

## Activity: Diasporic Foodways Zine



**TIME ESTIMATE**  
60-90 minutes  
(Unstructured)



**MATERIALS**  
Food magazines, food flyers, newspaper, coloured paper; general crafting materials such as scissors, glue, pens, pencil crayons, markers etc.

### PURPOSE

To evoke deeper reflection from participants on their lived experiences, memories around food and what diasporic foodway means to them.

### DESCRIPTION

A zine is short for 'magazine' and usually refers to a small-circulation, self-published work of original or appropriated texts and images, usually reproduced via photocopier. For this activity, participants will have the space and time to express

### FACILITATOR NOTES

You can choose to inform participants of the activity beforehand, so that they can prepare by learning more about their own histories, talking to family and friends and collecting materials to be included in their zine creations. You can also decide if you would like participants to produce their individual zines, or to contribute pages to a zine. They can be later photocopied and shared with the group for distribution to share ideas, knowledge in an informal way.

## STEPS

- 1 Set up a table for crafting materials or distribute crafting materials among groups of 3-5 participants.
- 2 Introduce the concept of zine-making to the class. Here are some resources you can share:
  - [An Introduction to: Zines](#)
  - [How to Make a Zine](#)
- 3 Share examples of what a food-related zine looks like.
  - [Right to Food Zine](#)
  - [Goodbye Turmeric Latte Zine](#) by [The Migrant Zine Collective](#)
  - [OURS Food Zine](#)
  - [Chinese Restaurant Photo Essay](#)
  - [The Tyee - Kraft Cheese and Rice? It Feels Like Home](#)
- 4 Allow participants to share a representation of what diasporic foodway means to them. Perhaps it is a story, poem or illustration. This is an unstructured time that allows participants to explore the topic as they see fit. The following prompts may be used:
  - What is a childhood meal that you remember? How is it connected to a story of belonging or migration?
  - Imagine you are a dish. Where have you travelled from? Who prepared and ate you? What feelings are evoked from this dish?
  - Did you know that certain foods were appropriating other cultures? How can you tell this story from your perspective? Is it a letter? A collage?

- 5 Collect the finished pages or zines to be photocopied and shared with participants in a future session.
- 

**NOTES:**