

## Tips for hosting an **Eats On Feets** Gathering



Anyone, even **YOU**, can host an **Eats On Feets** gathering. Hosting an EOF gathering is a wonderful way to support community based breastmilk sharing.

Eats On Feets gatherings are informal and they provide the opportunity for supporters and online friends to meet in person, for stories to be shared and even for milky-matches to be made.

1. If you are not an admin of an Eats On Feets local chapter page, contact the admin of your [local page](#) and let them know that you are going to be hosting a gathering. You do not need your local admin's permission but she could be very helpful with the networking aspect and she may even want to participate.
2. Ask for volunteers to help you with the arrangements and put together your party crew.
3. Find a location. Private homes, community houses, midwives offices, local parks are all suitable places.
4. Set a date and time. If this is your first gathering, give yourself at least 4 weeks lead time.
5. Decide if refreshments will be served and whether it will be pot luck or provided by you and your support team. (The foot shaped cookies are always a big hit)
6. Create fliers for printing and digital images for online networking (or you can use one of ours).
7. Create a Facebook event page and promote it.
8. Ask local mom's groups and professionals if you can post your flier to their group or in their office.
9. Share you event page and flier with your local chapter page admin.
10. Invite professionals and local crafters to sponsor your event with food, drink, space, printing, etc..
11. Create other ways for your community to get involved.
12. Alert your local "human interest" journalist

# Tips for hosting and **Eats On Feets** Gathering

## At the Gathering

- Ask for introductions and breastmilk sharing stories.
- Print and pass around The Four Pillars of Safe Breastmilk Sharing, the breastmilk storage guidelines or other EOF downloads
- Take photos and post them to your local Facebook page
- Take a group photo and send to your local news outlets
- Use berry juice to make foot prints of the babies
- Decorate baby shirts with your favorite slogans
- Decorate foot shaped cookies
- Eat, drink and be merry

## Create a Facebook Event

Go to your Facebook Event Application and create a new event  
Set the date, time and location of the event.

Add an EOF pic. This is a nice one to use:

### Event Details

You can copy, paste and edit this text to your liking:



Community based breastmilk sharing is making a world of difference in the lives of babies and their families because of people just like you!

Please join in in celebrating this important facet of our community. Come and meet other supporters, donors, recipients and share your amazing stories. If you are a donor or recipient, feel free to coordinate a milky match!

Invite your friends

Add your party team as Hosts of the event

Share on your wall

Ask your friends to share



## Time to Celebrate!

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**Date:**

**Time:**

**Location:**

**Contact:**

**Details:**

[www.eatsonfeets.org](http://www.eatsonfeets.org)