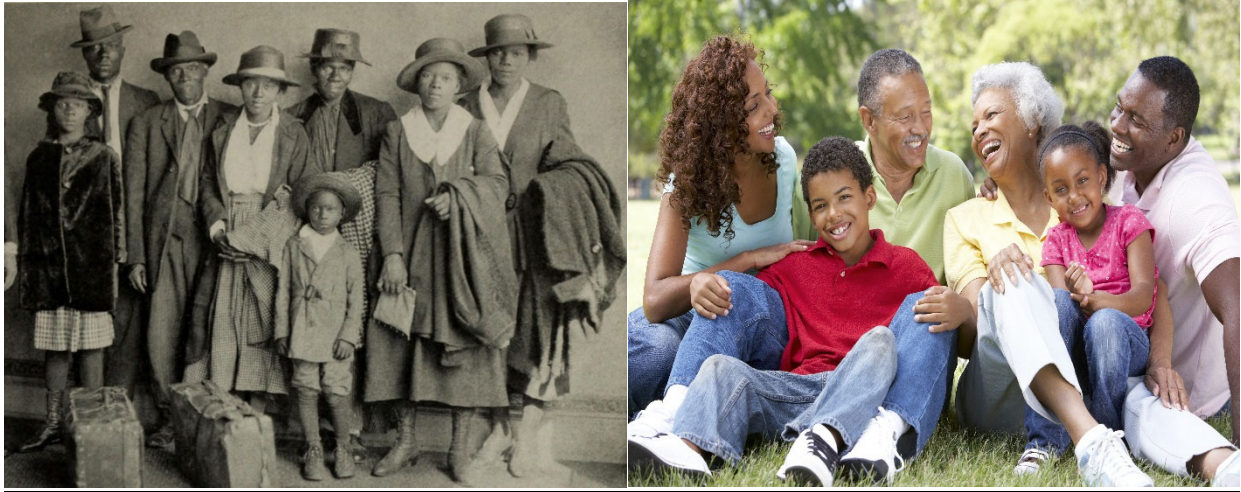


Multi-Agency Black History Committee presents

# The Black Family:

## Representation, Identity, Diversity



## Black History Month – A Celebration of Flavors

Food, by definition, is any nutritious substance that people or animals eat or drink or that plants absorb in order to maintain life and growth. Culture is categorized by the customs, arts, social institutions, and achievements of a nation, people, or other social group. Hence, collectively, food culture can be defined as the attitudes, beliefs and practices that surround the production and consumption of food. Food Culture unites our ethnicity, cultural heritage and provides an instrument of communication with others both externally and within our families and communities.

There is nothing more gratifying than sharing a homecooked meal with family and friends. You know...one of those dishes that simmered all day long and takes you back to a time of comfortable sounds, familiar scents and an all-around feeling of inner peace...like being "home" again!

From the beginning of time, the basic process of slow cooking meats over smoke took place throughout the barbecue belt that runs from Maryland on down through Mississippi with the top pit masters being of African American decent. Fortunately, as migration from the south occurred, those of us situated in the north east can reap the gastronomic benefits of these culinary delights.

To celebrate Black History Month, please consider dining at any of these Black-owned businesses in the Commonwealth serving selections of African, Island, BBQ and southern cuisines.

Island Vibes Caribbean Restaurant & Bar	921 W. Hamilton St	Allentown	18101	610-905-3484	Caribbean Cuisine
Braai Hut	216 E Broad St	Bethlehem	18018	610-849-2263	Zimbabwean Cuisine
Coal Lounge and Grill	381 W Broad St	Bethlehem	18018	484-456-1192	West African Fusion- Ghanaian Cuisine
Nyree's Restaurant	1104 Carlise Rd. Suite 130	Camp Hill	17011	717-412-7302	Comfort Food
Got Jerk island Grill	1251 Harrisburg Pike	Carlisle	17013	717-462-4275	Island Flair
PB's Kitchen with Southern Smoke	814 Newville Rd	Carlisle	17013	717-315-0016	BBQ (roadside shack)
S & S Island Cuisine	508 Main St	Darby	19023	610-461-0700	Jamaican Cuisine
Pineapple Eddies Southern Bistro	1402 10th St	Erie	16502	814-454-0700	Southern & Caribbean Cuisine
Cherry's Caribbean Palace	415 Main St	Freemansburg	18017	610-419-4456	Jamaican and soul food
Shugar Shack Soul Food	45 N Chester Pike	Glenolden	19036	610-255-2155	Southern Style Soul Food
Capow Jamaican Restaurant	1403 Market St	Harrisburg	17103	717-238-1543	Jamaican
Crawdaddy's	1500 North 6th St	Harrisburg	17102	717-232-7374	Southern food with New Orleans flair
Feed Your Soul	421 Friendship Rd Ste 4	Harrisburg	17111	717- 970-3055	Soul Food
Got Jerk island Grill	4220 Union Deposit Road	Harrisburg	17111	717-540-5375	Island Flair
House of Vegans, CFC	1426 North 3rd St.	Harrisburg	17102	717-963-7120	
Mariama's African and Jamaican Cuisine Restaurant	1029 Market St	Harrisburg	17101	717-525-9501	Jamaican cuisine
Od's Fish House	1500 Market Street	Harrisburg	17103	717-233-6870	
Queen's BBQ and Southern Cuisine	912 N 3rd St	Harrisburg	17102	717-526-9998	BBQ
Raising the Bar	1233 N 3rd St	Harrisburg	17102		Bakery
Sad's Soul Food Café, LLC	1706 Walnut Street	Harrisburg	17103	717-525-9492	Soul Food
Soul Burrito & Wings	314 South Progress Ave.	Harrisburg	17103	717-497-8343	Burritos & Wings
Soul House Café	1639 Paxton Street	Harrisburg	17104	717-236-3500	Soul Food

