

The Weston A. Price Foundation
for *Wise Traditions*



CHAPTER LEADER GUIDEBOOK FOR HOSTING MEETINGS

**YOUR RESOURCE FOR HOSTING
A LOCAL CHAPTER MEETING**

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INTRODUCTION

This guide is intended to help chapter leaders who are planning their first meetings. Meetings are not obligatory but serve two important goals: education and building community. Thank you for considering hosting meetings.

Not a Chapter Leader, but would like to know more about becoming one?
See the guidelines and application [here](#).
(<https://www.westonaprice.org/start-a-chapter-2/#gsc.tab=o>)

TRAINING

If you are considering hosting meetings, we recommend you view a training session we hosted for chapter leaders on that topic.

Chapter Training – Hosting Meetings

Go to this link, find training video #2 and start at 24:00

<https://www.westonaprice.org/chapter-resources/#training>



MEETING CONTENT

WAPF recommends you show this video broken into parts for your first 2 or 3 meetings (or at any time):



<https://www.westonaprice.org/category/video/#qsc.tab=o>

Nourishing Traditional Diets: The Key to Vibrant Health by Sally Fallon Morell

This presentation answers the question: what is a healthy diet? Sally Fallon Morell looks at the work of Dr. Weston A. Price who visited groups of people living in a traditional way, eating their traditional diets and enjoying robust health. Sally presents 11 principles of traditional diets and teaches how to implement those principles today. This life-changing information has improved the diet and health of countless people.

The full video is 2.5 hours. You can divide it and watch at 2 or 3 meetings:

3 Parts (we recommend this as it gives more time for discussion in a 2 hour meeting):

1st meeting: show this segment: 00-53:34 (total is 53 minutes)

2nd meeting: 53:35-1:45:19 (total is 60 minutes)

3rd meeting: show 1:45:20-2:34:07 (total is 49 minutes)

2 Parts:

1st meeting: 00-1:20:05

2nd meeting: 1:20:06 to end.

PREPARATION

This list is intended to help chapter leaders who are planning their first meeting:

1. Find venue. See below for ideas for venues. Consider: parking, adequate seating, Internet connection, screen and projector to show YouTube videos, etc.
2. Decide if you want to show the video in 2 or 3 meetings.
3. Pick dates and time.
4. Write your announcement (see sample below). Please proofread it a couple times.
5. At least one month before the meeting, send the announcement to the WAPF office (info@westonaprice.org) so that they can email it to contacts in your area. Put your announcement in the body of the email and the zip range in the subject. Directions for finding your zip range(s) is below.
6. Also, one month in advance, request WAPF materials to share at the meeting. You can get brochures for free by emailing a list to info@westonaprice.org.
7. Also, if there is an expense for the venue or other needs, at the meeting, explain what the expenses are and request donations to cover expenses (pass the 'hat'). For your first meeting, WAPF can help cover costs. Email us.
8. If the venue requires proof of liability insurance, email us for a certificate.
9. Get the word out! Email friends, post to your social media and local community pages, post on community bulletin boards, etc.
10. Gather necessary supplies (see below)
11. Set up the venue at least 45 minutes in advance.

To contact the WAPF office, email us info@westonaprice.org

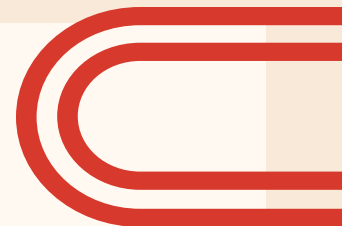
IDEAS FOR VENUES

Library, church hall or other non-profit buildings, health food store, practitioners' office, restaurants (some pre-pay with limited menu or just order from menu), fire house hall, parks, private homes, community center, farms.

EQUIPMENT LIST

- WAPF brochures, tabletop posters, journals
- Sign-in sheet (requesting name and email address; attached)
- Basket to collect donations if there are expenses to cover
- Equipment to play the video: Laptop, video URL, projector (if the venue does not have one), small table, screen or monitor
- See chapter handbook to see items you can sell at the chapter meeting to raise funds for chapter expenses
- Refreshments are not obligatory: if you wish to offer them, you could ask a local farmer for a cheese donation or purchase some (with chapter funds) and get sourdough crackers. Or other easy offerings. Some leaders also ask attendees to bring a dish to share. Including food gets more involved as then you will need to provide plates, napkins and possibly utensils.

