

FEED *our* 
DEMOCRACY

Tool Kit



Tool Kit

Are you hungry for change but overwhelmed by all the different causes and candidates out there and don't know where to start? This #FeedOurDemocracy Tool Kit is designed to help you host your own low stress, high impact small gathering. It's got the essentials you need to Meet, Eat and Activate.

In this Tool Kit, you will find:

- Ideas for a cause or candidate to champion
- A sample invitation to host a gathering plus a few basic conversation starters for your event
- Ideas for the kinds of event you might host
- More stuff to make your gathering a breeze

Need more? We've got more! Check out our website:
www.feedourdemocracy.com

Good to go? Great. Let's get started and #FeedOurDemocracy.



Let us never forget that government is ourselves and not an alien power over us. The ultimate rulers of our democracy are not a President and senators and congressmen and government officials, but the voters of this country.



Franklin D Roosevelt

#FeedOurDemocracy

Step 1:

Choose your candidate or cause

Your gathering can raise awareness, raise funds, raise the pressure on your elected official via postcard writing, or just raise hell! Go to FeedOurDemocracy.com and click on our Resources Page for ideas, or simply raise funds for an umbrella organization (we have 38 organizations currently listed on our site). Here are a few good ones to start with:

Swing Left Swing Left helps you find and commit to supporting progressives in your closest Swing District so that you can help ensure we take back the House in 2018.

Indivisible Indivisible energizes and informs Americans about government's potential and enlists them to imagine and create the government we need for all to have a safe, healthy, just and prosperous future.

NAACP The mission of the National Association for the Advancement of Colored People (NAACP) is to ensure the political, educational, social, and economic equality of rights of all persons and to eliminate race-based discrimination.

ACLU For almost 100 years, the ACLU has worked to defend and preserve the individual rights and liberties guaranteed by the Constitution and laws of the United States.

Step 1:

Choose your candidate or cause

Important!

Your event does not have to raise money! But if you do choose to raise funds for a political candidate, there are federal rules you need to follow.

Most candidates will have information on their individual sites about how to make donations legally, as well as a downloadable donation form.

We can help! When you register your event, let us know if you'll be raising funds. We can set up a fundraising event page for you to make it easy for you and your guests to donate.



Where you see wrong or inequality or injustice, speak out, because this is your country. This is your democracy.

Make it. Protect it. Pass it on.

Thurgood Marshall



#FeedOurDemocracy

Step 2:

Register your gathering on FeedOurDemocracy.com

We're building a virtual and real-life community of citizen-activists. By registering your gathering, you help us all keep track of the impact we're making together, one #FeedOurDemocracy event at a time.

After your event, you'll come back to the site to share what you've accomplished, and you'll add your results to the ever-growing tally of real, measurable change we can all make when we Meet, Eat and Activate.

Make sure you keep track of what you've accomplished:

- Funds Raised
- Letters Written
- Consciousness Raised (how many people were there?)

You'll need this information later to help build the movement.

Education is transformational. It literally changes lives. That is why people work so hard to become educated, and that is why education has always been the key to the American Dream, the force that erases arbitrary divisions of race and class and culture and unlocks every person's God-given potential.

Condoleezza Rice

Step 3:

Invite People

First, decide if you're hosting alone or with a friend. If you're hosting alone, invite 10-12 people who don't all know each other. If you're hosting with a friend (which we recommend) you should each invite people who don't know each other. The point of this event is to meet new people, get to know your neighbors and grow your community.

Make sure your guests know what they're in for: Describe your cause or candidate up front, and disclose if you'll be soliciting donations. If you are raising funds, a good rule of thumb is to ask for about as much as most of your guests would spend on a night out. Let your friends know that whatever they can give -their money, their time, their expertise - is valuable and welcome.

Friendship is born at that moment when one person says to another: "What! You too? I thought I was the only one."

-C.S. Lewis

Step 3:

Sample Invitation Copy Use this copy as a guide. Fill in the blanks and modify as necessary. No need to print and send invitations: email, text, or use an online invitation service like evite or paperless post.

Dear _____,

In 2018, I'm vowing to be politically active, and I'd like you to join me. On (Insert date) I'm hosting a #FeedOurDemocracy event with my friend (Insert co-host—if you have one) at (Insert date. Start/End time) at (Insert address). #FeedOurDemocracy motivates people to come together in small groups to expand their social circles, talk about issues they care about and proactively participate in effecting change.

We'll be (Describe what your event is for) raising funds for _____, (raising awareness about _____, writing postcards to _____ about _____.) If you want to know more, you can read about it here. (Insert link to candidate or cause's Website.)

Please join us for lively discussion, new friends, great food, and a chance to Meet, Eat, Activate, and #FeedOurDemocracy.

