



POTLUCK

Social
Experiment

ARE YOU READY TO MAKE MEALTIME EASIER & CENTERED AROUND COMMUNITY BUILDING?

Potluck is a local meal-sharing & social experiment designed to save time, reduce meal prep stress, and connect with others. By signing up, you'll be paired with another participant to exchange homemade meals, making it easier to share in the mental load of meal planning and physical labor of cooking. We'll handle the match-ups and send you a few tips to get started.

Scan for
more info!



Here's what to expect if you join the experiment:

BUILD CONNECTIONS

Potluck is first and foremost a concept that values building community and collaboration. Outside of the FIT4MOM community, we're asking participants to first meet for a meal (or a cup of coffee) prior to getting started. However, for the FIT4MOM pilot, you'll meet your match at the January 25th MNO event! This crucial step helps foster a sense of trust and sense of camaraderie. And, if it works for your schedules, keep the IRL meet-ups going beyond the MNO event, invite the family along or just meet one on one!

BATCH COOKING

Each week, for 4-6 weeks, you'll prepare 1-2 large batch meal to swap with your match from the FIT4MOM community. This is a chance to share a favorite recipe or try something new with another family in the group!

WEEKLY MEAL SWAPS

Each week, you and your match will find a mutually convenient time to meet and exchange your batch-cooked meals. This helps you both save time on cooking while building a sense of community.

GIVE FEEDBACK VIA A SHORT SURVEY

At the end of the pilot, you'll complete a brief survey to share feedback about your experience. Your insights will help shape the future of Potluck!

OPTIONAL INTERVIEW

While this interview is entirely voluntary, your time would be much appreciated! If you're interested in further supporting the Potluck concept, there will be an opportunity to sit down for an in-depth interview with Shannon, Potluck's founder. This conversation will allow you to provide more detailed feedback to help refine and improve on the vision!

SIGN UP!

Visit <https://wkf.ms/48eDco3> to complete the simple signup form or scan the QR code to join us!

