

Call The FRIEDAcommunity FOODbook  
for **YOUR  
Stories &  
Recipes** ■

**FRIEDAcommunity is making a FOODbook  
and we would love for you to be part of it!**

Unlike other cookbooks, The FRIEDAcommunity FOODbook is about memories and stories related to recipes rather than just the recipes themselves. It will be a true FRIEDAcommunity collaboration from and for all including our members, visitors, participants, writers, artists, cooks and chefs. This reflects FRIEDAcommunity's approach to connecting people from all generations and all social, cultural, and ethnic backgrounds through food, art, and culture, so they can inform and learn from each other.

Additional Information

- Submitters may be contacted to participate on a voluntary basis (optional) in an online or in-person demonstration of the recipe for the benefit of FRIEDAcommunity. This could include a cooking demonstration at FRIEDA or at a "studio kitchen."
- Submitters grant FRIEDAcommunity all rights to the material sent to FRIEDAcommunity, including all recipes, text, and photos. Such material may be reproduced in publications and communications for purposes including, but not limited to, publicity related to the café, FRIEDAcommunity, and FRIEDAcommunity's website. If you have any questions, please contact us at [hello@frieda.community](mailto:hello@frieda.community).
- Recipes cannot be un-submitted, taken down, or removed from the FRIEDAcommunity foodbook, except by FRIEDAcommunity.
- FRIEDAcommunity may engage the work of outside partners to contribute to the creation of the cookbook, e.g., publishers, illustrators, artists, etc.
- By submitting to FRIEDAcommunity, you give FRIEDAcommunity the license to organize, translate, and/or categorize your submission however it sees fit.
- By submitting, all ownership rights and irrevocable right and permission to use, copyright, publish, sell, distribute, and/or promote the material sent and received are granted to FRIEDAcommunity for the sole use by and for the benefit of FRIEDAcommunity, a 501(c)(3) organization, in support of and to further its mission of (re)connecting generations.

**SEND US YOUR FOOD STORY**

This could be a personal memory, a significant event, or a family tradition. It could be a work of fiction, an illustrated narrative, or a poem. Any type of food-related story is welcome.

**SEND US YOUR FOOD ART**

If you have art or images, photos, pen-and-ink drawings, oil paintings, watercolors, collages, etc. to accompany your story or recipe, please share them.

**SEND US YOUR FOOD RECIPE**

If you simply want to share a recipe, please submit it.

To submit your food story, art, and/or recipe, send the following information to [hello@frieda.community](mailto:hello@frieda.community) or bring it in person to FRIEDA, 320 Walnut Street.

- 1.** Your name and contact information (phone number and email). If applicable, provide a link to your creative portfolio and/or website for inclusion and recognition
- 2.** Your FOOD story, preferably in 150-300 words  
*And/or*
- 3.** Your FOOD recipe All recipes are welcome. Please include a list of ingredients and step-by-step instructions  
*And/or*
- 4.** Your FOOD images  
Include any art or images to help to tell the story

The FRIEDAcommunity FOODbook is an ongoing project. We plan to publish a free, digital version, and we hope to eventually create a printed version with our most remarkable stories, art, and recipes.

**Any submission FRIEDAcommunity receives is considered a gift.**

FRIEDAcommunity reserves the right not to use any submission. In the event that the cookbook is ever monetized in any way, all proceeds will be used by our non-profit to further community engagement and fulfill our mission of (re)connecting generations.

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Name

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Email address

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Website, instagram account (if applicable)

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Title "Food story"

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Signature, date



FRIEDAcommunity (re)connecting generations

320 Walnut Street Philadelphia, PA 19106

[hello@frieda.community](mailto:hello@frieda.community) [www.frieda.community](http://www.frieda.community)