

SWAP UP

A MEAL SWAP/MEET UP COMMUNITY

[ABOUT US](#) [PRINCIPLES OF COMMUNITY](#) [HOW IT WORKS](#) [FAQ](#) [JOIN A GROUP!](#)



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About Us

Have you ever decided to cook yourself a meal at home and then ended up with enough food for six people? It's difficult to cook for one not to mention it can be lonely. We can all relate to the boring reality of eating the same food all week or the guilty feeling we get from throwing out an old meal, not to mention throwing away the money spent we spent putting it together.

Our solution to this problem is the creation of a community around the sharing of home cooked meals, made up of people are committed to more sustainable and collaborative models of consumption. Rather waste your delicious creations, why not share them with a community of individuals like yourself? You could cook once, but enjoy different, healthy, home-cooked meals each night of the week.

SwapUp provides a model of collaborative consumption to solve the problem of leftovers by connecting amateur chefs with adventurous eaters. As an alternative to cooking for one, eating out, and supermarket prepared foods sections, SwapUp reintroduces community, spontaneity and sustainability to the dinner table.

Sharing More than Meals

At the heart of it, meal sharing is more than just about food. It's one of the ways we get to know each other, find common ground, form relationships, and break cultural barriers. Through meal sharing we can reduce waste, save money and bring communities together.

We encourage you to connect your social media like Facebook and Twitter to the website in order to share recipes, cooking tips, photos, stories about food or SwapUp events. Keeping an open exchange of ideas and feelings increases each group's level of enjoyment and helps build solid communities.

Principles of Community

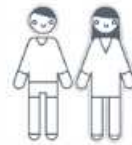
- We encourage adventurous eating.
- We encourage you to find your food community.
- We believe that you determine your level of involvement.
- We believe that you should take pride in your cooking.

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How it Works

1. Fill out a member application and create a profile.
2. Complete a virtual tour with a SwapUp leader.
3. A SwapUp leader will send you a welcome package, which includes our standard containers.
4. Find something you want to cook and make your meal. Portion what you want to share into our standard containers. It is a one-for-one swap; one container for one container.
5. The container will connect to the website and prompt you to name, describe, and categorize your dish.
6. Once your meal has been entered onto the website, it will be viewable by other swappers and can be “ordered”. At the same time, you can order other peoples meals.
7. At a designated place (a farmer’s market, for example), you will drop off your meals that others have ordered and pick up anything that you ordered.
8. Enjoy your home-cooked meals!



FAQ

How do I become a member?

After filling out a member application and creating a profile, you will be scheduled for a SwapUp virtual tour where you will show your kitchen and cooking space and food storage areas to a SwapUp leader. After your tour, the SwapUp leader will determine if your cooking areas met our cleanliness and sanitation standards and confirm your membership. Once you are a confirmed member, you can start sharing your meals and ordering from others!

How do I get the storage containers?

After you are an approved member, we will ship you an introductory toolkit, which includes our standard containers, an information packet that explains the next steps and your free gift.

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What does it cost?

Membership is \$10/month. This fee doesn't pay for the food or the cooks, but it supports the community and those involved. Instead, we promote a one-for-one sharing system where each person who shares a meal, gets a meal. For new members, the first month is on us. There is no obligation to continue using SwapUp if it doesn't work for you.

You determine how much you spend on your meals, but seriously, no one wants your half a grilled cheese sandwich. We believe that you should take pride in your cooking and we follow the principle of cooking for others how you want to be cooked for.

How do enforce clean practices?

We ask that all members agree to the highest cleanliness and sanitation standards. We abide by all state health code provisions including the California Health and Safety code regulation regarding the sharing of any homemade food products. Our community values the health and safety of our sharers and responsible food preparation. Please keep in mind that your behavior and reputation in this community is reviewed and evaluated by your peers and comments will be viewable on the website.

How will I know where to SwapUp?

All members commit to bring to the SwapUp any meal of theirs that is ordered. The location of a SwapUp is determined by a SwapUp leader in a given area. After becoming a member you will have the option of choosing which location to swap at.

How can I trust other cooks?

SwapUp does not enforce any restrictions on behavior because we are a self regulating community and individuals in the community will respond to any issues that come up regarding missed deliveries, poor quality, unsafe or unsanitary food preparation with poor reviews or low ratings.

What are the different levels of involvement? How committed do I have to be?

You can share as much or as little as you choose. However, we promote a one-for-one sharing system where each person who shares a meal, gets a meal. The more you cook and share the more opportunities you'll have to earn SwapUp points and trophies which you can redeem for prizes. Basically, it's up to you but the more you give the more you get.

How do I become a SwapUp leader?

We believe that you should determine your own level of involvement. Leadership roles are encouraged and an important part of our community. Coordination is vital to the success of meal sharing and leaders help us achieve that. Leadership roles entail evaluating new members for approval, finding, setting up and hosting SwapUp locations. If you want to suggest a leadership role that fills a need in your community, let us know.

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Los Angeles, CA

Founded May 28, 2013

SwapUp Leader:

Joseph Coombe

About:

We meet every Saturday at the farmer's market at 3rd and Farifax. Contact us if you want to swap!



[Members](#)

[Locations](#)

[View Meals](#)

[Photos](#)

[Discussions](#)



Rachel Decker

Member Since: May 2013

Average Rating: ★★★★★

Reviews:

"Rachel's Green Bean Casserole is delicious! I enjoyed every delectable bite. Definitely recommended."

"Reliable service and great meals."

"The Foodtooth technology said it was low in sodium, but you wouldn't have guessed that tasting it. Overall, nicely done."

"Not enough food for me, but I liked it!"