



Development and Peace Solidarity Meal

Here we offer a suggested format for the Solidarity Meal - please feel free to adapt to local circumstances. Thanks to the folks at Christ the King in Regina for sharing the 'how-to' with us.

You will need:

- organizing group
- chefs
- servers
- guest speaker (optional)
- venue that can accommodate a group for a meal

Promoting the Event:

Promote the event widely and try to sell tickets in advance (price to be set by organizing group) so that an appropriate amount of food can be prepared. There will be room to accommodate guests at the door. Be sure to let people know to expect a simple meal.

Decide if you want to have live entertainment or just arrange to have a CD player and some music.

The Meal:

All guests receive the same simple meal – one serving of rice, beans and water/tea.

Serving the Meal:

1. Guests line up and are served their meal of rice, beans and water. They eat at tables set with the Development and Peace placemat.
2. When the meal is finished, guests are asked to return their dishes to the kitchen and return to their seats.
3. When all guests are finished, an announcement can be made to call the group to order for the presentation.

Presentation/Sharing Information:

It is important to have an opportunity for people to learn more about the distribution of wealth and to offer their feedback on the process. A guest speaker could deliver a presentation or organizing members can prepare their own presentation.

Topics to be covered include:

- Review of the meal – ask questions like: What did people think of their meal? Did they eat more or less than they usually do? Talk about the meal itself i.e. rice a staple food, implication of biopatenting etc
- Share facts about the distribution of wealth in the world
- Discuss the work of Development and Peace and our partners
- Suggest follow-up actions for guests to pursue on their own