

YOUR GUIDE TO OERS

How to create inclusive Recipe Cards

An Open Educational Resource that turns recipes into vehicles for storytelling, identity and inclusion — empowering marginalised voices through food.

www.foodincludes.eu



What's inside this OER

Part A · Foundations

- Why take this course — goals & benefits
- Learning outcomes
- Food education and inclusion

Part B · Recipe Cards

- Recipe cards as an inclusive tool
- Purpose, scope and justification
- The art of storytelling

Part C · Process

- How to plan a project (5 steps)
- Recipe design & adaptation
- Visual support & digital tools

Part D · Practice

- How to handle barriers
- Storytelling: recipes as social stories
- Audio, video & further reading

How to use this resource

This OER walks educators through facilitating recipe-card workshops with diverse groups — using food as a tool for storytelling, identity and inclusion. Use it whole, or lift the parts that fit your context.

01

Read end-to-end

Use the full deck as a facilitator guide before running recipe-card workshops with a group of learners.

02

Lift sections

Pull individual parts — the five-step process, the barriers checklist, the storytelling prompts — into your own programme.

03

Adapt to context

Translate, localise and rework the materials for your community. Acknowledge the Food Includes source when sharing.

LOOK OUT FOR

■ Key idea

01 Step / phase

👉 Practical tip

★ Reflection

Why take this course — goals and benefits

Working with recipe cards builds skills across six dimensions at once — practical, cognitive, creative, social, digital and reflective.



Language & communication

Storytelling and presentation skills.



Culture & identity

Pride, exchange and reflection.



Cognition & process

Sequencing, quantities, structure.



Creativity & design

Visual design, photography, collage.



Digital skills

Canva, smartphones, AI tools.



Social skills

Teamwork, dialogue, perspective-taking.

Learning outcomes

After completing this module, participants can:

01

Understand

The role of food and recipes in cultural and educational contexts.

02

Apply

Storytelling techniques to recipe postcards.

03

Design

Inclusive, structured and accessible postcards.

04

Use

Digital tools to create, present and share content.

05

Collaborate

Respectfully with diverse participants.

06

Reflect

On culture, identity and traditions in their work.

★ *These outcomes will be added to the resource on the Food Includes website.*

01

SECTION

Introduction



Food education as a path to inclusion

Food education offers multiple pathways to inclusion: sharing meals or recipes connects cultures, builds trust, and opens spaces for dialogue.

When combined with storytelling and digital tools — including AI — participants are encouraged to share experiences, make traditions visible, and create engaging learning materials.

Recipe postcards link cultural knowledge, personal stories, and skill development — providing a hands-on method to explore identity, tradition and social participation.

“

Recipes are more than instructions — they carry cultural knowledge, family history, and personal narratives.

Recipe Cards pedagogy

The Erasmus+ Food Includes project

Recipe Cards sits inside Food Includes — a wider Erasmus+ initiative built around two commitments: better-equipped educators and more inclusive learners.

VISION

For educators

To increase the preparedness of educators to achieve learning objectives and results — while developing their professional skills in new participatory pedagogies with a clear student focus that promotes inclusion and diversity.

MISSION

For learners

To promote greater inclusion by creating flexible learning opportunities centered around food. These programmes enable vulnerable groups to acquire new skills, fostering social integration and improving employment prospects.

02

SECTION

Recipe Cards as a tool



Welcome

This OER will guide you through the concept, purpose and practical implementation of recipe postcards as a tool for inclusion, cultural exchange and empowerment.

More than cooking

Recipe postcards are storytelling, identity and participation rolled into one.

Concept & purpose

Understand why this works as a low-threshold path to inclusion across cultures.

Practical implementation

Get hands-on guidance: how to facilitate, design and share recipe cards.

Why recipe cards?

Inclusive recipe postcards are a participatory educational tool designed to foster cultural exchange, personal expression and social inclusion.

Food connects people, promotes dialogue and builds trust. In this module, participants explore how recipe postcards can serve as low-threshold access to learning — while developing professional, creative, social and digital skills.

Creating them gives participants an opportunity to reflect on their own identity, share personal or cultural stories, and engage with others in a meaningful, inclusive way.

CULTURAL

Carry cultural knowledge, family history and personal narratives.

RELATIONAL

Build trust, promote dialogue and connect people across differences.

EDUCATIONAL

Develop professional, creative, social and digital skills in one activity.

Purpose, scope and justification

Three lenses on what this module is for, what it covers, and why it earns its place in adult education.

PURPOSE

Why we do this

- Empower participants with voice and visibility
- Develop creative, social and digital skills
- Foster cultural understanding and dialogue
- Provide low-threshold, flexible learning tools

SCOPE

What we cover

- Creating individual recipe postcards
- Integrating storytelling, culture and migration
- Ensuring accessibility (language, literacy, diet)
- Both analog and digital design processes

JUSTIFICATION

Why it matters

- Lowers barriers — invites diverse participation
- Combines cognitive, creative, social, digital skills
- Vehicles for identity, memory, cultural storytelling
- Practical, shareable, easy to incorporate in OERs

Further reading and watching

Two TEDx talks that frame food as a narrative and community practice — useful primers before running your first workshop.

