

Where There Are No Suppers by Dorothy Mullen

The majority of [Suppers](#) events take place within an hour of our hub, Princeton, New Jersey. Our network includes 50 facilitators and mentors and several hundred members -- the people who come into our homes and experience health transformations through the simple acts of preparing and eating delicious food together.

Our work is "placed based," meaning that everything we do takes place in a physical location, either someone's home or a small public venue.

So we won't be able to help you start an official Suppers meeting yet, but maybe we can give you a few ideas about starting an "intentional community" around healthy new behaviors.

Do this:

Watch our 3.5 minute video

[Watch our introduction to Suppers](#) and see how this works.

Since Suppers has a network in New Jersey, we offer lots of different kinds of meetings, some oriented to prevention and cooking skills, some oriented to a particular diagnosis and others oriented to a specific style of eating (like vegan, paleo, macrobiotic). If you're just starting your healthy community, go with whatever you're most passionate about: a population you want to serve, a way of eating that has transformed your life, or skills you want to share with others.

Join our mailing list

We send out newsletters periodically, with member stories, recipes to share, reports on our activities, and best practices from facilitators. If you [sign up to receive our newsletter](#), you might pick up some good ideas.

Get on Dor's facilitator list. When we have materials to share or start distance learning, you'll hear about it if you [ask to be added to Dor's facilitator list](#).

Get our book, Logical Miracles. It's full of [stories of transformation](#) based on simple (though not easy) behavior change.

Just start cooking with people.

Use real whole food, avoid processed food, and don't sweat the details.

Facilitator Training

Facilitator training is in Princeton, New Jersey. Here are your current options:

1. If you can get to Princeton for the beginner 5-hour facilitator training and periodic training events, you can start your own official Suppers and be listed on our calendar. The training is free to people who start meetings. Registration is \$150, but it's returned to you when your meeting is up and running.

2. You can come to Princeton for the initial training and start a meeting, but it won't be supported by continued training events or calendar listings on our site. The registration fee is \$150. We'll let you know if and when support materials for distance learning become available.
3. You can use ideas from our web site and just start cooking with people. We'll let you know if and when distance learning becomes an option.

Imagine Your Dream Meeting

If you had a magic wand and could conjure up the healthy community of your dreams, what would it be like? See if pondering these questions helps you form your thoughts.

1. What purpose or population would you serve?
2. What activities would bond your group:
 - Preparing and eating whole food together
 - Meditating together
 - Exercising together
 - A mutual interest in _____
3. What expectations would you have of participants?
 - RSVPing and coming on time
 - Divvying up the tasks of making the meeting like
 - Shopping
 - Set up
 - Cooking
 - Teaching a lesson/leading the discussion
 - Clean up
 - Good hygiene
 - What else? _____
4. Name two people who care like you care about this project.
5. How would you orient food preparation?
 - Prevention, cooking healthy delicious food as a social experience
 - A style of eating (vegan, paleo, etc.)
 - Serving people with a specific diagnosis or addiction
6. How would you cover costs?
 - Have everyone chip in for groceries?
 - Charge a fee? (This makes it a home business, though, with insurance implications)
7. Does your insurance cover social gatherings in your home?
8. Would you follow any specific dietary guidelines, gluten free, sugar free, vegan, low carb, paleo, etc.
9. What books, web sites, resources are you excited to share with your group?
10. Where would you promote it?
 - Just to friends
 - Free calendar listings

- Meetup.com
- Facebook
- Paper fliers at the library, gym or whole food store
- Email list
- Workplace

11. What would be the ideal number of meetings?

- 4 per year
- Once a month
- Once a week

12. Where would you source the groceries:

- My regular grocery store
- Local farm markets
- Local farmers
- Organic food store

13. What stops you from inviting two friends, right now – this instant – to discuss this?

- Too scared
- Don't know how to cook yet
- No time
- No kitchen

14. Name one thing you could do today to bring you one step closer to creating your dream community.