Slow Food
EAST BAY

2026 Potluck Guidelines

- If you need to cancel, please try to do so **at least** 36 hours in advance so we can try to fill your spot.
- Please do your best to observe Slow Food's mission of 'Good, Clean and Fair' when purchasing ingredients and making your dish. Source locally, cook with the seasons and keep the greater food system in mind.
- **Please supply your own serving bowl/plate and utensils for your dish**. Eating plates, utensils and drinking glasses will be provided if needed.
- Your dish should ideally be ready to serve. Kitchen and/or table space can be provided for final prep & plating, but if you need oven or stovetop use please let us know in advance.
- Make or bring enough food to serve at least six, and use proper hygiene when preparing food, especially with meat. Keep hot foods hot and cold foods cold.
- If you are unsure of your cooking skills or won't have time to make something, don't write off attending! Instead, think about other options: there's always fresh fruit, drinks, bread, cheese and condiments or something similar. Be creative and know that any contribution is welcomed.
- In observance of health safety we generally try to meet outside for our meal. In the case of cold or rainy weather, we will limit attendees and meet inside. On the occasion of meeting inside, we ask that all attendees be vaccinated for Covid19, and respectfully request that you stay at home if you have any symptoms of a cold, the flu or Covid!

And MOST important!
Get ready to come and enjoy the company of like-minded folks, eat great food and dive deep into conversations about how we can all contribute to a better, cleaner, more equitable food system.

COME TO THE TABLE