

Break Bread

Food connects people, and meaningful and lasting relationships can be built around the table. It's especially tough when you live alone; it's no fun eating by yourself.

Think about starting a dinner club. Bring together a group of people who get together on a regular basis (monthly) to enjoy a themed potluck meal at someone's house. It's a great way to meet new friends, connect with old friends, make new recipes, learn more about food and cooking, and enjoy an evening of great conversation!

Be as creative as you want with a theme: Italian Night, Taco Tuesdays, Soup, Salad and Bread, Chicken Parmesan Night, Light and Healthy ... you get the picture.

Here are some guidelines to start your club:

Choose the invitees. Because you are the organizer, choose the invite list. Ideally these are people who love food. Anywhere from six to 10 people is a good number.

Choose who will host. This can be a set location or it can rotate among your friends.

Choose your menu. Usually the host makes the main dish, which helps to decide the direction of the menu. Once you send out a "It's Taco Tuesday" email, other people will chime in and tell you what they want to bring. Main categories of food can be Appetizer, Drinks, Main Dish, Salad, Bread/Carbs and Dessert.

Keep It Simple. Unless you and your friends are into gourmet cooking, keep the meal simple. The point is connecting to others, so leave the fuss out of the experience.