



Icebreaker

Telling Stories



**GET
TOGETHERS**
Bringing people together through food

 **COMMUNITY
FUND**



How to play

When you're holding a Food for Life Get Together, you might bring together lots of people who don't know each other. Asking people to tell stories about things we can all relate to is a fun way of getting people to know each other. It can also get those who don't immediately feel comfortable chatting to new people to move around the room.

The aim is to talk about things that we can all relate to, without people having to talk about themselves too much. That may seem strange, but it can help people conquer their nerves.

Tips:

You could ask people to write their stories down too, as that can help them consider what they want to say. Or you could write the questions on a white board or flip chart paper so that everyone can see them. Here are some questions we know work well with groups, but you can make up your own too.

What is the best meal you've ever had? Tell us where it was, who made it, if you've ever tried to recreate it.

What was the last new or surprising thing you learned?

What one thing can't you live without and why?

