

FLAVORS OF HERITAGE NETWORK

Flavors of Heritage Network is a non-profit social organization dedicated to preserving and promoting the culinary culture and traditions of immigrant women worldwide who are starting a new life in Canada. It provides a platform to share, celebrate, and transmit cultural knowledge through cooking and community activities.

This initiative offers numerous advantages on both an individual and community level. It focuses on gastronomy and embraces other forms of cultural expression fundamental to immigrant communities, helping participants acquire new skills, build meaningful relationships, and support each other in their new lives in Canada.

KEY ACTIONS

- **Entrepreneurship and Culinary Training:** Offer training programs that enable participants to leverage their culinary skills to generate income.
- **Comprehensive Social Integration Support:** Provide access to support networks, legal and psychological guidance, and workshops to facilitate adaptation to Canadian society.
- **Cultural Preservation:** Encourage the preservation and promotion of culinary traditions to maintain their roots while integrating into their new environment.

SPECIFIC PROGRAMS

1. **Multicultural Gastronomic Table:** Reflects a deep commitment to two fundamental aspects: promoting the culinary arts and preserving cultural traditions. From a gender-focused perspective, it strengthens women's roles in these areas, allowing participants to showcase the cuisine of their countries of origin.
2. **Art and Heritage:** Aims to empower immigrant women in Canada by providing them with a space to preserve and share the cultural traditions of their home countries. Through practical and experiential workshops, participants can reconnect with their roots, pass on their cultural heritage to new generations, and create a supportive multicultural community.
3. **Ancestral Voices:** Seeks to promote the knowledge and use of the languages and oral literature of immigrant women's native countries in Canada, preserving non-written cultural expressions such as proverbs, stories, and folk songs, which are essential for cultural transmission in many communities, especially African and Latin American.
4. **Flavors That Transform:** Supports culinary entrepreneurship for immigrant women in Canada as a transformative initiative that promotes economic and social integration while celebrating cultural diversity.
5. **Creating Together:** Provides immigrant women with workshops in sewing, knitting, and embroidery, where they can share their knowledge of their countries' traditions and acquire tools to generate household income. Keeping these customs alive allows

immigrant women to maintain a connection with their cultural heritage and pass these traditions on to their children.