

The Great American Supper Swap

Solving the Busy Woman's Family Dinnertime Dilemma

Author: *Trish Berg*

Reduce meal time preparation 80% while receiving an entire week's worth of home-cooked meals.

FEATURES AND BENEFITS

- Outlines the steps for forming a supper-swapping group and instruction on dealing with practical and emotional challenges.
- Supper-swapping opens opportunities to spend more time with the family, to save money, and to serve others.
- Includes recipes, meal planning and scheduling helps for supper-swapping
- As a discipling tool it challenges the reader to invite unchurched and/or non-Christian women from the neighborhood, from work, school parent groups to participate.

BOOK SUMMARY

For about one to two hours of meal preparation time and about thirty minutes of meal delivery time one day a week, families can be blessed with an entire week's worth of stress free dinners delivered right to their door—hot, fresh, and ready to eat and enjoy with their family. Once a week, a family prepares a meal for three to five other families. In turn, the rest of the week they'll receive meals from other families and will have more time to spend with the kids. Author Trish Berg provides proven step-by-step instructions on organizing a swapping group with helpful tips such as: mouthwatering recipes, a cost analysis of supper swapping, a collection of dinnertime prayers, and conversion and equivalency tables.

WHY SUPPER SWAPPING?

- Women still do 80% of the food-related work at home (source: 3/06 NYT)
- Only 50% of American families have supper together regularly and of those meals, 34% com from fast food restaurants (source: momcentral.com)
- There are over 700 meal assembly centers (Supper Solutions, Dream Dinners, etc.) around the country and they continue to open at a growth rate of 40 per month. (source: 3/06 NYT)

ABOUT THE AUTHOR

Trish Berg is a published author and a columnist for a regional newspaper. She is a featured writer for MOPS International and has frequently contributed to their magazine, radio commentaries, and e-mail outreach. Trish has also written for *Today's Christian Woman* and *CBN.org*. Her mission is to help moms "simplify motherhood." The Berg's are busy raising their four children on their family cattle farm in Dalton, OH.

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