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Dear CARE Social Supper Host,

Thank you for bringing to the table your passion for social justice around the world! By hosting a CARE Social Supper, you’re turning that passion into action — while rallying your friends and family to do the same over good food and good conversation.

CARE believes fighting for gender equity is the centerpiece in our fight against global poverty. Our more than seven decades of experience have shown us that women and girls aren’t just the face of poverty. They hold the key to defeating it, too. Simply put, empowered women and girls lift up themselves, their families, their communities — their nations.

So we hope CARE Social Suppers like yours will raise awareness of the issues surrounding gender inequality in our world, creating opportunities for guests to learn, collaborate, reflect — and act! — together.

Hosts like you are vital to the success of CARE Social Suppers — the main ingredient for a dynamic evening of dinner and dialogue. We’ve prepared this toolkit to help ensure that yours goes off without a hitch. Thank you again for stepping up on behalf of girls everywhere — and for making your Social Supper one to remember. Please stay in touch with questions or simply to tell us how everything goes.

Best,
Your friends at CARE

fight.care.org
PREPARING FOR YOUR EVENT

This toolkit will make hosting your Social Supper as easy as possible. It includes a to-do list that will lead you every step of the way to an enjoyable, worry-free Supper, and a discussion guide to ensure exciting and meaningful conversations. Let’s get started.

While we can’t help you prepare the dinner, we will help you prepare for the discussion. If you have questions about how to run the program, contact usasocialsupper@care.org

What’s at every CARE Social Supper?
  • Fun, food, drinks
  • Discussion topics related to the challenges girls face around the world
  • Passionate guests ready to make an impact through fundraising and/or advocacy

GETTING STARTED

CARE has compiled some tips and tricks for planning your event from start to finish:

**Pick a time and location for your dinner:** If you’re new to hosting a dinner party, keep things simple. If you don’t feel comfortable inviting attendees to your house, or lack the space, pick a quiet restaurant for dinner, or find a nearby park where you can host a picnic.

**Create your attendee list and send out invitations:** Decide how many people you’d like to attend — we suggest 8-10 people, but any number is fine as long as it’s small enough for guests to interact with everyone at the table.

**Think of friends, family members, colleagues or acquaintances you’d like to invite to your dinner:** Invite a mix of people who are great conversationalists and have an interest in supporting opportunities for girls. Also, try to include people who may not be familiar with CARE. Send out invitations via email, over text, or by creating a Facebook event for your attendees.

**Begin donation requests:** When you send out your invitations, consider asking your attendees to make a donation through this URL: bit.ly/2InLalu. Or rather than bringing a bottle of wine or a dessert, suggest that your guests bring a donation to CARE to support our poverty-fighting work around the world. Remember, no amount is too small..
**Sample Invitation:**

Hey (name)!

I’d love to have you over at (location) on (date) at (time) for a dinner party.

You have a great point of view, and I think you’d be perfect for a little dining and dialogue.

We’ll gather together for some fun, and to discuss issues that affect women and girls all over the world.

I’ll provide dinner and drinks, and in return, please consider making a small donation of $20 or more to CARE, a global poverty-fighting organization that works in 94 countries around the world at (unique donation URL).

Let me know if you can make it!

(Sign off)

**Assign a social media manager before your Supper:** Ask one of your guests to be the social media manager for the night. She will share photos, inspiring tidbits of conversation and fun event updates on Twitter, Instagram and/or Facebook, tagging CARE’s accounts and using #SOCIALSUPPER.

- Follow CARE on social media:
  - Twitter: @CARE
  - Instagram: @careorg
  - Facebook: @CARE, facebook.com/carefans
  - Use: #SOCIALSUPPER and #FightWithCARE for all of your posts across platforms

**Plan your menu for the evening:** The real star of your dinner will be the thoughtful conversation, so keep your menu simple. Take a look at our recipe ideas in the Resources section of this toolkit for some fun suggestions and make a shopping list, use a meal delivery service, or order takeout. If you are having a potluck, assign a meal item to each guest.

**Plan for setting the scene:** Check out the Resources page of this toolkit for tips on decor and music.

**Do a little homework:** Before your dinner, learn a bit more about the barriers to girls’ equality like access to education and child marriage, then use our discussion guide to plan questions for your dinner.
Organize your supplies: Queue your music playlist, arrange nametags and table settings for guests, and gather any other party materials you’ll need. Focus on making your table an inviting and comfortable space that fosters a sense of community.

Kick it off: Once your guests have arrived, invite everyone to get settled. Start off by sharing why you have decided to host a dinner for CARE. Include brief fundraising and advocacy asks.

