

Food for Thought by Nan Frydland and Rose Nzapa Ayeke



My name is Rose
Nzapa Ayeke.



I was born in the
Central African Republic.

I'm a refugee.



The Central African Republic is a country in Africa.



I fled my country because I was afraid of men with guns.

I was afraid to speak openly.





First, I went to Cameroon.

Then, I went to the United States.



I needed to learn English.

I went to English class
for a long time.

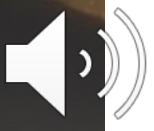


Our English class went
to a farmers' market.
We bought vegetables.



Our English class went to
the New York Botanical
Gardens.

Look at the fish!





I studied to become an American citizen. 

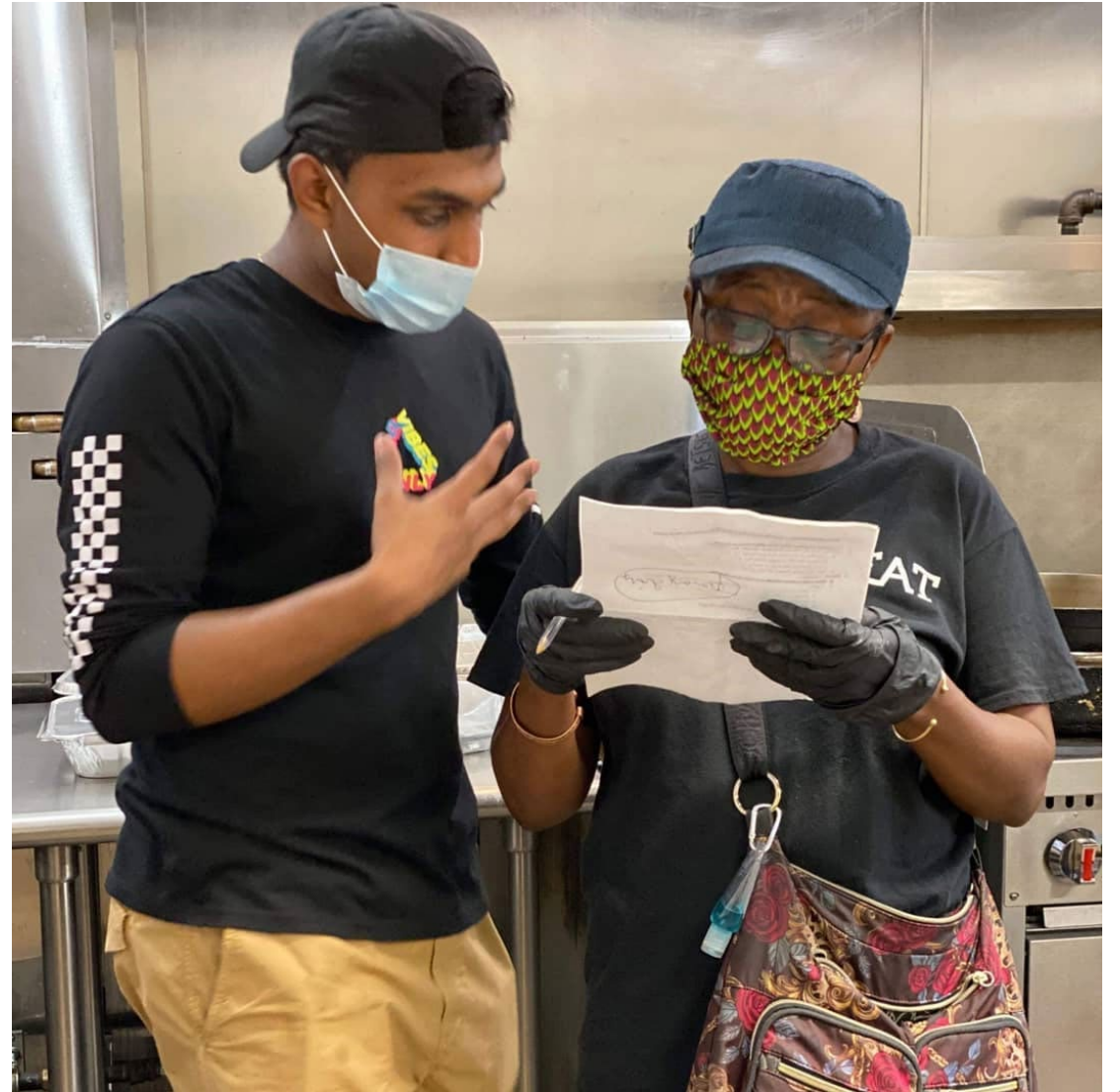


I became an American citizen. Now, I can vote!



I looked for work.

I got a job at EAT OFFBEAT.



We are all immigrants
at EAT OFFBEAT.

We cook food from
our home countries.



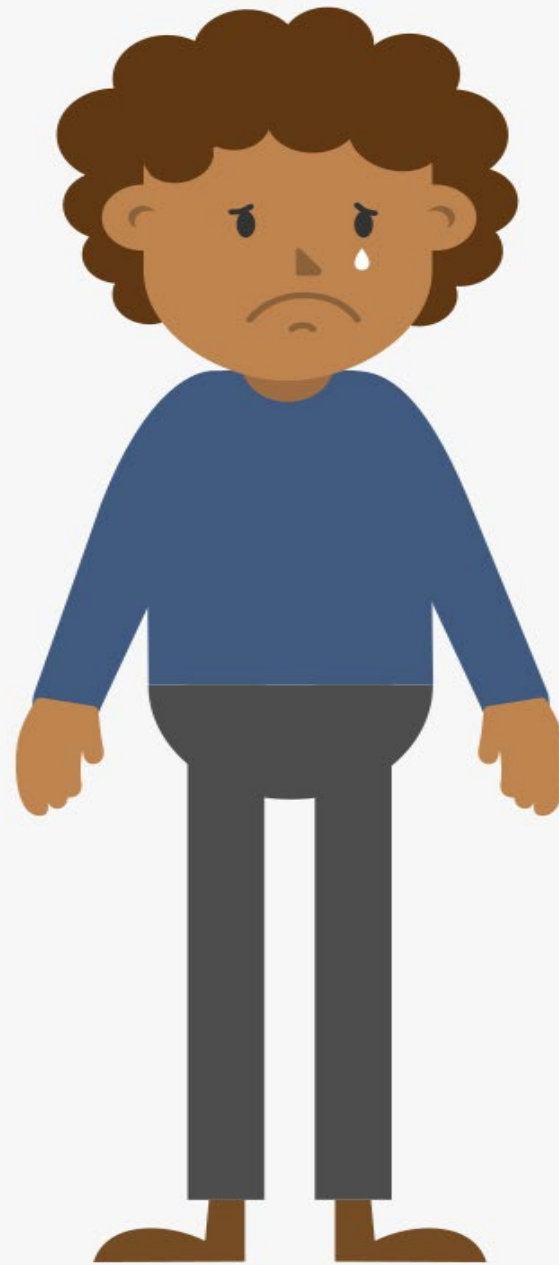
My boss asked me to speak about my life because I am a black refugee.





I said I love working with other refugees
and immigrants.

But sometimes
people do bad
things to me
because I'm
black.



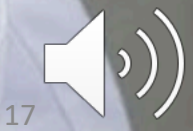


It's not right.

I don't understand. I stand up for myself.



I love being black!



EAT OFFBEAT
celebrates black
people and all
immigrants and
refugees.



Juneteenth is a day to celebrate the end of slavery in the U.S.



Because I live in
the Land of the Free
I am not afraid.
I have hope.





Rose Nzapa Ayeke and Nan Frydland

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