




## A Cookbook for Everyone!

### **From the Foreword...**

The Mixing Bowl project was funded by New Horizons, Canada, as an initiative intended to recognize the skills and contributions of seniors, and to support connections among Canada's diverse cultural communities. South-East Vancouver is a very diverse neighbourhood and the Mixing Bowl, sponsored by the South East Vancouver Seniors Arts and Cultural Society, has proven to be one of the successful steps in building real relationships among these communities. Another New Horizons goal, and one shared by many in South-East Vancouver, is to find ways to connect and involve seniors who might otherwise stay at home or who might not join in community activities because of language or other barriers. Cooking and sharing a meal together erases all these boundaries: everyone has something to contribute.



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