



Eating
With
Friends

RECIPE FOR SUCCESS FOR AN EWF GROUP



INGREDIENTS:

- VOLUNTEERS
- PARTICIPANTS
- HEALTHY FOOD
- CONVERSATION
- IDEAS
- FUN
- INCLUSION
- BELONGING
- ENJOYMENT OF SIMPLE PLEASURES

METHOD:

- BRING TOGETHER A GROUP OF DEDICATED VOLUNTEERS
- PLOT AND SCHEME ON WHERE TO HOST A GROUP MEAL
- PLOT AND SCHEME ON WHEN TO HOST A GROUP MEAL
- PLOT AND SCHEME ON WHAT TO COOK FOR A GROUP MEAL
- INVITE A GROUP OF OLDER PEOPLE ALONG TO SIT TOGETHER, SHARE A MEAL, ENJOY EACH OTHERS COMPANY AND CONVERSATION
- BLEND ALL INGREDIENTS TOGETHER UNTIL A SMOOTH CONSISTENCY IS REACHED
- COOK UP A STORM AND SHARE IT AS A GROUP!



ENJOY AND REPEAT

