



## Welcome Pack

*"The ache for home lives in all of us. The safe place where we can go as we are and not be questioned." - Maya Angelou*

Congratulations! You are now officially going to be the host of a Munch. You get to cook, welcome guests into your home and meet extraordinary people.

Your Munch is now live which means guests are able to start registering. What a thing.

People will walk through your door and into your life, even if just for a moment. You will spend a few hours with them sharing stories, laughter, ideas, and let's not forget, food. What a wonderful opportunity to get to know people from different countries, backgrounds, cultures and communities.

Before you get started, here are a few things to think about before, during and after your Munch.

### Before

#### In case of Emergency

Please make sure you are aware of the relevant [Emergency Service](#) numbers of your city. UK 999. US: 911. Europe: 112

#### Your information

Your full address and contact details are not shared with the public. These are only shared with guests who have registered to your Munch.

#### Your guests

Your guests' profiles will be visible to you on the [Munch Together](#) website. Some people love to know who is coming and finding things in common, other people want to leave it as a complete surprise. With all of the Munches you'll be hosting, you can try out different ways.

#### Your Home



Part of the idea behind Munch is for people to experience other people's homes and cultures, so we encourage you to celebrate how you live. That said, please make sure that it is in a state where others can be in. (i.e. if you are serving on a table, it can be good to clear the table of other things).

### **Your bathroom**

This is the one area of the home that is important to take care of as it is one of the rooms that can cause people to feel uncomfortable about eating in someone's home.

Please ensure your toilet is clean both with the seat up and down. Please ensure there is ample toilet paper. Please ensure that your toilet flushes.

### **Your personal possessions**

We want to create an environment of complete trust in the Munch family, so we would love you to leave your home as is, with all of your stuff. That said, if you would be more comfortable putting some things out of sight, such as cash or jewellery, please feel free to do so as a precaution.

### **You at ease**

If it is your first Munch and you are worried about it, having someone else in the house during the Munch may be a good idea, they don't necessarily have to join for the meal, but for you to know they're there.

### **Cancellations**

We understand that events happen and you may need to cancel your Munch. Please do so through the website and we will notify your guests. They will be offered a full reimbursement. If a guest cancels, you will be notified. If they notify you after the cancellation cut-off point, you will still receive payment for their attendance.

### **Food**

Let's go through some quick pointers about cleaning, storing, preparing and cooking to help you muster up a great meal for your guests.

- Make sure the food preparation area is clean and hygienic to avoid bacteria spreading and/or any contamination.
- Make sure food is handled and stored appropriately.
- Make sure to maintain a high level of personal cleanliness when handling food.
- If you're suffering from a cold or feeling ill, we advise not to handle food. Please get better first before. Munches are for sharing meals, not colds.

### **Cleaning**

- Wash your hands with soap and warm water before and after you handle food. Dry them with a separate hand towel (not a tea towel).
- Remove your jewellery before you handle food – bacteria can hide under jewellery such as rings.
- Clean the area you're working in and the utensils you're using. Clean up any spilt food straight away.
- Change your tea towels and dishcloths regularly because they can harbour bacteria, especially if they're damp.

### Storing

- Check labels for advice on how to store food.
- Keep your fridge between 0 °C and 5 °C, and your freezer at less than –18 °C to prevent bacteria from multiplying. A cool bag or box can help to keep chilled foods cold when you're returning home from the supermarket, particularly in warm weather.
- Keep raw meat and seafood separate from other foods in airtight containers at the bottom of the fridge.
- Defrost frozen foods in the fridge. Pop them on a plate or in a container as they defrost so they don't drip onto other foods.
- Don't store opened tins of food in the fridge – transfer to an airtight container instead. Once you open a tin, material such as bacteria can get into the contents.
- Allow leftovers to cool to room temperature (for no more than two hours) before you put them in the fridge.

### Preparing

- Don't use any foods that have passed their use-by date, even if they look or smell fine. They may not be safe to eat and it's not worth the risk.
- Take chilled foods out of the fridge at the last minute before you prepare.
- Use separate chopping boards and utensils to prepare raw meat or fish, and clean them thoroughly with soap and warm water after use.
- Raw meat and fish contain harmful bacteria that are killed during cooking but that can spread from your knives and chopping boards to other foods if not washed away.