SAMPLE MEETING AGENDA



This agenda is based on a meeting from 7 – 9 pm showing the video in 3 parts, but you can adjust to your preferred time.

6:45-7:15 People arrive. Greet people and ask them to sign in to get names and emails so you can remind people of meetings. People socialize and browse the WAPF table.

7:15 (move this up 10 minutes if you are doing the video in only 2 parts)

Call the meeting to order by asking everyone to have a seat. (flick the light or say Clap once, Clap twice, Clap three times; or any other method of getting people's attention).

Take a few minutes to introduce yourself and a co-leader (if you have one). Thank people for coming. Ask if they had heard of WAPF before learning of this meeting.

PROPOSED SCRIPT:

For those who don't know: The Weston A. Price Foundation is a member-supported nutrition foundation teaching about healthy foods of the past and how to incorporate them into your life. Teaching the science of what and why certain foods are healthy plus the practical side of where to get these foods and how to prepare them.

NOTE TO SPEAKER: hold up one of the main brochures describing the work of Dr. Price.

If you would like to become a member, there is a member form on page 13 of the main brochure or at the table, and you can take \$10 off membership tonight or at home using the code "chapters10"

7:25

We are happy to share a video of the Foundation's founding president, Sally Fallon Morell, who has given this talk to thousands of people. Many report that it was life changing. [Add a short personal note if it changed your life—be brief because the schedule is tight.] At a time when there is much confusion about what foods are healthy, we think this talk answers that question. Sally looks at the work of Dr. Weston A. Price who visited groups of people living in a traditional way, eating their traditional diets and enjoying robust health. Sally presents 11 principles of traditional diets and teaches how to implement those principles today. This life-changing information is altering how the world eats. (In the main brochure on page 3, the 11 principles are listed. Tonight, we will cover the first 2 and then have time for discussion.)

7:30 – 8:30

FIRST MEETING show this segment: 00-53:34 (total is 53 minutes)

SECOND MEETING continue with: 53:35-1:45:19 (total is 60 minutes)

THIRD MEETING end with: 1:45:20-2:34:07 (total is 49 minutes)

PLEASE NOTE: if you prefer to show it in only two meetings then we suggest:

First: 00-1:20:05 and Second: 1:20:06 to end.

8:30 – 8:55

Discussion: One or more of these questions may help get the discussion started.

In one word, how did the talk make you feel?

What was the most eye-opening fact or concept presented?

What's one phrase or sentence from the speaker you remember?

What is one thing you didn't expect to hear from the speaker?

What is one action this talk makes you want to do?

Did any of this remind you of something from your own experience?

Do you have questions you would like to ask me or the speaker if you could? (If you are asked a question for which you do not have an answer, that is fine you can simply say you do not know but will try to find and answer. (Later, check our website, ask someone else or email us for an answer.)

8:55: Announce that we have time for one more short comment.

WRAP UP: thank people for attending and for those who helped; remind about becoming a member; announce next meeting plans and ask for help cleaning up.

9:00-9:30 Clean up



REMEMBER TO HAVE FUN!



IDEAS FOR FUTURE MEETINGS

- Show videos from past WAPF conferences or from a collection of DVDs you can borrow from the WAPF office (ask for the list info@westonaprice.org)
- Have guest speakers on ferments, sourdough bread, dairy, gardening, etc
- Discuss topics such as cookware, finding good food locally, cooking for a family, etc.
- Arrange a farm tour
- Have a potluck or picnic
- Visit a small fermentation business or something similar

See a list of topics for meetings here:

<https://www.westonaprice.org/chapter-resources/#chapmtgevntrsrc>

ANNOUNCEMENT TEMPLATE

Populate with your details and email to the WAPF office (info@westonaprice.org) so it can be sent to the WAPF email list for you area.

