

# Recipes for International Peace: The importance of food in interfaith and intercultural dialogue

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## Abstract:

This recipe book explored the relationship between commensality and peace by encouraging people to dialogue together over food. The first part takes a look at what gastrodiploamacy is exploring then applies it to everyday people and their individual experiences with food. The significance of interfaith and intercultural discussions are stressed as to breaking down socially constructed barriers between people and seeing them as human. The actual recipes are divided into three sections: 'American Twists,' Addressing Conflict, and Topical Discussions. These foods are suggested in fostering dialogue on specific topics, but the actual food is less significant than the act of gathering around the table to eat together. This recipe book encourages people to gather people together to break down barriers between people. Only then, can we start to move towards peace.