



# FOOD SWAP

Thursday, January 18, 2024 – 5:00-6:30 pm  
Mountain Park Clubhouse – Hawthorne Room

Open to Mountain Park residents and limited  
to 20 swappers.

Learn more and register [HERE](#) or email  
[bstewart0305@gmail.com](mailto:bstewart0305@gmail.com).

## What is a Food Swap?

A food swap is a simple event that allows people to trade homemade, homegrown or foraged foods. Imagine bringing twelve jars of your famous spicy marsala sauce and coming home with an apple pie, fresh eggs, persimmons, maple fudge, pork potstickers or anything else your neighbors come up with. This is a no cash event. You'll use a swap sheet (a silent auction bid sheet) to make offers and others will make offers on your swap sheet. You are not required to make trades. The Food Swap Coordinators will be on hand to walk everyone through each step.

**Registration required. Limited to 20 Mountain Park residents.**

**Questions?** Contact Bev at [bstewart0305@gmail.com](mailto:bstewart0305@gmail.com).