Begin introductions: Invite your attendees to introduce themselves. Have them answer the following:
- Who are they?
- What unique talent or perspective are they bringing to the table?

Dig in: Start your meal and begin tackling the questions and conversation topics you prepared or use those provided in this toolkit.

Take action: Conclude the discussion by talking about the ways you can help bring about change including fundraising and advocacy. Highlight upcoming CARE events and activities for continued engagement.

Document your dinner: Remember to have your social media manager take lots of photos throughout the evening, and post them on Facebook, Twitter and Instagram, tagging CARE and using #SOCIALSUPPER. Make sure to also tag @CARE so we can push out your social content.

- Follow CARE on social media:
  - Twitter: @CARE
  - Instagram: @careorg
  - Facebook: @CARE, facebook.com/carefans

AFTER YOUR DINNER

- Celebrate your event on social media by posting pictures and event highlights on Facebook, Twitter, Instagram, etc. and use #SOCIALSUPPER. Send any stories or photos to usasocialsupper@care.org.

- Thank guests via email and encourage them to visit fight.care.org to donate, take action or sign up to receive information from CARE.

- Help us improve the experience: Complete the post-event survey included in this toolkit within one week of your Supper and send it to us at usasocialsupper@care.org.

- Thank guests who made donations to CARE.

- Send your attendee and contact information list to CARE so we can thank them too!
CREATING CONTEXT

Before your dinner, learn more about the challenges facing women and girls worldwide, including gender stereotypes, violence, child marriage, and access to education. Then plan some relevant questions to start off your conversation. Check out our sample questions to help you get started. Select your favorite pieces and videos to share with your guests ahead of the dinner or at your event to invite deeper discussion.

Read and Watch:
- Power of a Box
- History of the CARE Package
- Poverty is Injustice
- Why Women and Girls

Education and Work for Women and Girls:
- Educate a Girl, Change the World
- #DreamWithHer: A Girl and Her Goats
- Meet the Runaway Bride Helping to Stop Child Marriage
- This Basketball Star and Lawyer is Blazing new Paths for Young Kenyans

Dignified Work:
- #ThisIsNotWorking
- Violence Against Women and Girls at Work
- Forced to Flee a Living Hell in Colombia
- The Single Mom Fighting to End Workplace Harassment in Cambodia’s Entertainment Industry

Healthy Moms & Children:
- This Woman’s Traumatic Birth Experience Inspired Her to Help Other Mothers in India
- How Community Activists in Kenya are Working Together to End Female Genital Mutilation
- Family Planning 101
- #DearDaddy
- The Tipping Point: Virtual Photovoice Gallery

Emergencies and Humanitarian Crises:
- Suffering in Silence III
- Far From Home: The 10 Worst Refugee Crises for Girls
- A Manmade Crisis Has Left Millions on the Brink of Famine in Yemen
- Millions of Venezuelans are Fleeing Hunger, Poverty and Instability
- Looming Famine in Somaliland
ABOUT CARE

CARE believes poverty is an injustice, poverty is solvable, and that together we have the power to end it. For good. Working shoulder-to-shoulder with communities, we build relevant, sustainable solutions to defeat poverty, respond to humanitarian crises, ensure social justice, and create a world where all people live with dignity and security. Our goal is to help end extreme poverty around the world by investing in women and girls.

• CARE is an international nonprofit organization focused on fighting poverty in countries all over the world.
• CARE was founded in 1945 just after World War II, shipping the original CARE Package® to people who needed food and lifesaving supplies in war-torn Europe.
• CARE fights poverty for all by focusing on women and girls because they are not only most affected, but also most effective in creating change in their communities.
• Last year, CARE worked in 93 countries and reached more than 80 million people through 1,033 poverty-fighting projects in Latin America and the Caribbean, Africa, Asia/Pacific regions, Europe, and the Middle East.

CARE’s programs focus on education and women’s economic empowerment, women’s health and safety, access to sustainable and nutritious food, and emergency and disaster relief.

CARE AND WOMEN AND GIRLS

Women and girls make up the majority of the more than 800 million people living in extreme poverty. At CARE, we are committed to ending poverty by attacking its root causes. This means working to transform the political, social and economic relationships at the heart of poverty. We can’t just build a school — we must ensure girls’ rights to education. We not only provide reproductive health information, counseling and care, but also fight for every individual’s right to be free from abuse or violence.

CARE places special focus on working alongside women and girls because, equipped with the proper resources, they have the power to lift whole families and entire communities out of poverty. That’s why women and girls are at the heart of CARE’s community-based efforts to improve education and health, create economic opportunity, respond to emergencies, and confront hunger.

