



Hosting an Eats on Feets Gathering

Anyone, even **YOU**, can host an Eats on Feets gathering. Hosting an EOF gathering is a wonderful way to support community-based breastmilk sharing. Eats on Feets gatherings are informal and provide an opportunity for supporters and online friends to meet in person, for stories to be shared, and even for milk-matches to be made.

If you are not an admin of your local Eats on Feets chapter page, contact the admin of your local page and let them know that you are going to be hosting a gathering. You do not need your local admin's permission but she could be very helpful with the networking aspect and she may even want to participate.

Here are some tips!

1. Ask for volunteers to help you organize and put together your party crew.
2. Find a location. Private homes, community houses, midwives' offices, and local parks are all suitable places.
3. Set a date and time (give yourself planning time!)
4. Decide if refreshments will be served, whether it be a potluck or provided by you and your support team. (Foot-shaped cookies are always a big hit!)
5. Download our invitation and any of our other materials to promote your event with prints and digital images, especially our "Four Pillars of Safe Breastmilk Sharing."
6. Create a public Facebook event page and promote it. You can use the below text for this.
7. Ask local parent groups and professionals if you can post your flyer to their group and/or in their office.



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Suggested text for Facebook event:

Community-based breastmilk sharing is making a world of difference in the lives of babies and their families because of people just like **you**!

Please join us in celebrating this important aspect of our community.

Come and meet other supporters, donors, and recipients and share your amazing stories.

If you are a donor or recipient, feel free to coordinate a milk match!

Please share this and invite your friends!

Please contact us if you have any questions!

Please feel free to use any of the invitations on our Resources page.



At the Gathering

- Ask for introductions and breastmilk sharing stories.
- Pass around the printed "Four Pillars of Safe Breastmilk Sharing" and other printed downloads.
- Take photos and post them to your local Facebook page.
- Take a group photo to send to your local news outlets.
- Use berry juice to make foot prints of the babies.
- Decorate baby shirts with your favorite slogans.
- Decorate foot shaped cookies.
- Eat, drink, and be merry!