Hostess Tip Sheet

Congratulations. It's official. You're a "Meal Makeover Mom." If you weren't, you wouldn't be thinking of hosting a *Meal Makeover Mom Cooking Party.*

Even though we won't be there at your party, with the guidelines outlined in this Hostess Tip Sheet, we'll still be holding your hand. Feel free to email us with any questions that come up along the way and we'll be sure to help you out.

To get you started, we suggest you watch a party (coming soon) so you can see a *Meal Makeover Mom Cooking Party* in action. From there, read through our Frequently Asked Questions (FAQs) to learn more about the nuts and bolts of the party. Once you've done all that, just follow the simple steps below:

Pre-Planning Tips (start 3 to 5 weeks before the party)

- Set a date for your party.
- Decide where you want to host the party. The ideal kitchen has an adjoining room where guests can sit and watch the action. If the cook-top faces into the room, it's even better.
- Figure out how many people you want to invite.
- Download our sample invitation, customize it to your own party, and send it to your guests via snail mail or email or hand deliver it to friends and neighbors.
- Choose which three recipes you'll cook at the party. We suggest two entrees and a dessert. Print copies for your guests.
- Decide on an appetizer menu and whether you'll provide the food/drinks or whether your guests will chip in.
- Order copies of The Moms' Guide to Meal Makeovers from www.MealMakeoverMoms.com at 30% off the list price of $15.95.
- Determine how you'll charge attendees. We suggest $15.00 to $20.00 per person to cover food expenses and the cost of the book.
- Send a SASE to 40 Glen Street, Melrose, MA 02176, and request your personalized autographed bookplates.

Party Tips

- Shop for your food one day ahead of time or the morning of the party.
- Measure out your ingredients and organize your cooking utensils and equipment so everything is ready when guests arrive.
- Set out plates, bowls, utensils, and cups for appetizers, beverages, and tasting.
- Assign one of your guests to take pictures. Send your favorites to us, along with captions, so we can feature them in our online Photo Gallery.
- While you cook, be sure to discuss the Kitchen Notes outlined on each recipe.
- Invite guests to help you as you cook so the party becomes more interactive.

Have a great time!