TEDx TALK

Edible Storytelling

Using Food as a Narrative

Marente Van Der Valk · TEDxAUCollege

How everyday recipes carry memory, identity and meaning — and what that opens up for educators working with diverse groups.

[youtube.com/watch?v=9q6czkMOZro](https://www.youtube.com/watch?v=9q6czkMOZro)

TEDx TALK

Cooking Communities

The Cultural Importance of Food

Rocio del Aguila · TEDxWichitaStateUniversity

Food as a cultural connector — how shared cooking builds belonging, trust and intercultural exchange in practice.

[youtube.com/watch?v=dPQCG_nYQPc](https://www.youtube.com/watch?v=dPQCG_nYQPc)

03

SECTION

The Art of Storytelling



Recipes carry stories

Storytelling gives life to recipes — connecting them to personal identity, culture and memory. Recipes carry emotional, social and educational meaning. They are more than just instructions.

Personal & family

Memories, traditions and recipes passed down through generations.

Migration

Stories of arrival, adaptation and the dishes that travel with people.

Cultural tradition

Festivals, rituals and the foods tied to seasons or sacred moments.

Political & social

Antiracism, feminism, queer kitchen spaces — food as resistance.

Sustainability

Climate, regional sourcing and rediscovering low-waste traditions.

Pause and reflect



REFLECTION

*Was there a moment this week
that connected you with food,
culture and / or community?*

You're welcome to share your answer in the forum with others.

Reflection prompts like this work well at the start of a session — five minutes of writing or pair-share before the workshop activity begins.

04

SECTION

How to plan a project



Five steps of the project

Build trust and relationships first — especially when working with marginalised groups. Only on this basis can creative and digital work take place.

01

Group building & trust

Icebreakers, shared meals, informal conversations. Create a safe and welcoming atmosphere.

02

Collecting recipe ideas

Recipes from family, migration, everyday life. Brainstorm favourite meals and meaningful dishes.

03

Storytelling workshops

Link recipes to memories, traditions and identity. Stay flexible — offer audio versions, images, drawings.

04

Digital implementation

Design postcards with tools like Canva. Optional: use AI tools for text support or image generation.

05

Sustainability

Share online and print if budget allows. Build a platform where people worldwide can share recipes.

Working with people: methods that build trust

Trust and relationships are the foundation; creativity and digital skills follow naturally once participants feel safe and valued. Here are six methods that promote active participation without stigmatising.

Voluntary participation

No one is forced to share personal stories.

Peer-to-peer work

Small groups or tandems build safety and trust.

Shared ground rules

Establish rules together with participants, based on their values.

Participatory design

Participants decide how to present their recipes — written, oral or visual.

Positive reinforcement

Comment appreciatively, without comparison or evaluation.

Anonymised options

Those who wish can share stories or recipes without giving their name.

Optional: cook together as a community event

If possible, let participants cook the recipes together — it transforms the workshop into a public moment of belonging. A few practical safeguards apply.

WHY COOK TOGETHER

- Brings the recipe cards to life beyond paper
- Creates an embodied moment of shared cultural exchange
- Builds visibility for participants' contributions
- Connects the project to the wider local community

HYGIENE & SAFETY

Check before you cook in public

Follow hygiene standards and check country-specific regulations for food preparation and public cooking events.

Ensure that necessary requirements are met:

- Safe food handling
- Suitable kitchen facilities
- Participant safety

05

SECTION

Recipe Design



Design for adaptability

Inclusive recipe postcards can be tailored to many participants — beginners in cooking, people with learning difficulties, migrants, or people with visual impairments. The strength of the method is in its adaptability.

“

No recipe postcard can cover every possible need at once. Recipes can be adjusted, simplified, translated or visually supported — depending on the specific group.

WHO IT'S FOR

Different groups, different needs

Beginners, people with learning difficulties, migrants, people with visual impairments — each brings strengths.

WHO ADAPTS

Facilitators are the experts

You and the participants know your local context best — what works, what barriers exist, what makes participation meaningful.

HOW TO ADAPT

Multiple modes available

Adjust, simplify, translate, add visuals, audio narration or step-by-step photographs. Combine modes as needed.

Visual support and digital tools

Visuals and digital media make recipes accessible and engaging. How you design them depends on the group — but a few principles travel well.

DESIGN PRINCIPLES

- **Step-by-step** · Short, clear, sequenced instructions — minimal text.
- **Pictures-only OK** · Use images instead of words where it helps.
- **High contrast** · Colours should be readable for low-vision users.
- **Audio & subtitles** · Digital versions: offer narration and captions.