Sweet Confections Cakes	4702 Fritchey Street	Harrisburg	17109	717-671-7111	Bakery
Tasty Dishes @ The Market	1233 N. 3rd St	Harrisburg	17202	717-649-1693	
Ward of Health	1233 North 3 <sup>rd</sup> Street	Harrisburg	17102	717-421-1420	Holistic Cuisine
Awash Ethiopian Restaurant	1027 Dillerville Rd	Lancaster	17903	717-291-1542	Ethiopian Cuisine
Big 5 African Cuisine	630 N Plum St	Lancaster	17602	717-208-6035	Assorted African dishes
Blazin J's	15 E King St	Lancaster	17602	717-945-7197	Southern Fried Chicken/ Sides
Callaloo Trinidadian Kitchen	351 N Mulberry St	Lancaster	17603	717- 824-3964	Trinidadian Cuisine
Caribbean Wave Jamaican Jerk Restaurant	701 E Chestnut St. #3125	Lancaster	17602	717-945-6311	Caribbean food
Rafiki Shoppe	23 N Market St	Lancaster	17603		North African/ African Cuisine
Soulcialize Catering	23 N Market St	Lancaster	17603	717- 826-1119	Soul Food/ Southern Style
Xulbo Bridge Food Stand	24 E King St	Lancaster	17602	610-415-8151	Somalian/ rotating global menu
48th Street Grill	310 S 48th Street	Philadelphia	19143	267-244-4764	Jamaican & Caribbean Specialties
Aksum Café	4630 Baltimore Avenue	Philadelphia	19143	267- 275-8195	
Barkley's BBQ	2017 N 29th St	Philadelphia	19121	215- 763-7427	BBQ Restaurant & food truck
Bleu Soul Fine Dining	6339 Germantown Ave	Philadelphia	19144	215-621-7790	
Bookers Restaurant	5021 Baltimore Ave	Philadelphia	19143	215-883-0960	Southern Soul Food with Modern Twist
Butter's Soul Food To Go	2730 W Gerard Ave	Philadelphia	19130	215-235-4724	Soul Food
Chef Dea's Gourmet Catering		Philadelphia		267-225-7625	Island Flair
Frannie Nicks	824 S 8th St	Philadelphia	19147	215-923-3495	Soul Food
IMunch Café	1233 N. 31 <sup>st</sup> Street	Philadelphia			
Keven Parker Soul Food Café	51 N. 12 <sup>th</sup> Street	Philadelphia	19107	215- 922-2317	
Ms. Tootsie Soul Food Café	1312 South Street	Philadelphia	19147	215- 731-9045	
Reef Restaurant and Lounge	South 3 <sup>rd</sup> Street	Philadelphia	19147		
Reggae Reggae Vibes	517 W. Girard Avenue	Philadelphia	19123	267- 457-2970	
Relish Restaurant	7152 Ogontz Avenue	Philadelphia	19138	215- 276-0170	
South Kitchen & Jazz Bar	600 N. Broad Street	Philadelphia	19130	215- 600-0220	
Star Fusion Restaurant	2013 N. 63 <sup>rd</sup> Street	Philadelphia	19151	215- 879-1108	
C & D's Kitchen	4901 2nd Ave	Pittsburgh	15207	412-224-2658	

Carmi Soul Food	1825 E Carson St	Pittsburgh	15203	412-231-0100	Soul Food
Becketts Rib Joint	324 Walnut St	Reading	19601	610-375-1857	BBQ Southern Style
Rosa's Southern BBQ Grill	300 Lackawanna Ave	Scranton	18503	570-472-7064	BBQ Southern Style
Paradise Soulfood & Sweets	350 Adams St	Scranton	18503	570-703-0403	Soul Food
Mabel's BBQ	607 E Market St	West Chester	19382	610-701-0288	BBQ
Miss Winnie's	211 E Market St	West Chester	19380	484-266-0508	Jamaican
Cornbread West Mifflin	2351 Century Drive	West Mifflin	5122	412-853-3019	
Mecca Caribbean and Soul Food	166 Franklin St	West Reading	19611	610-396-5584	Caribbean and Soul Food
Nelz Jamaican Food and Wings	401 N George St	York	17401	717-600-9868	Jamaican cuisine
Skillet2Plate Soul Bistro	30 Eberts Lane	York	17403	717-893-2111	Soul Food
The Steak Out	917 E. Market St.	York	17403	717-893-2912	Sandwich Shop

\*\*\*Bonus for you Philadelphia Diners: Black and Mobile... is an app created by two brothers that exclusively handle delivery from Black restaurants in Philly, similar to Uber Eats and Grubhub.