

Ways to Engage Your Family in Cultures within Minnesota

SCANDINAVIAN CULTURE

Visit the Turnblad Mansion at the American Swedish Institute in Minneapolis over the Christmas holiday season. For an authentic meal, stop by the Nordic inspired café FIKA inside the Nelson Cultural Center at the Institute or if you want to simply sample some Scandinavian sweets after your visit, stop by Café Finspang at the nearby Midtown Global Market.

Questions to reflect on with your family during and after your outing:

1. What is one thing you learned about Scandinavian culture as a result of this outing that you did not know before?
2. Of all the foods you sampled which was your favorite?
3. Does your family history include Scandinavian roots? What is one thing you each appreciate or enjoy about your Scandinavian background—food, cultural tradition, music?
4. Did you observe or learn about any challenges that Scandinavians had when they first settled in Minnesota?
5. Do you see any challenges that Scandinavians still face living in Minnesota?

AFRICAN AMERICAN CULTURE

Visit the Minnesota African American Heritage Museum and Gallery in Minneapolis. After taking in the history enjoy the best soul buffet in Minnesota at Mama Sheila's. Mama Sheila's provides a lesson in African American cooking as well as a trip down the history of Black music with walls lined with the images of great musicians. If a buffet seems overwhelming head over to nearby Midtown Global Market and sample the fares at Soul to Soul Smokehouse.

Questions to reflect on with your family during and after your outing:

1. What is one thing you learned about African American culture as a result of this visit that you did not know before?
2. Of all the foods you sampled which was your favorite?
3. Does your family history include African American roots? What is one thing you each appreciate or enjoy about your African American background—food, cultural tradition, music?
4. Did you observe or learn about any challenges that African American's had when they first settled in Minnesota?
5. Do you see any challenges that African Americans still face living in Minnesota?

HMONG CULTURE

Head to St. Paul's Frogtown neighborhood to visit the Hmong Cultural Center and Museum. Afterwards it's just a short trip to St. Paul's Payne-Phalen neighborhood to experience Hmong Village. Hmong Village is a massive Hmong and Southeast Asian shopping center with 17 restaurants and delis. You'll find everything from papaya salad to pork belly, traditional soups, purple sticky rice, larb and more. Hmong Village also houses a Farmers Market so make this a late summer outing for the added bonus of fresh take home vegetables.

Questions to reflect on with your family during and after your outing:

1. What is one thing you learned about Hmong or Asian culture as a result of this visit that you did not know before?
2. Of all the foods you sampled which was your favorite?
3. Does your family include Asian roots? What is one thing you each appreciate or enjoy about your Asian roots—food, cultural tradition, music?
4. Did you observe or learn about any challenges that Hmong people had when they first settled in Minnesota?
5. Do you see any challenges that Hmong people still face living in Minnesota?

Additional questions for family discussion for all cultural groups

1. What are some barriers that you have found make it challenging to connect with specific cultural groups in Minnesota?
2. What are some possible ways you can think of to help build bridges to connect with specific cultural groups in Minnesota?
3. As a follower of Jesus what are some ways you would like to grow in your understanding of culture and in making new connections with people from different cultures than your own?

What other cultural groups can you think of that are represented in Minnesota? As a family think of creative ways you can learn more about, interact and get to know people from some of these additional cultural groups?



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