“When I get a little money, I buy books. And if there is any left over, I buy food.” - Erasmus

There are hundreds of ways to connect with people from around the world, and sharing a meal is surely one of the best. Breaking bread together is regarded as so fundamental to human relationships that we find the invitation to eat, drink, and be merry with others embedded many times over in common words from languages around the world. In English, the word “companion” literally means a person “with bread,” and the word “lady” comes down to us from the Old English “hlaf-dige,” “maker of the bread.” And if “the way to a man’s heart is through his stomach,” trust that the way to a friend’s heart may well be by that same thoroughfare.

Food! Where it comes from, where it’s going, how it came to be on the shelf or on the tines of a fork....food comforts us and torments us, it satisfies yet makes us ponder who we are and how we are related to others in our common human need for it. So start your international culinary journey with a book or a Web site or a conversation, and take it all in one morsel at a time, the history, the culture, the romance and the wonder of food. Get to know the people who cultivate it, harvest it, prepare it, consume it, crave it, savor it, and soon the world and its peoples will become an essential part of your life...like food.

You don’t have to have a lot of money to join others from around the world for a meal. In fact, you don’t have to have any money at all.

Fast for Global Solidarity.
Once a month...or a week...forego a meal and spend that time learning about what your neighbors around the world don’t eat and why.

For support and companionship in your fast, try networking or have a look at some of the resources online at:

Oxfam International
www.oxfam.org

America’s Second Harvest
www.secondharvest.org

The Hunger Project
www.thp.org/overview/mission.html

Heifer International
www.heifer.org

Other Ways to Learn as You Eat

IU South Bend’s Unity Gardens
Phone: 574.520.5805

Purple Porch Coop
Phone: 574.274.9889

Office of International Student Services
Education & Arts Bldg, Rm. 2001
Mailing Address: 1700 Mishawaka Ave
P.O. Box 7111
South Bend, IN 46634-7111
Phone: 574.520.4419
Fax: 574.520.4590
oiss.iusb.edu
Restaurants

**CHINESE**
There are many Chinese restaurants in South Bend, Ask a Chinese student or faculty member to recommend a favorite!

- **CAJUN**
  - Chicory Cafe, 105 E Jefferson Blvd.

- **GREEK**
  - King Gyros, Several locations
  - Nick’s Patio, 1710 N Ironwood Dr.

- **INDIAN**
  - India Garden: (1) 615 W. Edison Rd (2) University Park Mall

- **IRISH**
  - Fiddler’s Hearth, 127 N. Main St.
  - O’Rourke’s Public House, 1044 Angela Blvd.
  - Sean O’Casey’s, 123 N. St. Joseph St.

- **ITALIAN**
  - Carmella’s, 214 N. Niles Ave.
  - Ciao’s, 119 N. Michigan St.
  - Cosimo and Susie’s A Bit of Italy, 2445 Miracle Ln*
  - Giannetto’s, 100 N. Center St.*
  - Rocco’s, 537 N. St. Louis Blvd

- **JAPANESE**
  - Hanayori, 3601 Grape Rd.*
  - Matuba, 2930 McKinley Ave.
  - Mikado, 402 N. Dixie Way
  - Toyo Grill, 620m W. Edison (Japanese & Korean)
  - Zing Japanese Fusion, 206 N. Main*

- **KOREAN**
  - Seoul Garden, 1628 E. McKinley*
  - Sunny’s Korean Garden Patio, 512 S. Spring St.*

- **KOSHER**
  - Midwest Kosher & Deli, 560 W. Ireland Rd.

- **LEBANESE/MIDDLE EASTERN**
  - Elia’s, 2128 South Bend Ave.
  - Aladdin’s Eatery, 317 W. University Dr.*

- **MEXICAN/LATIN**
  - El Paraiso, 425 S. Main St.
  - Fiesta Tapatia, 119 W. McKinley
  - La Esperanza, 1636 N. Ironwood
  - Mazatlan, 507 E. McKinley*
  - Mi Cocinta, 4333 W. Western Ave.
  - Taqueria Chicago, 2920 W. Western Ave.
  - Puerta Vallarta, 4609 Grape Rd.*

- **PUERTO RICAN**
  - Javier’s Bistro, 2007 Miami St.

- **POLISH-AMERICAN**
  - Anchor Inn, 2224 W. Western Ave.

- **SALVADORAN**
  - Girasol, 525 N. Eddy St.

- **THAI/ASIAN FUSION**
  - Bangkok Thai, 2522 Miracle Ln*
  - Cambodian Thai, 229 S. Michigan
  - Siam Thai, 211 N. Main St.

- **VENEZUELAN**
  - Mango Cafe, 1740 South Bend Ave.

- **VIETNAMESE**
  - Cre-Asian, 1639 Ironwood
  - Bowl of Pho, 5626 Grape Rd*

*Indicates a Mishawaka location.  All others in South Bend.

Markets & Bakeries

- **Aldi (European)**
  - 202 E. Ireland Rd.

- **Al Medina (Halal)**
  - 4215 Grape Rd.*

- **Bamber’s Superette (Italian)**
  - 2022 South Bend Ave.

- **Breadsmith Bakery (Kosher)**
  - 1145 Mishawaka Ave.

- **Ciao’s Italian Bakery**
  - 119 N. Michigan St.

- **Dong Fang Food Market (Asian)**
  - 1837 South Bend Ave.

- **El Paraiso Grocery (Latin)**
  - 425 S. Main St.

- **Farmer’s Market (International/Italian)**
  - 1105 Northside Blvd.

- **Himmel Haus (German & European)**
  - 3444 S. Main St., Elkhart

- **The Indian Market (South Asian)**
  - 615 W. Edison Rd.

- **Macri’s Italian Bakery**
  - 214 N. Niles Ave.

- **Oriental Market (Asian)**
  - 3618 Grape Rd.

- **Rosale’s Super Mercado (Latin)**
  - 1518 S. Michigan

- **Saigon Market (Asian)**
  - 208 W. Colfax Ave.