

SELF-DIRECTED WORKSHOP GUIDE

THE PEDAGOGICAL IMPULSE

<https://thepedagogicalimpulse.com>

RECIPES FOR MIGRATION

THEMES

Food
Migration
Senses

ENGAGING WITH

Kitchen Remedies
by People's Kitchen Collective
(PKC)

PARTICIPANTS

3 - 15

ABOUT THIS WORKSHOP

The People's Kitchen Collective (PKC) demonstrates how in the face of oppressive systems, "recipes hold the stories of our survival." Drawing from the PKC, this workshop facilitates conversations around migration by sharing family recipes that capture their ancestors' migration.

During the workshop, participants write a short text that explores their connection with their chosen recipe(s) and the constraints in their making (accessing the ingredients, cost, authentic taste, etc.).

The self-guided workshops explore the *Instant Class Kit*, a portable curriculum guide and pop-up exhibition. The kit brings together contemporary curriculum materials in the form of artist multiples such as zines, scores, games, newspapers and other sensory objects. The items in the kit strive to deliver a curriculum based on the values of critical democratic pedagogy, anti-racist and anti-colonial logics, and social justice. The self-guided workshops explore and activate some of the kit contents.

ACTIVITIES

- Introduction to the artist collective People's Kitchen Collective and the *Kitchen Remedies* project.
- Participants engage in conversations around migration and food.

ACTIVITIES

- Each participant visually represents their recipe and writes a text (500-1000 words) that addresses at least two of the following questions:
 - The reasons why they chose the recipe and the ways in which the recipe is associated with their ancestor's migration.
 - How do they feel when they cook the recipe? Does it feel and taste "authentic"? and are there any constraints in recreating this recipe? Is it hard to source the ingredients? How do you adapt this recipe?
 - On a voluntary basis, participants present their recipe's visual interpretation and their text.
 - Participants send their work to the facilitator who compiles it in a community platform (blog post, digital zine, Instagram post, etc.)
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RECOMMENDED READINGS

This reading is open source. You can access it by clicking on the link.

- [Johnson, M. \(2019\). Food and Migration: A Conversation with Artist Emeka Ogbah \(Recipe Included\). *World Literature Today*. Retrieved on August 2020.](#)
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MATERIALS

- You can find the artists' bios [HERE](#) and the projects' descriptions [HERE](#)
- Various art supplies (paper, scissors, pencil colours, crayons, glue, magazines, etc.)