



TEN TIPS TO SUPPER SWAPPING SUCCESS

From Trish Berg, author of *The Great American Supper Swap*

- 1. START WITH WHO YOU KNOW** – Ask a neighbor, a girlfriend, or a co-worker to give it a try.
- 2. HAVE COMMON GROUND** – Either live nearby, attend church together, or work at the same company so delivery can be easily coordinated at that common location daily or weekly.
- 3. PLAN 3 MONTHS OUT** - Choose and plan your meals for at least three months at a time, and write or print them on a meal calendar so each family knows what is being delivered for dinner each night.
- 4. START WITH FAMILY FAVORITES** - Choose recipes to start with that are your family favorites. New recipes should be tried out on your individual family before they are introduced into the co-op.
- 5. AVOID PAN-DEMONIUM** - Use 9x9 or 9x13 glass Pyrex pans with snap on blue lids, semi-disposable Zip-Loc containers, and Whale of a Pal Tubs for soups and stews. Rotate them through the group (See the Pan Formula in my *Great American Supper Swap* book)
- 6. HONESTY TASTES BETTER** - When you establish your meal calendars, be honest and up front about food likes, dislikes, and allergies to avoid problems down the road.
- 7. BUDGET MEALS** - Buy ingredients in bulk for your meals when items are on sale. Try to budget recipes so you don't make two expensive ones back to back. (i.e. pot roast is more expensive than pizza burgers)
- 8. ADAPT DELIVERY TIMES** - Delivery times can vary depending on what works for each family. If you deliver at dinnertime, have the meal cooked and ready to eat. If you deliver in the morning, have your meal prepared but not cooked with baking instruction included.
- 9. BE FLEXIBLE** - Be flexible with one another when life throws you a curve ball, like a sick child, a broken down car, or unexpected circumstance. Have a meal back up plan for those nights agreed upon at the outset, like switching days or having pizza delivered if you are in a pinch.
- 10. RELAX AND ENJOY THE RIDE** - Relax and enjoy the ride. Don't expect your supper swapping group to remain stagnant or to last forever; some families may swap longer than others. If a mom leaves, let them do so guilt free. We typically ask for one month's notice so we can adapt our meal calendars.

For more tips, recipes, advice, and all you need to get swapping, grab a copy of Trish's book, *The Great American Supper Swap – Solving the Busy Woman's Family Dinnertime Dilemma*. Or contact Trish via her web site: <http://www.trishberg.com> to schedule your FREE, 15 minute supper swap coaching session by phone!