Yours in Democracy,
(Insert hosts' names)

Optional Insert 1 for fundraising events: We're asking each of our guests to donate \$____ or more to our cause.

Optional Insert 2 for fundraising events: Checkbooks welcome! Please come prepared to give what you can for our cause.

Optional Insert for potluck: So that all of my energy can go to making this event rock, it's going to be Pot Luck! If your last name starts with A-L, please bring an appetizer or main dish to serve 6-8. If you're last name starts with M-Z, beverage or dessert.

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Step 4:

Set the Scene

Just as you would for any other party, tidy up and get your location ready for your guests.

The Topic:

You may want to send your guests links to articles or websites to look at before they arrive, so that everyone has the same point of reference.

The Activity : Here are some ideas for what you could do at your event:

- **Make calls** to your local officials about issues you care about. All you need a cell phone.
- **Make posters** for an upcoming march - have art supplies on hand!
- **Write postcards** write to your representatives. Have addresses ready.
- **Invite** a local elected official to come. They just might say yes. Find yours here: <https://www.usa.gov/elected-officials>
- **Brainstorm** - Talk about issues that matter and plan next steps. You and your guests may bring fresh perspectives.

Remember: the point is to make this event as easy as possible. The focus should be on the conversation and gathering.

So Many Ways to Meet Eat and Activate

www.feedourdemocracy.com

#FeedOurDemocracy

Step 4:

Food: Sure you need some food for your guests, but it doesn't have to be complicated! Make it a Pot Luck, a dessert party, or just order in Pizza. Or, try this recipe from our friend Katie Workman at The Mom 100. Easy, inexpensive, and delicious.

Slow Cooker Chicken Chili

1 cup chopped onions
2 medium carrots, peeled and sliced
4 cloves garlic, minced
2 tablespoons pureed chipotles in adobo sauce
1 (28-ounce) can diced tomatoes with their juice
2 tablespoons chili powder
2 teaspoons cumin
½ teaspoon kosher salt
2 (15.5 ounce) cans black beans drained and rinsed
3 pounds boneless, skinless chicken thighs, trimmed of fat and cut into 1-inch pieces
4 scallions, trimmed and chopped
Juice of 1 lime

To serve:

Shredded cheese
Sour cream

Directions:

1. In a large slow cooker, combine the onions, carrots, garlic, pureed chipotles in adobo, tomatoes, chili powder, cumin, and salt. Add the beans and stir to combine, then stir in the chicken.
2. Cook in the slow cooker on high for 4 hours. Stir in the chopped scallions and the lime juice right before serving.
3. Serve with shredded cheese and sour cream on the side and let everyone top their own bowls as they wish.

Step 5:

Start Activating

Everyone's together! Now what? First, introduce the evening, say a bit about your cause or candidate and why you've decided to host this #FeedOurDemocracy event.

Conversation Starters

Try these basic conversation starters to get people talking:

Why are you here?

Have guests pair up with someone they've never met and ask them three times: Why are you here? Each time, the person answering the question has to think of another reason why they joined the event. After a few minutes, switch roles. Then have each person report the other's answers to the group.

Three Things

Go around the table and have each person tell the group three things other people should know about them, including one that might surprise them.

Main Course Conversation

Now that the ice has been broken, it's time to talk about your cause or candidate. Have a few questions ready to get your guests thinking and activating.

Once people have gotten comfortable and have had some time to chat, start talking about the reason for the event.

Step 5:

Start Activating

Have a few questions ready about your topic:

- What most interests you about this cause/candidate?
- Why do you find this cause/candidate important?
- What are your hopes in regards to this candidate/cause? (i.e., win an election/raise more money/get a bill passed, etc)
- What concrete actions can you take to help out moving forward?
- Who else do you know who might be willing to help?

Keeping the Conversation on Track

If a guest goes off track, acknowledge the importance of what they're saying but redirect them saying something like "That's a great point that deserves it's own Feed Our Democracy event. But let's stick to tonight's topic for now."

Don't forget to share photos of your event on social media using the #FeedOurDemocracy hashtag.



Unless someone like you cares a whole awful lot, nothing is going to get better, it's not. - Dr Seuss, The Lorax

Step 6:

Follow up

Your event is over! Now what? Your #FeedOurDemocracy event is part of a movement.

1. To help us keep it growing, go to FeedOurDemocracy.com and tell us how things went by filling out our “[All About My Kick-Ass Event Survey.](#)” We’ll add your results to those of other #FeedOurDemocracy events, so you can see how together, we’re making a difference.

2. Send your guests a follow-up email thanking them for coming, letting them know what you accomplished (how many postcards did you send? How much money did you raise? How many new people met?).

3. Encourage your guests to host their own #FeedOurDemocracy event.

You’re a citizen activist! Doesn’t it feel good to know you’re making a difference and helping to save our democracy?!