• CARE’s SOAR Schools provide an intensive nine-month curriculum to help girls return to school, with a 95 percent success rate. Girls who attend school are less vulnerable to disease, tend to delay marriage and pregnancy, and are more likely to increase lifetime earning power.

• The TESFA project works to improve economic and sexual and reproductive health outcomes for the highly marginalized population of child brides – married, divorced and widowed adolescent girls – in the Amhara Region.

• Through Village Savings and Loan Associations (VSLAs), CARE works with more than 5 million members in 46 countries across Africa and in parts of Asia and Latin America. Nearly 80 percent of participants are women. CARE pioneered the program in 1991 in Niger, where 25 percent of women in Parliament are VSLA graduates.
ABOUT CARE ACTION

CARE Action is CARE’s sister organization that influences policymakers and mobilizes citizen advocates in support of CARE’s mission to fight poverty and empower women and girls globally.

To learn more, visit careaction.org.

DISCUSSIONS

A working definition of dialogue: We are here to engage in dialogue, which can be a more difficult and nuanced form of discussion. Keep in mind that dialogue is not debate, which involves defending a particular position and trying to prove that the opposite position is wrong. In contrast, dialogue is about understanding people with different beliefs through the respectful exchange of ideas and views. In a successful dialogue, there are no losers. It is important to remind ourselves of the attitudes required to realize this kind of success. These are civility, collaboration, and respect.

The guidelines:

• Everyone contributes
• Take no more than two minutes
• Share from personal experience
• Listen respectfully to the person speaking

Set expectations for your conversation: You’ll be discussing big issues that can’t be solved all at once. It’s okay to spend time just getting to know the issues.

Have just one conversation: Try to keep your group united in a single discussion rather than having lots of side conversations. Sharing all of our ideas together can create a more productive and interesting conversation.

Keep it civil: Your dinner isn’t the place for a heated debate. Acknowledge the value of differing opinions and treat disagreements with respect, but continue to move the conversation forward.

Encourage everyone to use their voice: Everyone is different, and not all of your members will feel comfortable chiming in. Be sure to encourage everyone to participate in the conversation in whatever way they feel most comfortable.

Team up to continue the conversation: Encourage your guests to work together to tackle the next steps you identify during your dinner. It can be as simple as exchanging contact information or setting a time to meet up for coffee — anything that will keep your conversation and your action moving forward.

Take time to brainstorm: Thoughtful conversation is great, but be sure to save time during the evening for your attendees to think about or write down what they plan to do following the discussion. This can foster collaboration and personal reflection and will help your attendees take the conversation with them when they leave.

Have fun: Your supper discussion will include some serious topics, but that doesn’t mean it shouldn’t be fun.
TOPIC 1: EDUCATION AND DIGNIFIED WORK

Throughout the world, women and girls bear most of the burden of unpaid household and care work, face gender-based violence, and get paid less for their labor (in terms of lower pay for the same work as men, greater job insecurity, as well as the under-valuing of feminized jobs). Poor women tend to work in low-wage jobs in the informal sector, often with long hours in poor working conditions.

FOOD FOR THOUGHT

Today, women have less access to education and training, face greater financial exclusion, have less ownership and control over land and other assets, and have less control over their reproductive health.

Structural disadvantages compound the impact of crisis situations on women and girls, and are linked to key protection issues. Left without livelihood opportunities, the consequences of humanitarian situations are often multiplied.

School gives girls a chance at life, especially in areas of the world where child marriage, early motherhood and poverty are the only other options.

When more women work, economies grow. An increase in female labor force participation — or a reduction in the gap between women’s and men’s labor force participation — results in faster economic growth.

DISCUSSION QUESTIONS

- What are some work roles that are seen as traditionally male or female? What is your opinion of that?
- How would you suggest lack of access to education be addressed?
- Do you believe that there is a gender wage gap in America?
- Are you an entrepreneur? Do you often support women-owned businesses? Why?
- Have you had access to education in your life? If so, how has access to education or skills training impacted your life? How would your life differ if not for that access?
**TOPIC 2: VIOLENCE**

As many as one in every three women has been beaten, coerced into sex or abused in some other way – most often by someone she knows, including by her husband, co-worker/employer, or male family member.

**FOOD FOR THOUGHT**

Violence against women and girls is one of the most pervasive and yet least-recognized human rights abuses in the world.

