

Local Foods Dinner Planning Guide

Thank you for your interest in hosting a local foods dinner. This guide has been prepared to give you some ideas and suggestions on how to get started. It also contains information on why holding this kind of an event is important. Our food choices make a difference when we buy from local farmers who are working hard to farm in ways that preserve soil, protect water, and support their natural and human neighbors. Bringing people together around good food provides an excellent opportunity to educate and engage them in the issues of food and land stewardship while enjoying an excellent meal and lively conversation.

We hope this planning guide is helpful. Comments, suggestions and additions are welcome and should be directed to Cathy Eberhart at 651-653-0618 or cathye@landstewardshipproject.org. We would also appreciate if you would return the feedback form included with this guide. It will help us learn from your experiences and in turn pass that learning on to others.

This planning guide contains the following pieces of information:

Resources to help you plan the dinner:

- Local Foods Dinner planning questions and ideas.
- Local Foods Dinner planning checklist.
- Local Foods Dinner feedback sheet.
- September/October 2000 Land Stewardship Letter which contains our Stewardship Food Network -- a listing of over 90 farmers selling sustainably raised food. (This list is updated periodically and can also be found in the Food and Farm Connections section at www.landstewardshipproject.org.) This newsletter also contains information on other ways consumers can support sustainable farmers.
- Buying Directly From a Farmer fact sheet.
- “Guidelines to Increase the Use of Local Foods at Meetings _ brochure from the Society for Nutrition Education (also available at www.sne.org/resources.htm).

Resources to inform your guests about food issues:

- Minnesota Grown Potluck placemat original
- “Eating is a Moral Act” from the SSND Center for Earth and Spirituality and Rural Ministry
- Sustainable Food Vocabulary fact sheet.
- The Impact of Food Choices from the Chefs Collaborative 2000.
- “Conservation and Your Dinner Plate” article from Minnesota Audubon
- “Healthy Soil, Healthy Selves” article from Twin Cities Wellness.

Resources to introduce your guests to the Land Stewardship Project:

- Land Stewardship Project Description and History
- Land Stewardship Project Program Summary
- Land Stewardship Project Benefits of Membership
- Original for producing Land Stewardship Project flyers to give to guests