



Promoting vibrant health
for ourselves and
for the planet.



Introducing the 4Leaf Potluck Supper Club

In January of 2012, the world's first *4Leaf Potluck Supper Club* party was held at the home of Lisa and Jason Hicks in Holden, Massachusetts. It was a smashing success and inspired me to launch a similar *Supper Club* in my home town of Stonington, Connecticut. While I have mentioned these events in my blogs, I decided it was time to publish the guidelines that might be helpful for you in your community. The events appeal to a wide range of people:

- Super healthy *4Leaf* eaters who enjoy socializing with like-minded people, relish a very healthy meal, and share recipes & ideas with others
- People who are interested in improving their diet

Planning Guidelines

1. The host chooses a date and advises everyone of the next party via email (Almost 50 people are now on my list)
2. The host provides the venue---the crackling fire, the sunset view of the harbor, the music, the candles, the flowers, the plates, glasses, ice, mixers, flatware, etc. and prepares the salad.
3. Dessert. One couple volunteers to bring the dessert for everyone.
4. All other attendees (single or couple) agree to bring one 4Leaf side dish/tapas. There is no main course. With everyone bringing a dish, we find that we usually have way too much food, as guests load up on one or two small servings of as many as 10 to 15 different dishes.
5. 4Leaf means mostly whole foods, plant-based; no meat, dairy, seafood or eggs and easy on the oil or salt. (When in doubt, go to 4leafprogram.com)
6. BYOB. This feature makes it real easy and inexpensive for the host(s).
7. The party organizer keeps track of the RSVPs and informs everyone of the expected number of people a few days before the event.

(The world's first 4Leaf Potluck Supper Club party featured lots of cookbooks & recipes, See photo on right.)

Conducting the Party

1. As the guests arrive, the hostess decides which foods lend themselves to snacking before the main dinner. Some delicious fresh veggie summer rolls (finger food) at one party fit the bill perfectly.
2. The hostess oversees whatever re-heating needs to happen and assists the guests as they prepare their dish for serving.
3. After 30 to 45 minutes of socializing and snacking on 4Leaf appetizers, the host brings the group together for a little show and tell.
4. Each guest explains to the group what they brought to the party and whether or not they brought recipes to share. (Some guests order their dish "to-go" from their favorite restaurant.)
5. The host advises that there are copies of *4Leaf Surveys* that will help the newcomer as they move toward a truly health-promoting, disease-reversing, weight-loss inducing optimal diet.
6. Let the dining begin and the good times roll.

Oftentimes, one-half of a couple has discovered this super-healthy way of eating and wants to help her spouse learn to enjoy it. These *Supper Club* parties are great for helping that spouse experience the very best of 4Leaf eating. They see a large group of people having fun, eating from an extensive array of delectable culinary creations---and they can go home with the recipes that they particularly liked.



www.4leafprogram.com