Gender-based violence (GBV) is violence that is directed against an individual or group of individuals based on their gender identity. GBV encompasses violence against women and girls as well as against men and boys, people who are lesbian, gay, bisexual, transgender, and intersex (LGBTI), and other individuals who do not conform to dominant perceptions of gender.

GBV includes physical, sexual, and psychological abuse of women and girls (and in some cases men and boys) in the home, community, workplace, and in schools; trafficking; traditional practices such as female genital cutting and honor crimes; and sexual violence and exploitation during and after conflicts and natural disasters.

This violence leaves survivors with long-term psychological and physical trauma, tears away at the social fabric of communities, and is used with terrifying effect in conflict settings – with women as the main target.

**DISCUSSION QUESTIONS**

- What do you think about when you hear the term “women’s rights”? Are human rights women’s rights?
- How do you feel about the way our culture views violence against women?
- Should violence against women become a wider, more social and culturally accepted human rights abuse? Why?
- Should pervasive violence, like what can be found in the workplace or in school, be more openly discussed? How could we start those types of dialogues?
TOPIC 3: HEALTH AND REPRODUCTIVE RIGHTS

Many women around the world lack the ability to maintain control over their bodies — and to decide whether, when, and how often to have children.

FOOD FOR THOUGHT
Access to sexual and reproductive rights is a human right. An added bonus to that right is that when women and their partners have access to family planning information and services, everyone benefits. Maternal mortality rates drop, children are healthier and better educated, incomes rise, and relationships are stronger.

The unfortunate truth in many countries, is that a woman’s social, economic and physical status are inextricably linked to her ability to exercise her reproductive rights.

The health and well-being of women, children, and families is directly connected to changing inequitable gender and social norms and empowering women and girls; increasing the coverage, quality, effectiveness, responsiveness, and equity of health services; and expanding and amplifying women’s voices, participation, and influence in society.

CARE’s programming and advocacy affirms and supports girls’ and women’s right to safe childbirth and the ability to control and make decisions around their own bodies.

We work to reduce maternal mortality and morbidity, enable women and girls to realize their sexual reproductive rights, and eliminate discrimination and violence.

DISCUSSION QUESTIONS

• What are your thoughts on women’s access to sexual and reproductive health services?
• If you have children, or plan to have children, what barriers (social, cultural, and within the health system) do you think you might encounter both in having children and parenting children in safe and healthy environment?
• Reflecting back on your lived experiences, have you been able to make the decision to have or to not have a child freely without fear of repercussions? What made this possible or prevented this?
• How do you access health and reproductive services if/when you need them?
TOPIC 4: EMERGENCIES AND HUMANITARIAN CRISSES

When disaster strikes, women and girls are likely to suffer most. After floods, earthquakes, or conflict, they aren’t just left without shelter and food. They’re also left without special medical care or defense against dangers like human trafficking.

FOOD FOR THOUGHT
An unprecedented 81 million people were in need of emergency food assistance in 2017.

The U.N. has declared the global hunger emergency the largest humanitarian crisis since 1945.

Across East Africa and Yemen, starvation threatens over 20 million people — more than the populations of New York City, Los Angeles, Houston, Chicago, and Philadelphia combined.

Ethiopia, Somalia, Yemen, Nigeria, and South Sudan are already experiencing emergency levels of food insecurity and face a credible risk of famine. Consecutive years of poor rains and harvests have decimated crops across South Sudan, Somalia, Ethiopia, and Kenya.

CARE puts a special focus on girls and women when distributing food and emergency supplies. We make sure girls go to school, we raise awareness about violence against women, we provide maternal health services, and we teach mothers skills they need to rebuild their families’ lives. As communities start to recover, CARE ensures that women and girls don’t lose out – and can fulfill their potential.

DISCUSSION QUESTIONS
• Are you familiar with any of the humanitarian crises that I’ve mentioned here? Why do you think that is?
• Research suggests that the western world is directly and largely responsible for climate change and its affects in the developing world, like drought and famine. How do you feel about this claim?
TOPIC 5: VIOLENCE AND HARASSMENT IN THE WORKPLACE

Nearly a quarter of men (23 percent) across eight countries think it's sometimes or always acceptable for an employer to ask or expect an employee to have intimate interactions such as sex with them, a family member or a friend, according to a global survey on sexual harassment commissioned by CARE. CARE commissioned the survey to better understand the often-unspoken rules and perceptions that underlie that epidemic worldwide. It found wide gaps between what men and women find acceptable at work in most countries surveyed.

FOOD FOR THOUGHT:
Violence and harassment of women in the workplace remains one of the most tolerated violations of workers’ rights worldwide. Only a few countries provide protection against gender-based violence in the workplace.

