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**Shela Women's Association** is a unique place in Lamu, Kenya where you can connect with an incredible group of local women over food.

People can experience the local culture through Swahili cuisine and connect with the community, while the women of Shela are able to create an income through responsible tourism.

**How to Engage with Shela Women's Association**

- Purchase their cookbook: *The Flavors of Lamu*
- Book a private Swahili cooking class
- Purchase spices, aprons, and other cooking supplies at their retail shop in Shela
- Order takeaway to your house / hotel
- Share a meal with the women at the center



[Click here to book a Swahili Cooking Class](#)

[Click here to order a Swahili Cookbook](#)