



# THE INSIDER'S GUIDE — TO HOSTING AN — AMAZING MEETUP

Thank you for hosting a Meetup to show the documentary “Cafeteria Man”! This is a great way to get together with friends, have some fun, see a great film, and talk about the issues that matter to you. It’s that easy. We’re sharing some helpful tips below, but feel free to “wing it” and hold a party that works best for you. Have fun and stay in touch!

## PLANNING YOUR MOMS MEETUP

### 1. Pick a Time and Location

We suggest 1.5 – 2 hours for the event. The movie is about 50 minutes, and you’ll want to have plenty of time to welcome people, and allow guests to mingle.

Pick a time and location that will keep your stress level low. Some people love to host at their home, others can’t imagine their house would be clean long enough to have others over.

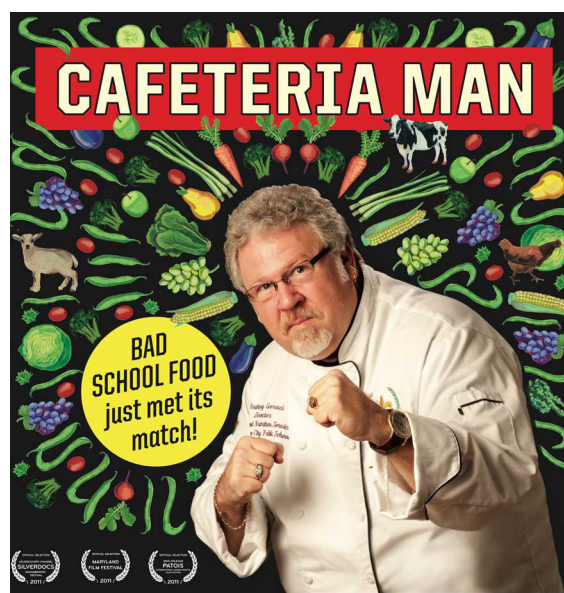
Some non-home location options you might consider include:

Library meeting room	Bar/Lounge
Coffee shop/Café	Religious facility
Restaurant	Business office
School cafeteria	Park/Playground
Community center	

### 2. Invite Others

Friends, family, parents of kids in your children’s classes or sports teams, neighbors, book groups, and more. You can invite anyone who you think may be interested! Another option is to hold a public event. For example: invite other MomsRising.org members in your geographic area (we can help), post an invitation to local listervs or moms groups, or include an announcement in the bulletin of your place of worship.

Your house party can be whatever size you’d like. Eight is a great number, although larger or smaller will work fine too. It’s often good to invite more people than you expect to attend; a rule of thumb is to invite twice as many people as you’d like to attend.



## 2. Invite Others Continued

Some tips:

- Send invitations early, if possible. People are busy, and you want to get on their calendar. Be sure to follow up to get RSVPs.
- Plan any publicity. If you're doing a public event, you might make a flyer, send emails to relevant partners, post announcements on local listservs, etc.
- If possible, partner with another group on the event. This is a great way to get the word out to more people.
- Send reminders. Don't forget to send an email reminder several days before the meet up, and if possible on the day of the screening too.

## 3. Plan to be awesome

### FOOD

Let's face it: yummy treats can be the highlight of an event. We'll send some popcorn, which you can dress up with fun seasonings. Planning a breakfast or evening event? Make it a potluck, or a dessert party! People will be happy to bring something along, so if that's helpful be sure to ask in your invitation!

### AGENDA

Think about timing, flow and goals for the event. Having a general sense of when you'll show the film, eat food, etc. will help keep things on track. Ask a friend to act as "timekeeper". Check out the sample agenda below to get you started.

### HANDOUTS

We're sending a small supply of useful handouts on the school meal and snack standards, which will help fuel the conversation and answer questions from participants. If you're inviting people you might not know, or who might not know each other, put out a sign-in sheet and some nametags as well (masking tape works great for nametags!).

### CHECK EQUIPMENT

Make sure the film, sound and screen are ready to go before your guests arrive, to avoid any last-minute scrambles.

### TAKE PHOTOS

Be sure to snap some fun pictures, and share them with Karen@momsrising.org or #GoodFoodForce on Twitter or Facebook. Your success will be inspiring to others!

### ASK FOR HELP!

We're here to answer any questions about the film, issues or planning an event. You can also connect to other Meetup organizers on the Good Food Force Facebook Group: <https://www.facebook.com/groups/780925495294162/>. And remember: your friends will be happy to help, too. Whether you need some help getting the word out, setting up chairs, preparing snacks, or taking pictures, it's always a great and easy idea to pull others onto the team.

### HAVE FUN!

Don't forget to have fun yourself! If the host is having fun, the guests are usually enjoying themselves too. Try to finish all of your set-up well before hand so you can focus on people, not tasks, once the Meetup has started (a good rule of thumb is at least 30 minutes in advance). Enjoy! You did a great job pulling this together!

## 4. Share your success!

You did it! Great job! Please take a moment to share photos, feedback and any fun quotes with the MomsRising team: Karen@momsrising.org or #GoodFoodForce.

# SAMPLE MEETUP AGENDA

## Arrivals: 15 Minutes

Plan in time for people to arrive, get food, mingle and get settled.

## Welcome: 10 minutes

- Welcome guests and share a few personal thoughts about why you've organized the Meetup. Your story will be inspiring to others; don't be afraid to share it!
- Ask each person to introduce themselves. In addition to sharing their name, ask them for a fun fact too, to help break the ice.
- Briefly share the agenda for the evening.

## Watch Documentary: 50 minutes

## Group Discussion: 20 minutes

Plan some time for guests to digest and discuss the film a bit. Sample discussion questions:

- What stood out to you about the film?
- What do you see happening in our own schools?
- The film highlights Tony Geraci's dynamic personality as a force for change. How can each of us "be Tony" in our own community?

## Take Action: 5 minutes

Schools are in the process of implementing the new healthy meal and snack standards. The enclosed handouts provide basic facts on each. Although these are required of schools, parents still have a big role to play in encouraging and supporting the implementation of these healthy updates. Feel free to suggest some potential actions for the group:

- Circulate a petition thanking your school, school district, or State Nutrition Director, for their hard work implementing the meal and snack standards. Let them know moms and dads support a healthy school day!
- Find out about the Wellness Committee at your local school. This is a great way for parents to get involved in ensuring a healthy school day.
- Brainstorm ideas for healthy class parties or fundraisers, and connect with school staff over options for promoting them during the school year.
- Invite participants to join the Good Food Force, which will give them access to regular updates on food issues, a national community of parents who care about healthy kids, invitations to special events and more:  
<http://action.momsrising.org/signup/goodfoodforce1/>.

## Thanks and Farewell: 3 minutes

Be sure to thank everyone for coming. Moms are powerful, and connecting with others in your community who are eager to discuss these issues is the start of something BIG! Well done!

MomsRising is an online and on-the-ground grassroots organization of more than a million people who are working to achieve economic security for all families in the United States.

Good Food Force (GFF) Volunteers are real-life superheroes who take action in their schools and communities, and/or on their blogs and online networks, to get the word out about healthy school foods, junk food marketing to kids, and strategies that are working to reduce childhood obesity. Together with MomsRising staff, they help advocate for healthier kids and families.