



Please Join Us for a
Food Prosperity Central's
Monthly POTLUCK

Who is invited: farmers, producers, growers, gardeners, food processors, those who want to become farmers, producers, growers, gardeners, food processors, and people who just want to eat good healthy food!

Admission: Bring your favorite dish to share.

Food Prosperity Central is a brand-new project with the purpose of advancing our local food system, rekindling our sense of community, and strengthening our local economy in Yelm, McKenna, Roy, Rainier and Tenino.

We think a local food Potluck is a great way to get together and talk, so please come join us for great food and lively conversations about this project.

Please register at our website: <https://foodprosperitycentral.org/events>

That way we will be able to organize the number of tables and chairs we'll need to set up and what food to expect.

BYOD: *Bring your own dishes, silverware, cup, napkin and serving utensils.*

Bring a friend, your family, your neighbor and, most importantly, bring yourself.

Hope to see you there!
Susie Kyle and Amy Malik
info@foodprosperity.org

“Food Prosperity” POTLUCK

Check out this month's date on events page listed above

Food Guidelines:

- ✓ Food made at home, using healthy good-for-you ingredients as best to your knowledge and keeping in mind people have a variety of dietary preferences. (*You can't please everyone.*)
- ✓ Preferably organic/no-spray, locally grown ingredients when possible. (*This project is about increasing our access to healthy food. Do your best.*)
- ✓ Would love foods made from treasured family recipes.
- ✓ High preference for ingredients you grew and raised yourself, or your neighbor grew, or you bought from a local farmer.
- ✓ Just out of curiosity, pay attention to where each ingredient came from if possible, and how far it travelled to get here.

Note: if you don't know how to cook, ask a friend who does if you can make a dish together. This project is about community, sharing skills and learning new skills.

What Not to Bring:

No GMO ingredients.

No store-bought prepared, packaged or fast-food. (*Make it from scratch at home.*)

No plastic of any kind as a goal. (*The first step is becoming aware.*)

For questions or more info email us at: info@foodprosperity.org

Don't forget to register on our website at:
<https://foodprosperitycentral.org/events>