TOOLS THAT HELP

- **Canva** · Drag-and-drop postcard layouts — free tier is enough.
- **PowerPoint / Slides** · Familiar to many educators; templates work well.
- **AI-assisted design** · Text drafting, translation, image generation.
- **Smartphone apps** · Photo editing, audio recording, voice-to-text.

👉 For a practical overview, see the **Food Includes Toolkit** · foodincludes.eu/digital-tools

06

SECTION

How to handle barriers



Common barriers and how to respond

Barriers are everyday reality for many participants — language, culture, finances, accessibility. Recipe cards only become inclusive if these challenges are taken seriously and translated into creative solutions.

COMMON BARRIERS

- **Language** · Complex wording, lack of translations.
- **Visual** · Small font, low contrast, missing images.
- **Cultural** · Ingredients unavailable or culturally irrelevant.
- **Dietary** · Allergies, intolerances, religious restrictions.

POSSIBLE SOLUTIONS

- **Easy language** · Use plain wording and provide translations.
- **Visual supports** · Add pictures, icons and step-by-step illustrations.
- **Flexible ingredients** · Offer choices and alternatives where possible.
- **Respect practices** · Honour cultural and religious food practices.

👉 *Remember: you are the experts of your own target group. Not all barriers can be addressed at once — sensitivity and openness make participation possible.*

07

SECTION

Recipes as social stories



Two lenses for storytelling

Recipes can be told as a form of story, and the act of telling reveals layers of cultural meaning. These two lenses help structure storytelling workshops.

AS A FORM OF STORYTELLING

How do we tell stories through food?

- **Food as protest & resistance** · How food becomes a means of political or social struggle.
- **Antiracism** · Soul food as a symbol of Black resistance — its history is closely tied to slavery.
- **Feminism** · The invisible care work of cooking and how it can be emancipated.
- **Queer perspectives** · Collective cooking in LGBTQ+ spaces as support and networking.
- **Climate & sustainability** · Rediscovering traditional recipes that are sustainable and regional.

CULTURAL MEANINGS OF FOOD

What does a recipe reveal?

- **Festivals & holidays** · Recipes prepared for Ramadan, Christmas, Diwali.
- **Rituals & community** · Dishes that are always cooked together.
- **Migration & adaptation** · Ingredients replaced or reinvented in new places.
- **Origin stories** · Where a dish comes from and how it travelled.
- **Cultural practices** · What a recipe says about identity and belonging.

Worked example: a storytelling recipe

Same structure as a regular recipe — but with a short story alongside or between the steps. The example below comes from the JGU module.

HOW IT WORKS

Title

Hook the reader with a story-led name.

Introduction

A short paragraph framing the dish in memory or migration.

Ingredients & preparation

Same structure as a normal recipe — but with a short story next to the recipe or between steps.

Optional sensory layer

You can also add scent strips to the card to dive deeper into the story.

EXAMPLE

Grandma's Iranian Pie

A story about migration and home

“When my family came from Iran to Germany in 1995, the first dish we cooked here was our favourite pie. But we had to replace some of the ingredients...”

When the story won't fit on the card

If the story is bigger than the postcard, move it to audio or video. Add a short written intro on the card and link to the longer piece with a QR code.

OPTION 01

Podcasts & audio

Benefits

- More emotional when narrated aloud
- Voice and expression convey atmosphere
- Accessible for low-vision and pre-literate participants

How to do it

- Tell the recipe as a personal story (e.g. “My mother taught me to knead dough when I was five...”)
- Include different voices from the community
- Combine instructions, anecdotes and cultural background

OPTION 02

Video recipes

Benefits

- Visual context anchors the recipe in a place
- Storyteller can talk about origins while cooking
- Subtitles and sign language widen reach

How to do it

- Scenic design: hands kneading, an old family cookbook on the side
- Layer narrative over the cooking action — not separate from it
- Include subtitles and sign language for accessibility

Further reading and resources

Talks, tools and project resources cited throughout this OER. All links were live at the time of publication.

TEDx TALKS

Edible Storytelling: Using Food as a Narrative

Marente Van Der Valk · TEDxAUCollege
youtube.com/watch?v=9q6czkMOZro

Cooking Communities: The Cultural Importance of Food

Rocio del Aguila · TEDxWichitaStateUniversity
youtube.com/watch?v=dPQCG_nYQPc

TOOLS & TOOLKIT

Food Includes Digital Tools Toolkit

foodincludes.eu/digital-tools

Canva

Free design templates for postcards

Powerpoint / Google Slides

Familiar tools for educators

AI tools

For drafting, translation and image generation

PROJECT & CONCEPTS

Erasmus+ Food Includes project

foodincludes.eu

Soul food and Black resistance culture

Cultural & political context

Migration food histories

Reading on dishes that travel

Sustainable & regional cooking

Climate-conscious adaptation