



Rebel Eaters Club is a little different from other podcasts you may have heard. It's an **experiential podcast**. That means that you're invited to engage with it like it's an... uh... experience. Of course, you can just listen to the episodes. But if you want to go a little deeper, here's how. Ready?

Step 1. Subscribe to the podcast on your favorite podcast app

Step 2. Download the merit badges

Step 3. Prep snacks for each episode. If you have an allergy or you don't like the suggested snack, replace it with either an approximate snack or a snack of your dreams.

Episode 1: bagel - Mia

Episode 2: carrots and hummus, and Oreos - Bayley

Episode 3: mochi - Deb

Episode 4: pecan pie - Fresh

Episode 5: Honcho's ranch chips or cheesy fries - Shay

Episode 6: dried squid - Soleil

Step 4. Take a deep breath 'cause we're going to talk about some deep shit

Step 5. Listen to episode 1

Step 6. Journal

Step 7. Cut out your first merit badge and put it in your journal or wherever you keep merit badges!

Repeat steps 1-7 until you're listened to all the season 1 episodes!



MANIFESTO

1. DIETS SUCK

Diets are super unpleasant AND highly ineffective. They are often related to eating disorders, anxiety and depression.

2. ALL FOOD IS GOOD FOOD

Unless you're allergic to something, we don't need to have "off-limits" foods. We can stop putting food into categories like "good" and "bad."

3. CORN DOGS, DONUTS & NUTELLA AREN'T OFF-LIMITS ANYMORE

Duh, this stuff is delicious! And guess what? We deserve to enjoy delicious things!

4. VEGETABLES ARE GREAT BUT THEY DON'T HAVE SUPERPOWERS

Carrots and brussel sprouts are yummy but eating them won't turn anyone into a "better" version of themselves!

5. WE DO NOT USE FOOD TO CHANGE OUR BODY SIZE

Our bodies are the perfect size already.

6. WE MOVE & EAT FOR FUN & PLEASURE

We believe eating and movement should be fun and pleasurable, not grueling, painful or mind-numbing.



How To Set Up Your Own Rebel Eaters Club Listening Party

1. Make a list of people you like/adore/admire.
2. Set a date.
3. Make a plan to get together with the people mentioned in step one. If you want, ask them to bring their journals.
4. Prep the snacks!
 - a. Option 1: Take a look at the REC orientation card (page 1 of this packet) for the snack that corresponds with each episode. Choose the episodes you want to listen to and gather the snacks for those episodes. You can ask people to bring them or - if you're a Generous Ginger - you can prep them for your guests. There's no wrong way to accumulate treats.
 - b. Option 2: Ask your guests to each bring a snack that holds a story for them. Before or after listening to the episodes, have everyone go around and talk about why they brought the snack they did.
5. The day of the party, download the episodes you plan to listen to, have a speaker (or just plan to have the audio on full volume) and space for people to sit.
6. Listen, take deep breaths, laugh and take breaks.
7. Talk about the stuff that comes up and/or take some time to journal together if you want.
8. Take a selfie of this magical gathering and send it to us, or post it with the #RebelEatersClub tag!