Please note: you do not have to serve refreshments, alter the announcement accordingly. ^^

Subject: WAPF Chapter Meeting: Nourishing Traditional Diets: The Key to Vibrant Health

Wording for email—Copy from here down, note the section you have to change ** and ##

You're invited to join us for socializing and learning. Please invite others.

Meeting of the ** Chapter of the Weston A. Price Foundation

DATE: **

TIME: **

LOCATION: name and address of venue**

RSVP: chapter leader name and email**

Please join us for socializing, ^light refreshments^ and to watch a video of the president of the Weston A. Price Foundation giving the following talk:

PASTE FROM BELOW the description for meeting 1, 2 or 3 below ##.

A discussion will follow the video.

RSVP or Questions: Fill in your email and/or phone number here**

##COPY AND PASTE INTO SECTION ABOVE

For meeting #1 use:

Nourishing Traditional Diets: The Key to Vibrant Health by Sally Fallon Morell

We will watch the first part of this 2.5 hour presentation which answers the question: what is a healthy diet? WAPF president, Sally Fallon Morell, looks at the work of Dr. Weston A. Price who visited groups of people living in a traditional way, eating their traditional diets and enjoying robust health. Sally presents the first 2 of the [11 principles of traditional diets](#) and teaches how to implement those principles today. These principles cover the fact that all traditional cultures contained no refined or denatured foods or ingredients and they consumed some sort of animal food. This life-changing information has influenced countless people to improve their diet and health. A discussion will follow the video.

For meeting #2 use:

Nourishing Traditional Diets: The Key to Vibrant Health by Sally Fallon Morell

We will watch the second part of this 2.5 hour presentation which answers the question: what is a healthy diet? WAPF president, Sally Fallon Morell, looks at the work of Dr. Weston A. Price who visited groups of people living in a traditional way, eating their traditional diets and enjoying robust health. In this segment, Sally presents principles 3-5 of the [11 principles of traditional diets](#) and how to implement those principles in your life. These principles cover the fact that traditional diets contained at least four times the minerals and water-soluble vitamins and TEN times the fat-soluble vitamins as the American diet of *his* day (how would it compare to today?). Also, that they cooked some of their food but ate some animal foods raw; and, that they contained a high content of enzymes and beneficial bacteria. Countless people been influenced and helped by this information. A discussion will follow the video.

For meeting #3 use:

Nourishing Traditional Diets: The Key to Vibrant Health by Sally Fallon Morell

We will watch the third part of this 2.5 hour presentation which answers the question: what is a healthy diet? WAPF president, Sally Fallon Morell, looks at the work of Dr. Weston A. Price who visited groups of people living in a traditional way, eating their traditional diets and enjoying robust health. Sally presents principles 6-11 of the [11 principles of traditional diets](#) and teaches how to implement those principles today. In 25 years, Sally has been teaching these principles and countless people have implemented them to their benefit. A discussion will follow the video.

FINDING YOUR ZIP CODE RANGE:

WAPF is willing to send one email about your meeting to its database of members and non-members. We send chapter invites by **zip code range**. We cannot use a list of zip codes, we need a range (or more than one) such as 23000-24999.

[This site](#) will help you search for zips. Enter the zip code for the location of the event and search a 30-mile radius (or a radius you think suitable). [This site](#) offers another way to search.

It will pull up a list of zips, put them in order lowest to highest and write down the lowest zip and the highest. **PLEASE do not send us the list.** That low and high number will be your zip code range covering your area (e.g. 24000-25999). If the zip numbers have big gaps (such as one zip being 23800 and then it jumps to 24399), you may have to give 2 or even 3 ranges.

Please keep these zip range numbers for future use. When you want us to send an email for the chapter, please send an email request with the zip range(s) in the subject and the wording of the message in the body of the same email. Send to info@westonaprice.org.

Weston A. Price Foundation Local Chapter Meeting Sign in Sheet

Welcome to our meeting!

Please put your name and email if you would like to receive a reminder about meetings and/or our food resource list.

Name

Email

Are you new to the WAPF way of life?

[illegible]