

THE WARRIOR'S TABLE

RECIPES THAT CULTIVATE CONNECTION THROUGH WAR, CHANGE, AND UNCERTAINTY

What is The Warrior's Table?

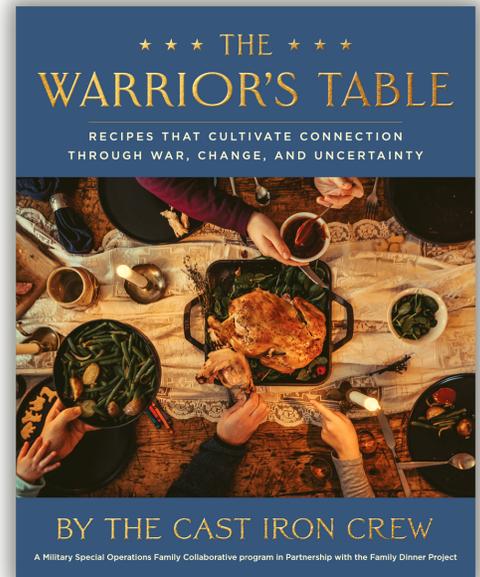
The Warrior's Table tells the story of life in the Special Operations Forces (SOF) community through the experiences of real SOF spouses and families across the service branches. Our family dinner team, The Cast Iron Crew, shares recipes from decades in SOF and how they safeguard what matters most. This unique cookbook is more than just that – it's a book of delicious recipes *and* a guide to connecting and thriving in this demanding lifestyle.

Why Write a Book on Family Dinner?

We wrote *The Warrior's Table* in collaboration with Dr. Anne Fishel of The Family Dinner Project, to elevate the lived experience of the SOF family and to reinforce and affirm the need for a strong military culture characterized by a respect for the mission, history of our forces, and a strong community camaraderie.

Intentionally Building Connection & Belonging

Living intentionally in special operations is incredibly hard. It's easy to let "common pitfalls" slip in and break down simple habits needed to endure and overcome challenges that inevitably arise. Mealtime can be a family and community ritual that reinforces routines and habits to counter those pitfalls, because shared mealtime is not about being tied to an oven or the dinner table – it's about fundamentally caring for the minds, bodies, and hearts of those in your life. Mealtimes are ultimately about building belonging to a family, a community, and lifestyle.



Pre-Order Today

Who: Any unit, organization, or individual can submit a bulk order

What: Minimum 100 books at \$35 per book

When: All orders must be submitted by May 5, 2023

How: [Submit this form](#), or email home@msofc.org with any questions



**Pre-Order
by May 5,
2023!**



THE WARRIOR'S TABLE

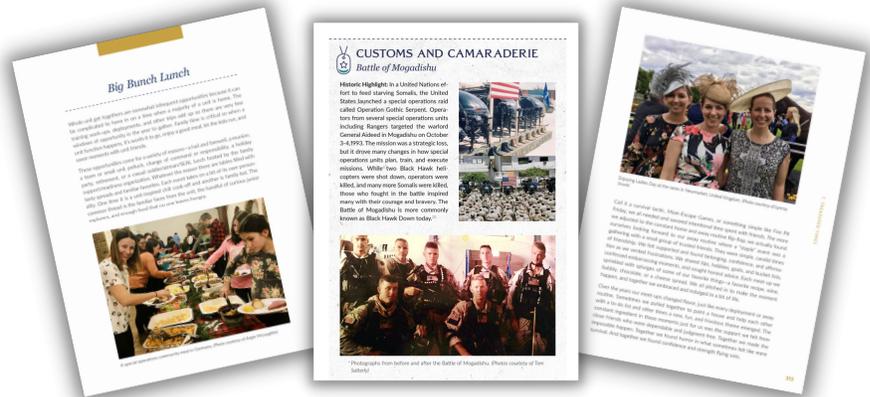
RECIPES THAT CULTIVATE CONNECTION THROUGH WAR, CHANGE, AND UNCERTAINTY

The Pages Within

In addition to the book features highlighting unit history, culture, and family life strategies, The Warrior's Table covers what it is like to live life as a special operations family from unit selection to well past a family's time of service. In the 10 chapters and many sections within, we story-tell of universal SOF experiences.

Highlights include:

- Our Roots
- The Special Operations Flavor
- Where in the World
- Real Life Ruck March: SERE Says it All & Muddy Boots and Parachutes
- Heart and Soul At Home: The Only Easy Day was Yesterday
- All Together Now: We Spouses Gather & A Moment of Silence
- Kill It and Grill It: Phantom Knights and Wild Game
- Treasured Times: A Need for Celebration
- Breakfast Anytime
- Anywhere but the Table: Spontaneous Potluck
- The Curtain Closes for Everyone



The *Warrior's Table* features a Glossary of common terms and a simple resource list, in addition to:



RECIPES	Feasible food options to match the moment.
SOF STORIES	Personal stories from real SOF spouses about how they managed mealtime intensity and uncertainty. Some names and other identifiable characteristics may have been changed for privacy reasons.
TACTICAL TOPICS	Open-ended conversation starters to get conversation flowing.
WAR GAMES	Playful challenges for mealtime to engage everyone at the table and break the tension.
CUSTOMS & CAMARADERIE	Heritage facts and stories to illustrate how our history is a key part of the SOF culture and legacy.

Who is The Cast Iron Crew?

The Cast Iron Crew is MSOFC's Family Dinner Team, composed of six spouses drawn from across Army, Navy, and Air Force special operations units:

- KaLea Lehman
- Lynnsy Snook
- Wendy Jo Peterson
- Andrea Gerald
- Christine Trax
- Heather Campbell

5 Reasons to Pre-Order Now

The minimum order may seem like a heavy lift for one family. Here are 5 reasons to encourage your unit, a business, or organization to rally orders:

1. **Significant savings** (up to 30\$ per book)
2. **Great Gift to Give or Get**
3. **Supports Nonprofit Mission**
4. **Applauds the Role of Family & Mission of SOF**
5. **Exclusive Access** (may be only order in 2023)