Chánh Nguyen talks about his early life in Vietnam after the Communists came to his hometown in South Vietnam.

He talks about the types of food he ate in Vietnam as a poor child and compares that experience to eating those foods in America.

He describes the differences between Vietnamese banh mi and the banh mi in the U.S.

He shares what life was like for him before 1975. His father was a professor and a high school principal who also owned a successful tutoring business, so they were very wealthy.

After 1975, the communists confiscated all their money and property and they became very poor. They also threw his father in jail as a political prisoner.

He talks about his experience with communists raiding his home after 1975 and explains that his life after was very difficult because everything was taken from them.

He gathered food every day to sustain his life.

He details the preparation of his favorite and most common meal at the time—cá kho, or clay pot fish.

He talks about how the class hierarchy is reflected in the foods people ate in Vietnam.

He is vegetarian.

He discusses his reasons for becoming vegetarian and connects it to Buddhism.
He lived in a community around a temple that his dad’s relatives built.

He talks about the misconceptions of Buddhism that Vietnamese society has. He also discusses how he practices Buddhism in his life.

He discusses the communities he has inhabited in the U.S and details what elements drew him to those areas.

He talks about how America is his home and how he especially appreciates the freedom that the country provides.

He describes what he considers authentic Vietnamese food and talks about his opinions on the modern renditions of the banh mi in the U.S.

He talks about the different versions of the banh mi that made an impression on him, and how they fit into the category of being authentic.

He explains his belief that religion and food reflect the communities that they inhabit and how he believes this is not a bad thing.

He talks about how food helped the acceptance of Vietnamese people in American communities.

He discusses his experiences with eating Vietnamese food in America and how his classmates reacted to it. He then talks about how the American community slowly became accustomed to Vietnamese food, especially through the banh mi sandwich.

He explains how the process of the acceptance of a food is like that of accepting people.

He shares his understanding of how communities assimilate into American culture.

He talks about his light-hearted experiences in this new country and discusses how people can choose the ways in which they assimilate into a culture.

He reflects on the racism he experienced in school, and how his bullies were able to overcome their racist sentiments with exposure to him.

He talks about how he loves how America is home to so many cultures he can learn from.
He reminisces his favorite American foods.

He points out how his food supply went from extremely scarce to abundant when he moved to the U.S.

He tells a story about how he brought aromatic tropical fruits to his workplace when he was a prison guard and how they evacuated the entire prison because they mistook their smell for a gas leak.

He details the many occupations he had when he first arrived in the U.S. The most notable occupations were working as an Asian Gang Specialist, a business owner with his wife, and an investigator.

He discusses how he chose his major in Criminal Justice.

He talks about how his career aspirations started when he came to the United States. He was too poor in Vietnam to think about his future and moving to America changed that for him.

He reflects on how he wished he studied English more when he was younger so that he can have more opportunities to succeed career-wise.

He discusses how terrible his life was like in Vietnam living in poverty.

He describes his traumatic migration from Vietnam to Malaysia by fishing boat.

He expresses how thankful he is to have the chance to live in the U.S. He acknowledges that it is not perfect, but it has more freedom than he would have had in Vietnam.

He talks the condition of many South African communities and how we should appreciate what we have because many people around the world still live in poverty.

He discusses his philosophy on happiness and how it comes from appreciating what one has.

He talks about his daily life in America in the present, and how his history influences his beliefs.

He expresses his gratitude for the freedom that the U.S provides him and his community.
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<tr>
<th>Time</th>
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<tbody>
<tr>
<td>1:19:31</td>
<td>He shares his advice for future generations, mainly encouraging them to help others.</td>
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<tr>
<td>1:21:04</td>
<td>He continues to share his desires for future generations to live with good hearts, to remember their heritage and ancestors, and to pursue the highest level of education.</td>
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<td>1:24:28</td>
<td>End of interview.</td>
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