### Cooking

Cooking at temperatures over 70 °C for at least two minutes will kill any bacteria in food. Bacteria can survive in cooler temperatures than this, so it's vital to cook food properly.

- Follow the instructions for cooking time and temperature, and pre-heat your oven fully.
- Make sure food is piping hot – you should see steam coming out before you serve it. A food thermometer is a handy tool to check if food is cooked to the right temperature (70 °C).

- Cook meat all the way through. Aside from rare steaks, or lamb and beef joints, meat shouldn't be pink in the middle. Use a clean skewer to pierce the meat; if it's cooked properly, the juices will run clear.
- Always reheat pre-cooked food thoroughly.
- Please don't serve reheated rice.
- Only reheat pre-cooked food once.
- If you're cooking food in a microwave, stir it well from time to time to ensure that it's evenly cooked all the way through.

## During

*"Everybody has a secret world inside of them. All of the people of the world, I mean everybody. No matter how dull and boring they are on the outside, inside them they've all got unimaginable, magnificent, wonderful, stupid, amazing worlds. Not just one world. Hundreds of them. Thousands maybe." - Neil Gaiman*

### Openness

A Munch is a meal in someone's home, in this case - it's yours! This means you can help make your guests feel welcome and at ease. The more relaxed and at ease you are, the more they will be.

We hope that Munches are places where all guests can feel open, included, curious, and welcome. This means that it's important to be a non-judgmental of other cultures and ways of life. If you notice yourself being judgmental, it can help to become curious and try and understand why someone does something, or be interested in how different things are - so you can ask lots of questions. You could learn incredible new ways of thinking!

### Respect

Munch Together meals are always full of this delicious ingredient. It is a simple ingredient in all of our meals, respecting yourself and others, respecting food, space, respecting ideas, backgrounds, beliefs and choices. And mostly, respecting respect.

### Late Arrivals

We know this happens because traffic, weather and life is often unpredictable. Most Guests who are running late will let you know. It's up to you to use your discretion about waiting for a late arrival or starting without them. If you choose to start without them and they arrive during the meal, please help them feel welcome. While it's awkward to have a late arrival, it can be even more awkward to be the late arrival.

## Photographs and Social Media

With your guest's permission, please take photos and feel free to share them. Please only share photo's of your Guest's with their permission. If guests aren't comfortable with their photo being taken or shared, please focus your photo's on other aspects of the Munch (food, decoration, art etc).

## Alcohol

Please don't get drunk before your guests arrive, even if you love to drink while you cook. Alcohol cannot be sold as part of a Munch, so please make sure you are not charging for it. If you have marked your event as Alcohol-Free, it is essential that you honour that. As not everyone drinks, Alcohol can also make your event non-inclusive. Please be considerate.

## Announcing the end of a Munch

It is clear in the instructions that a Munch ends at a certain time, to avoid people overstaying their welcome. While most people are considerate and leave on time, both guests and hosts can feel uncomfortable about leaving. So the clearer it is - the better for everyone! As people are in your home, you need to be clear and confident when this happens.

- You can let guests know what the time is so that it's time to start wrapping up.
- You can have put a little alarm on your phone so that everyone knows what the time is.
- You could ask one of the guests to be responsible for timings
- You can say with a big smile "This Munch is over" and thank everyone for coming.

## After the Munch

### Social Media

Go wild on social media if that's what you're into - if you share any information about guests, please **only** do so with your guests' permission.

- Share on Social Media and make sure to tag Munch Together!
- Write a blog and add the link to your Munch Together Profile
- Upload your photo's to your Munch Together Profile

### Money

You will be paid via bank transfer if you are in the UK or via PayPal if outside of it. Make sure you have up to date details on your profile page to ensure that we can pay you. Money owed to you will be transferred to you within 2 working days of the Munch.

### Reviews



Once the Munch is over, you'll be sent an email asking you to review the experience with your guest(s), which will then be added to their profile(s). This is a great way to share your experience you had with the guest(s) with the rest of the Munch Together family.

### **Join a Munch as a guest**

If you want a break from hosting, why not browse all of the Munches in your area and join one as a guest.

*That's all folks. We know you've got this. Bon Appetit!*