

# Eating From a Shared Plate Encourages Cooperation

March 25, 2019

President Donald Trump's recent summit with North Korean Supreme Leader Kim Jung-un ended in [embarrassing failure](#), and Trump's occasional attempts to forge deals with Congressional Democrats have usually gone just as poorly. [New research](#) points to another technique the president might try, one that involves one of his [favorite](#) pastimes: eating.

Researchers report that, in three experiments, people who consumed food together from a common plate or bowl were subsequently more cooperative and less competitive, making it easier for them to reach agreement on a contentious issue.

This effect was found among both strangers and friends, according to researchers [Kaitlin Woolley](#) of Cornell University and [Ayelet Fishbach](#) of the University of Chicago. The findings suggest that "sharing plates can bring together more than just allies," as they write in the journal *Psychological Science*.