Beginning in 2018, the International Labor Organization (ILO) is embarking on a three-year process to formally define gender-based violence in the workplace and devise and codify standards to be adopted and implemented by governments and the private sector.

We define workplace violence as any violent act or threat of violence directed towards a person at work or on duty. Below are just a few examples that fall within the definition of workplace violence. Workplace violence can range from threatening language to homicide, and can be perpetrated by co-workers, supervisors, customers, clients, patients, intimate partners, and any other person who commits or threatens to commit a violent act at a workplace:

- Physical abuse including assault, battery, attempted murder and murder
- Sexual violence including rape and sexual assault
- Sexual harassment
- Verbal and sexist abuse
- Bullying, stalking, coercion
- Psychological abuse, intimidation, and threats of violence
- Economic and financial abuse

DISCUSSION QUESTIONS
- What do you think about when you hear the term “worker’s rights”? Would you consider worker’s rights women’s rights? Why?
- How do you feel about our culture’s views on violence against women at work?
- Do you see any connections between economic empowerment for women and girls and a workplace free from violence? What are they?
- Should pervasive violence, like what can be found in the workplace or in school, be more openly discussed?
- What do you think should be done to protect women and girls against violence in the workplace? What are some ways?
WRAPPING UP

Empowering women, girls and their communities to tackle gender discrimination and move toward more equitable societies is critical to addressing the root causes of enduring poverty.

- How can we be more involved in the fight for girls like the students from The Tipping Point program, or Malawian girls in the Dream with Her video to promote girls’ human rights around the world? If you could pledge to take one specific action to help address the issues girls face, what would it be?

- What is your biggest takeaway from tonight’s discussion?

ENDING YOUR EVENT: TAKE ACTION!

With your help, we can stand as a community to bring the attention needed to enact real, lasting change for the women and girls around the world who are impacted daily by poverty, social injustice and humanitarian crises.

Every day, CARE helps people in the poorest communities in the world survive and thrive. Your gift will help us continue to lift children, women and families out of poverty around the world.

Raise your voice! Join CARE in advocating for policies that will empower women and girls and help to end extreme poverty.

Using your talents — online and offline — to raise important issues is critical to CARE’s success. Tweet, post, re-post, follow, talk to your community. However you engage, you are a part of our extended voice.
RESOURCES

**GET THE PARTY STARTED**

Check out recipes, event inspiration, and music to help make your event one to remember.

**Menu and Mood:**
Make your party the best it can be. Check out our boards for recipe, décor, and tablescape inspiration.

- [Inspiration](#)
- [Recipes](#)

**Playlists:**
No party is complete without great music. Whether jazzy or girl power, set the mood for your guests with your Social Supper playlist.

- [Jazz](#)
- [Soulful](#)
- [Girl Power](#)
- [Ambient](#)
GUEST SIGN-IN SHEET

Name: ________________________________
Address: ______________________________
City/State/Zip: _________________________
Phone (with area code): __________________
Email: ________________________________
☐ Interested in Volunteering

Name: ________________________________
Address: ______________________________
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Address: ______________________________
City/State/Zip: _________________________
Phone (with area code): __________________
Email: ________________________________
☐ Interested in Volunteering
HOST FEEDBACK FORM

HOST NAME: ____________________________________________________________

EVENT DATE: __________________________________________________________

NUMBER OF GUESTS: ____________________________________________________

Do you feel your event was a success? Please share any special highlights and pictures from your event.

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Was CARE helpful to you in planning your event? Were your questions answered completely and in a timely manner? Did you receive requested materials in a timely manner?

________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

Would you consider hosting another event for CARE? Please explain.

Yes _____ No _____
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
ABOUT CARE
Founded in 1945 with the creation of the CARE Package®, CARE is a leading humanitarian organization fighting global poverty. CARE places special focus on working alongside poor girls and women because, equipped with the proper resources, they have the power to lift whole families and entire communities out of poverty. Last year CARE worked in 94 countries and reached more than 80 million people around the world. Learn more at care.org.

CONTACT
Got a good story to tell about your CARE Social Supper? Have questions?

usasocialsupper@care.org

SOCIAL
facebook.com/carefans
youtube.com/user/careusa

@CARE
twitter.com/care

@careorg
instagram.com/careorg

CARE Action
Make your voice heard by getting involved with CARE’s advocacy network.
careaction.org

STAY INFORMED
Fight With CARE: fight.care.org
CAREnews: news.care.org
Join CARE’s mailing list: usasocialsupper@care.org

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