

Mindful bites : culinary acts of love, resistance, and hope

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Abstract:

Ethnic culinary research can be a platform for understanding how systems of oppression impact communities of color, as well as give Filipina/o communities the opportunity to share their cultural wealth (by documenting oral histories). For this research, cultural hegemony will be viewed through a lens of experiences focusing on exploitation through institutional (cultural food colonialism), interpersonal (cultural multiculturalism), and internal (cultural estrangement) systems of oppressions. Furthermore, the narratives of the interviewees in response to the above forms of exploitation will be claimed as cultural resistance. Essentially, this research proposes that if we are critically conscious about the food we pick, prepare and consume, the kitchen becomes a site of resistance and the preparation of food becomes an act of resistance. This research is intent on contributing to the growing body of critical perspectives on understanding our communities' connections to food.

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