

The Progressive Hedonist Guide for Good Gatherings/BETA

Super excited that you're interested in hosting a gathering of friends to share ideas on how you can together build and strengthen your local food community, bring joy and fight climate change!

PLANNING THE EVENT:

Pick the purpose: Progressive Hedonist has 5 core principles. To make the greatest impact, we suggest accentuating one of these in your invite and in the messaging at the event and when you follow up. What do YOU care about the most for your community? Here are the five principles and some thoughts to get you started...There are also fantastic ideas in the Potluck Pilot doc from the hosts.

SOURCE SUSTAINABLY: Ask your guests to make their dishes using ingredients that are grown, produced, or raised locally using environmentally responsible and ethical practices by people who are conscientious stewards of the land.

REDUCE COPIOUSLY: To highlight the deliciousness of ingredients that otherwise might go to waste, ask your friends to get creative with food that is past its prime in their fridge—including soup, frittatas, stir-fries. Or, ask everyone to bring a container with them so they can take the leftovers home to avoid food going in landfill.

LIVE ABUNDANTLY: Congrats! You've already nailed this principle because you're cooking, drinking, gathering, connecting and inspiring sustainable practices among friends and community. Cheers to that!

LEARN ACTIVELY: Invite an expert to speak to the assembled group to better understand complex environmental issues to discover a path to doing what's best for the planet. An expert could be anyone from a local farmer to a leader of a local non-profit to a friend who knows about sustainable food.

PARTICIPATE MEANINGFULLY: To highlight this principle, you can organize the evening around volunteering, or writing letters to politicians to make your voice heard. One place to get ideas is at ClimateChangemaker.org

Choose what kind of event you want to host and where to host it. We've been hosting mostly potluck dinners, but also teas, tastings, breakfast coffees. We are excited about any kind of gathering! We believe in eliminating barriers to YES. Don't have a space? Go to a local cafe. Invite fewer people. Can't design an invite? Send email. You get the idea. As long as you're getting together, offering joy, connection and inspiration to do more to fight climate change through food, you're doing this right.

Think through the guest list. To raise awareness about the joy of making climate-friendly food choices, invite people who are climate curious as well as climate conscious. We want more people interested as well as activating those who are already on board with this mission.

Consider the number of guests. To have meaningful conversations, we suggest a group of around 22 people. That said, a gathering as small as six can be a gamechanger! Only invite the number that makes you, as the host, happy and confident.

Write a clear and compelling invite that includes date/time/location/purpose. Identify the PH principle you want to highlight. Share the intention of the gathering so everyone knows why they are getting together. Let people know that you'll be talking a little about doing more for ourselves and the planet through food.

ENTIRELY OPTIONAL: Identify a local non-profit addressing local issues around food security and ask guests to make a small donation—volunteer time, give money, provide food.

Once people RSVP, share a potluck sign up sheet.

Over-preparing is our comfort zone for food and folks: We always anticipate 10-20% last minute cancellations. For this reason, we usually over-invite and over-prep food. We make a hefty “main” course and salad so that even if half the people canceled, we’d have a delicious meal.

***THE PH REQUEST:** Ask someone to take photos of the event to share on IG, tagging [Progressive_Hedonist](#) and highlighting the principle you’ve focused on for the event. We always think we’re going to have the time and presence of mind to take pix, but experience has proved otherwise. It’s fantastic to document the delicious dishes and all the ways the food can share and expand the message of the evening.*

GETTING YOUR PLACE READY:

Review the sustainability of everything on the table. When we began this venture, we discovered some of our decorations weren’t very sustainable at all and so we changed up a few things including eliminating any kind of disposables (plates/cups/silverware/paper towels), opting for non-toxic candles, etc.

Put out empty bowls, platters, serving utensils so your guests can plate their own dishes when they arrive.

Leave pens and note cards on the table so guests can label their dishes, including their name, the name of their dish, any allergens.

Have a supply of takeaway containers for any leftovers and/or arrange for unsalvageable leftovers to be composted.

ONCE YOUR GUESTS HAVE ARRIVED: every event is different and is shaped by the desire and POV of the host, but here's Dana's template.

6:30 Meet & mingle for 30–1 hour

Guests plate their potluck dishes and set out on buffet

7:00 Welcome everyone. Host talks for 5-10 minutes (short! sweet) about why we're gathered. Mention Progressive Hedonist and the highlighted principle.

Sample intro about PH:

Thank you for joining me at this Progressive Hedonist dinner. I love having you all here! Progressive Hedonists believe that positive action is the antidote to climate doom, that making small and consistent changes can be unexpectedly joyous and profoundly impactful. So tonight, we're gathering in this spirit, to recognize that we as individuals can make adjustments in our own lives and improve the prospects for ourselves, our neighbors and loved ones, and our planet. Before dessert, I'm going to talk a bit more about and hear from you about tk. But, first, let's feast!

7:10 Invite people to get a plate and serve themselves

8:10 Dinner is cleared. Plates are collected. Invite guests to get dessert and come back to have one group conversation.

8:15 Host asks the guests one question. Here are some samples:

- What dish did you bring that nourishes you and nourishes the planet?
- What person/place/idea has inspired you to take action?
- What is your favorite sustainable local charity/restaurant/product?
- What climate friendly action are you most proud of? Most reluctant to take?

8:45-9pm Conclude sharing, give thanks, offer a wrap up. As Priya Parker says: "Endings are a reminder of why you gathered in the first place, and give guests a chance to make sense of the time they spent together."

***PH REQUEST:** Ask someone in the group to pay it forward and host the next Progressive Hedonist potluck. Let people know that you'll follow up with an email of resources collected from the event.*

Event follow up:

***PH REQUEST:** Thank everyone for coming, share resources, thoughts and ideas that were inspiring. Include a link to the [Progressive Hedonist quiz](#).*

RESOURCES: COMING SOON!

