

Let's Celebrate Our Diverse Heritage

Join Us as We Spotlight & Explore Staff Countries of Origin



The Diversity Equality and Inclusion (DEI) committee sends a survey every other month to celebrate the diversity in the GHI family! Each of us have a unique heritage and personal culture that makes us who we are. Sharing and learning about those details is vital to growing together as a team! And there's no better place to start than learning about countries we each call home.

Our first country to explore is none other than the Land of Gold, Ghana! Keep reading to learn more about our Ghanaian colleagues and their home country!



Country: Ghana | Capital: Accra

Ghana is a West African country located on the coast of the Gulf of Guinea. With a population of more than 31 million, Ghana is home to more than 80 indigenous languages, dialects and distinct cultures.

Adopted in 1956, Ghana's flag consists of four colors.

Red represents the bloodshed in the country's struggle for independence. **Gold** represents mineral wealth. **Green** symbolizes the country's rich forests. The **Black Star** stands for the lodestar of African Freedom.



We surveyed 135 GHI staff, residents and members about Ghana

How familiar are the respondents with Ghana's people, history and culture

50% not at all familiar

34% somewhat familiar

16% very familiar (This helps us see a great need to learn more about our colleagues!)

17% of the respondents have lived in or visited Ghana

12% of the respondents recognize Ghana as their country of origin

94% of the Ghanaian respondents still have family in Ghana

86% of them speak Twi (Asante)

25% of them speak a language other than Twi and understand other dialects



Diversity, Equality & Inclusion

Educate. Embrace. Empower.

Staff Spotlights | Zenabu and Charity

Each Country of Origin Spotlight survey invites staff from GHA, GHBC, GHAH and HCBS to be featured in the spotlight. This month, say Maakye [maa-che] (Ghanaian Good Morning) to Zenabu and Charity below.

The next survey will be available on April 4, 2022 and will feature Ethiopia, the Land of 13 months of sunshine.



Zenabu Musah

Department: Environmental Services at GHBC

Joined GHI in 2009

Favorite Ghanaian Food: Waakye

What do you want us to know about your country?

The Ghanaian culture is amazing, including weddings, naming ceremonies and other traditions.

What do you want your family to know about the U.S.?

I love the United States. There are many opportunities, like the opportunity for my children to have a good education.

What's your primary language? Do you speak other dialects?

Twi and yes, I do speak other dialects.



Charity Ampong

Department: Nursing at GHA

Joined GHI in 2001

Favorite Ghanaian Food: Fried ripped plantains and blackeye bean stew, kenkey and fried fish

What do you want us to know about your country?

Ghanaians are very kind and welcoming to everyone.

What do you want your family to know about the U.S.?

The U.S. is a great country with unlimited opportunities.

What's your primary language? Do you speak other dialects?

My primary language is "Twi (Ashanti). I can understand a few others but cannot speak them.

Favorite Ghanaian Food | Jollof Rice

Inspired by Ghanaian Colleagues / Made by Chef Nina



The most popular dish from our respondents is Jollof Rice, a delicious dish typically made with long-grain rice, onions, tomatoes and other vegetables and spices. It's a colorful delicacy made a variety of ways throughout West Africa.

Chef Nina worked with other GHI chefs and staff to make and serve authentic Jollof Rice to staff and residents.

See the recipe below to make your own rice!



Lead Cook Eugenie and Chef Nina at GHBC



Nina Rota and Ruth Sar at GHBC

Make Jollof Rice at Home!

Ingredients:

- ½ cup vegetable oil
- ½ onion diced
- 1 knob of ginger, chopped fine
- 4 cloves of garlic, minced
- 2 diced tomatoes
- ½ habanero peppers
- 14.5 oz crushed tomatoes
- 1 ½ cups of chicken or beef broth
- ½ tsp. black pepper
- 1 tbsp. chopped Rosemary
- ½ tsp. nutmeg
- 1 tsp. curry powder
- 1½ tsp. salt
- 2 ½ cups jasmine rice
- ½ cup of water

Instructions:

1. Heat vegetable oil in a large pot over medium heat.
2. Cook onions, ginger and garlic until light brown.
3. Add diced tomatoes and peppers. Cook for 5-7 minutes. Stir constantly.
4. Add crushed tomatoes and simmer for 10 minutes.
5. Add broth and spices. Cover and cook for 10 minutes.
6. Rinse jasmine rice. Add and stir until combined.
7. Lower heat. Cover pot with plastic wrap and a lid. Stir every 10 minutes until rice is cooked. May need to add up to ½ cup of water.
8. Serve with goat, beef, lamb or chicken and a creamy coleslaw.

Favorite Ghanaian Food | Jollof Rice

Inspired by Ghanaian Colleagues / Made by Cook Belinda

GHA Small House Cook Belinda Baisie made a beautifully plated Jollof Rice feast for the small houses.

She served her Jollof Rice with chicken and coleslaw, as is customary for Jollof Rice in Ghana. What a wonderful treat!

We encourage you to make your own Jollof Rice and share it with your loved ones!



Small House Cook Belinda Baisie at GHA