

on the table.

Hosting tips & recipes for connection

Calling all Creatives

The first question you're likely asking yourself is what topic of discussion you should pick. You can talk about anything that matters to you - this could be something on your mind that you'd like to reflect on with others, an idea you're passionate about, even something you may be struggling with. Have fun with it. Maybe you'd like to open a conversation around creating more inclusive workspaces — or maybe you're really into golf, and want to discuss that!

One thing we can pretty much guarantee: whatever you choose as your topic, it will lead to some incredible conversations. Putting an initial theme out there gives your event a focus and gives your guests an idea of what will be discussed, but know that the conversation may naturally evolve and change around the table. And that's totally okay too.

On the menu — for On The Table

For the curious host who wants to try something new and exciting:

What inspires you? What would you like to learn more about? Being curious in the world is the first step toward finding others who share similar interests. Declare your topic as a magnet to attract like-minded individuals in your community.

Hear what Head Chef at Nada Grocery, Chantal Poirier, has to say about sharing her passions and values with others through food.

Chantal Poirier

Head Chef at Nada Grocery

“I personally like to encourage people to change one specific habit at a time.”

“Just having a conversation about plastic is a good start in the right direction. I personally like to encourage people to change one specific habit at the time, since I believe that small and slow steps are most likely going to bloom into larger and permanent new habits rather than getting you discouraged, lost, and overwhelmed with a completely new lifestyle. When you take action on environmental issues such as reducing your plastic consumption, it's empowering. It feels good to do good! I know as well that our actions are sometimes louder than our words; they can lead and inspire many people around us to follow our path. Together we can alter for the better!”

— Chantal Poirier, Head Chef at Nada Grocery



Teriyaki Tofu Bites

What you'll need

600g tofu cut into small bites (I like triangle shapes)

TERIYAKI SAUCE

250g tamari

150g water

150g coconut sugar or brown sugar

65g rice vinegar

15g garlic

10g fresh ginger

15g cornstarch

Garnish Options

Green onion

Cilantro

Hot pepper

Toasted sesame seeds

How to make it

1. Preheat the oven at 350° F.
2. Put all the ingredients for the teriyaki sauce in a blender and mix until well combined.
3. Pour the mixture in a saucepan, bring to a boil and simmer for 10 minutes. Make sure to stay close and stir often so the sauce doesn't stick to the pan or overflow.
4. Set aside 1/2 cup of the sauce in a bowl for later. In a bowl put the tofu pieces and the remaining teriyaki sauce. Mix well.
5. On a baking sheet, place the tofu pieces with the sauce in one layer. Bake for 10 to 15 minutes. Flip the tofu pieces and put back in the oven and broil for 2–3 minutes on the top grill.
6. Plate on a serving board with the sauce on the side and add garnishes. Enjoy with friends!