

Ammar Shahid

Neighbourhoods, Integration and your Tastebuds!

Ammar is one of three U of L grads who strongly believe in providing newcomers with an opportunity to integrate into our city, by bringing Syrian Cuisine to Lethbridge.

I moved to Lethbridge roughly three years ago from Calgary to attend Lethbridge College and the University of Lethbridge. While at both institutions, I was able to get a better appreciation for businesses and social enterprises. Enter Jeeran55. Jeeran55 is a Syrian Kitchen that is powered by newcomer women that uses food as a way to help Jeeran's (neighbours) come closer. I would love to see a thriving Syrian cuisine kitchen in Lethbridge. It will give Lethbridge residents another option for food, and it is also the first Syrian cuisine to be introduced to the city. I'll be sharing our motivation on why we wanted to bring neighbours together, all while connecting us with something we all love - Food!