

MOMS FOR GOOD

Guide to Monthly Meet & Eats



You've read banned books, hosted house parties, organized food drives, and more to build a community that makes meaningful change. Are you ready to start a monthly meal club to help your immigrant neighbors? That's right – getting together to try foods from around the world can be a form of resistance!

We heard from women on the ground in Minnesota that supporting local, immigrant-owned businesses was a crucial form of mutual aid during the ICE invasion.

Now some of our favorite Network group leaders have put that concept into a delicious practice: Monthly Meet & Eats!

Here's how to organize your fellow Troublemakers for Monthly Meet & Eats:

DECIDE WHICH BUSINESSES NEED YOUR SUPPORT: Many restaurants are struggling due to ICE raids that target and scare off both customers and employees. The site [Intentionalist.com](https://intentionalist.com) can help you find local Latino and other minority-owned businesses.

You can also contact immigrant advocacy organizations or mutual aid networks in your state or community to find out where ICE and Border Patrol are having the most impact.

FIND YOUR CREW: Think of the people in your circle of influence – co-workers, friends, fellow PTA moms – who want to protect their immigrant neighbors. If you're comfortable, you can post to social media, though platforms like Meta are increasingly not secure. Downloading the private RWB app makes it easy to connect with Troublemakers in your community.

PICK A TIME: Try to go around lunch or early dinner when the restaurant won't be as crowded. Confirm a date and time with the restaurant a week or two in advance.

SET A MENU: Depending on the size of your party, you may need to work with the restaurant to decide on a fixed menu – think sampler platters with popular items or family style meals.

STAY IN TOUCH: A few days before your outing, send attendees a confirmation message with the time, date, location, 3-5 menu recommendations (with photos and prices), and how to say a few phrases like “good afternoon,” “thank you,” and “delicious” in the local language.

Not sure what to recommend? Head to the restaurant ahead of time to sample dishes and ask the servers, owners, or regulars their favorite meals! You can also learn a lot by going to the restaurant's website or social media.

HOW TO SPLIT THE CHECK: When sending invitations and confirming RSVPs, clearly communicate the cost involved in attending, whether everyone pays for their own meal and gratuity or if there will be a flat price-per-person.

SHARE YOUR EXPERIENCE: Positive online reviews and social media posts can help boost businesses. We can't wait to see your meetups and all the delicious foods you've tried! Tag us on Instagram at [@redwineblueusa](https://www.instagram.com/redwineblueusa).

Want to start your own Meet & Eat group but don't know where to start? We've got you! Reach out to us at network@redwine.blue for help.

