

Metro North Health CULTURE & ENGAGEMENT



Cultural potluck

Time: Flexible (30 to 60 minutes depending on team size).

Materials needed: None.

Participants: Team or department.

Values in Action: Respect, Teamwork, Compassion.

Outcomes: Builds trust, boosts morale, and creates more engaging and connected meetings.

Purpose

To promote respect, diversity, and compassion by encouraging team members to share their cultural backgrounds through food, fostering greater understanding and stronger connections within the team.

How to run this activity

Step 1: Plan the potluck (3–5 minutes)

- Announce the event and invite each team member to bring a dish that represents their culture, heritage, or family tradition.
- Encourage participants to reflect on what makes their dish meaningful, whether it's a recipe passed down or a food tied to family celebrations.

Step 2: Dish sharing (20–40 minutes)

- Set up a shared space for dishes.
- Invite each person to briefly introduce their dish and share:
 - *“What is the cultural significance?”*
 - *“Why is it meaningful to you or your family?”*
 - *“Are there memories or traditions linked to it?”*

Encourage respectful listening, curiosity, and connection.

Step 3: Encourage open discussion (10–15 minutes)

While enjoying the food, create a relaxed space for open conversation. Use prompts like:

- *“What did you find interesting or surprising about a dish or story?”*
- *“How can we honour and appreciate cultural differences at work?”*

Step 4: Debrief (5 minutes)

Wrap up with a brief group reflection:

- *“How did it feel to share a part of your culture?”*
- *“What did you learn about your teammates?”*
- *“How can understanding each other’s backgrounds strengthen our team?”*
- *“What ideas do you have for embracing diversity more every day?”*

Key takeaways

- Sharing personal stories builds empathy and trust.
- Understanding diverse cultures promotes inclusion and respect.
- Recognising each other’s unique experiences strengthens teamwork.