

## Tips for Successful Swapping

*Adapted from ATX swappers hosts Megan Myers and Kate Payne*

### Before you go

Have your items already packaged for swapping

- Put into jars/bags
- Label your goods!
- Think in terms of swapability when it comes to portion sizes. A loaf of bread, 8 ounces of jam, and 6 eggs are all about equal. Even if your cookies are amazing, it will be hard to swap just one cookie!

Print and fill out your swap sheets (saves time!)

- You will need one sheet for each type of item you have. (E.g., if you have 3 jars each of 2 kinds of jam, you need 2 sheets)
- Swap sheets are available here: <http://eatlocalwestmichigan.com/food-swap/>
- Be sure to include dietary notes like GF, vegan, or contains nuts.



### Bringing snacks/samples to share?

Great! Make sure to bring any serving utensils/platters you might need. Please label them on the bottom to make sure you get them back.

### At the swap

- Check in at the main table and make a nametag
- Fill out your swap sheets, if you didn't do it ahead of time
- Find a place for your items on the table, and put your swap sheet next to them. (Slightly tucked underneath if it is windy!)
- Put your snacks/samples on the snack table and be sure to label them!!
- Eat some snacks, have a drink, and peruse what others have brought.
- You are welcome to start putting your name/items down on anyone else's sheet at any time, just wait to make trades until the hosts open up the swap floor.

## How to swap

- If you see an item you want, write your name on the item's sheet. You can include what you're willing to trade, if you want.
- You are not tied to your name being on a sheet, so feel free to write down your name more times than you have items!
- Don't be intimidated if there are already lots of names on a sheet. You still might get it!
- Likewise, don't take it personally if there are few (or no) names on your own items. It's possible your sheet was hidden, or you arrived too late for many people to see it.
- About 30 minutes after the swap begins, it will be time to trade!
- There are two main methods:
  - Head back to your item and seek out the people who signed up for yours, then negotiate.
  - Seek out the people whose items you signed up for, then negotiate.
- Do not be discouraged if they say no, and do not be afraid to say no! Food is personal and there are many factors that go into a swapper's choice.
- If your trade is successful, be sure to give your item to the person right away.
  - Make sure to take your new goodies as well!
  - If you've traded all your items, be sure to remove your swap sheet from the table
  - Removing items helps people know how much is left available to trade.
- Once you're done trading, feel free to stay and socialize, but make sure to stay out of the way of active swappers!

## After the swap

- Please share your photos of favorite items!
  - Tag tweets with #GRapFoodSwap
  - We love photos shared on Facebook (<https://www.facebook.com/GRapFoodSwap>)!
- Join the email list here and keep an eye out for an invitation to the next swap!

