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#1 EAT AT ETHNIC RESTAURANTS

First, **search online** for small, family-run ethnic restaurants. Try Indian, Mediterranean, Iranian, Vietnamese, Turkish, Pakistani, Bangladeshi, Filipino, Russian, or North African. I just googled "*North African restaurants near me*" and found three Ethiopian restaurants I never knew about!

Next, make sure they are serving **dine-in**. You want to go and sit so you can meet the (likely family-owned) owners. **Go on a week-night** or early afternoon when it's not busy or lunch is fine too!

Order (and tip) generously, and ask the server questions. (If the server doesn't have the country's heritage, they'll bring out someone who does), Ask, "*What dishes do you recommend? We want to try a sampling of all foods Ethiopian! Do you have family ties to Ethiopia? We are here to experience Ethiopian culture, can you tell us what you love about it? How did this restaurant get started? What do most Ethiopians believe about God?*"

If you love the people and the food, go back the next week (and bring friends), and grow a relationship with them!

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#2 SHOP AT ETHNIC GROCERY STORES

Did you know almost every city has parts of it that are distinctly ethnic? You can find them by scouting out the ethnic grocery stores, searching on the internet for *"ethnic grocery stores near me"*.

Go on a date with your spouse, or an adventure with the people you're sitting by at the conference—and go shopping for food at one of them maybe named Makong Supermart, Zam Zam's, or Tumeric Express Indian Grocery. Browse for new ingredients for cooking, and ask customers hanging out in the same aisle (who are likely from that country) how to cook with it.

Also, look around outside ethnic grocery stores. You'll often find a small community of specialized clothing stores, perhaps an ethnic salon, small ethnic restaurants, mosques, or temples. You can visit those too, learn from people who work there, and buy from them. Chances are, if you just GET OUT THERE and be in places where people in other cultures ARE, you'll meet people.

At the very least, you'll come back with some fun stories, yummy cooking experiments, and all the feels of a short-term trip.

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