



Support local restaurants and cafes

Celebrate A Taste of Harmony by eating from the restaurants and cafes surrounding your workplace! Take a break from your usual sandwich and organise a team lunch to try new and diverse cuisines while also supporting small businesses who are among the hardest hit by the COVID-19 pandemic.

Tips for success:

- As a team, take some time to research the cultures and cuisines in your local area.
- You may decide to pick one restaurant and eat in, or order take-away from a few different local hotspots.
- See if you can find a dish that no-one in the team has tried, or perhaps you might choose the spiciest option (keep the water handy!).
- Ask each member of the team to kick-in their lunch money to cover the costs (or perhaps there is a workplace social budget).
- Register your A Taste of Harmony lunch event via the [website](#) and [read our tips for hosting a COVID-safe lunch](#).
- Plan and promote your event - utilise the A Taste of Harmony resources (found in the [event hub](#)) including the quiz, games and conversation cards.
- You can also create a global atmosphere by printing out the world map (have each team member pin where they are from), use the ['hello' generator](#) to find out how to greet people in hundreds of languages and print the flags representing the countries of those within your team.
- If you have colleagues working from home, organise for food to be delivered to their home and invite them to join the lunch via video link.
- Post a picture of your event on your workplace social channels and don't forget to tag any restaurants and cafes involved. It's great promotion for local businesses!
- Most importantly, take time to get together as a team and talk about the foods you are eating and how they relate to different cultures.



Take inspiration from Multicultural Communities Council Gold Coast who in lieu of hosting its annual A Taste of Harmony lunch in 2020, created a month-long campaign to promote food from the wonderfully diverse restaurants and cafes in the local area.