



# Cha-Inspired Conversations / Lunar New Year

**What are some cultural holidays or traditions that you celebrated as a child?**

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## Reflection

What are some holidays or traditions that you hope to begin celebrating, particularly if they are in connection with your heritage and/or background?

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## Commitment

Commit to action steps you can take to find new ways of celebrating holidays and traditions that connect with your background.





# Cha-Inspired Conversations / Lunar New Year

**What food or drinks did you often have growing up?**

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## Reflection

How do the food or drinks you often had growing up connect with your culture and/or background?

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## Commitment

What are some restaurants, cafes, and/or local small businesses you can explore that either 1.) connect with your cultural background and/or 2.) connect with a cultural background different from your own?

Another commitment step in the areas of food and drinks includes researching and trying out new recipes from a culture outside of your own.



# Devin Li's Stir-Fried Bok Choy Recipe

**Serving Size - 4**

## Ingredients -

**1lb of bok choy**

**3 garlic, minced**

**1 Tbsp. soy sauce, oyster sauce, or coco aminos**

**1 pinch of sugar**

**1 tsp. cooking oil (best to choose options outside of olive oil for purpose of flavor)**

**1/4. cup of water or chicken stock**

1. Rinse and cut off the bottom of bok choy and separate into individual stalks.

2. Heat oil in a pan over medium heat and cook the bok choy stalks for 2 minutes.

3. Add soy sauce/oyster sauce/coco aminos and sugar. Place lid over pan to allow bok choy to steam.

4. Steam for 5 minutes while bok choy is covered.

5. Uncover bok choy and season with salt to taste and serve on a plate.

6. Enjoy

