

# L.I.F.E. Host Guide

Rebuild the System. Start at the Table.

---

## Your Role

You are not hosting a dinner party. You are hosting a table.

Your role is simple: create space for connection.  
No perfection required. Just presence.

## The Purpose

Shared meals are consistently associated with lower stress, stronger family connection, better nutrition habits, improved emotional well-being, and a greater sense of belonging.

Tonight is about restoring a pattern that supports long-term health.

## The Format (60–90 Minutes)

### 1. Welcome (5 Minutes)

Set the tone. Invite everyone to silence or set aside phones.

### 2. Cook Together (20–30 Minutes)

Prepare a simple Mediterranean-style meal.

### 3. Eat Slowly (30 Minutes)

Sit facing one another. No screens. No rushing.

### 4. Ask 3 Questions (20 Minutes)

- Did you grow up eating dinner at a table regularly?
- How often does your household sit together now?
- What would change if you protected one shared meal each week?

## Pay It Forward

Before guests leave, ask:

*"Will you host one table in the next 30 days?"*

Encourage them to choose a date, invite others, and register their commitment on the L.I.F.E. website.

## Track the Impact

After your gathering, record:

- Date
- Number of guests
- City
- Number who committed to host

Data strengthens the mission and demonstrates national growth.

## Keep It Simple

You don't need fancy cookware or a large home.

You need:

- A table
- Real food
- People
- Intention

---

You are restoring connection, belonging, health, and longevity.  
Longevity Initiative for Food & Education (L.I.F.E.)