

Hosting Your Own Soup Swap!

By Laura Moynihan & Rachel Lewis



Meeting Structure

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| 1. Introductions (<i>Agenda, Icebreaker; each person states what experience they have with co-ops</i>) | 3-5 min. / person |
| 2. Co-op Talk (<i>Talk about what the co-op will be, answer questions, counter misconceptions</i>) | 30-45 min. |
| 3. Soup Talk (<i>Each person talks about their soup, why it is special to them</i>) | 3-5 min. / person |
| 4. Soup Swap / Lottery (<i>Pick a number out of a hat, take turns choosing a soup in order until gone</i>) | 30-45 min. |
| 5. Wrap-up (<i>While people are swapping soups, get 2 or more signups for next swaps</i>) | |



Event Tips

- Ask guests to bring six one-quart containers of soup. Mason jars work fine if you leave 1" headspace.
- Allow at least 2 hours for your swap (or more, depending on number of participants). You may want to plan a swap that is a bit longer than you think is necessary to plan for late arrivals and small talk.
- Timing: Allow 2 weekends between invitation and swap.
- Number of Guests: Swaps work best with between six and fifteen swappers.
- Ask guests for dietary restrictions and circulate this information to swappers.
- Plan for one simple appetizer and maybe coffee or tea, but do not make food the focus.
- Getting people to sign up for a future swap is even more important than selling memberships! Offer baked goods as a thank you for signing up for your own swap or party today.
- Make a list of some dates you are available to help with a future swap. Leave this list on a separate table, along with co-op literature, so you can talk to people privately about hosting their own party or signing up a member.
- Contact Jess Sappington to schedule a past or current board member to attend your meeting. Even if they only stop in for the last 30 mins, this is an important way to answer questions and lend credibility.
- Offer to help the next people plan their party, and to attend as well



Tips for talking about the co-op

- Facts tell. Stories sell. Tell your story of why you were drawn to the co-op.
- It's important for people to learn each other's names. People join co-ops to make new friends!
- It's OK to say you don't know the answer to something.