

## **Dealing with the Food**

***Together we can do what we could never do alone!!!!***

*Adapted from Unity Newsletter and OAiA (OA in Action) 2014*

Being prepared will help you in countless ways. That's why we recommend having an "Emergency Kit" in your car with backup food. Your food is your medicine—you need what's on your plan.

- The words we use are powerful. Instead of saying "I shouldn't have that" or "I can't have that," say things like "no thanks, I'm good" or "I'm full, thank you." People are less likely to try to talk you into eating.
- Offer to set the table or clean, but don't offer to wash dishes or be alone with the food.
- Clarity — look at what is on your plate.
- Don't fondle the food with your eyes.
- Drink lots of water.
- Stay away from the snack table - instead bring a game to play before the meal.
- Say "no thanks" to desserts.
- Don't watch cooking shows.
- Offer to have the meal at your house where you have more control over the food.
- Don't graze or stand over the food table.
- Chew a piece of gum if it isn't a trigger for you.
- Keep it simple!!! Don't over-think it! Abstinent recipes can have very few ingredients and don't have to take a lot of time to prepare.
- Concentrate on conversation and the people you are with. Holidays are really about family and friends but do not forget that you have abnormal behaviors around food.
- Refer to the In Case of Emergency document to remind yourself of what you need to do.

### **Food at your house**

- Pick out abstinent, balanced meals that fit your food plan, ask others to bring their favorite dish.
- When cooking, stick to recipes you have made before. No need to taste!

- Cook the minimal amount as possible to avoid having leftovers
- Don't bake - if this is a temptation or do it with someone else
- Eyeball your food for the meal if you aren't comfortable weighing and measuring in front of others at home. Talk with your sponsor for suggestions.

### **Food when eating away from home**

- Call ahead to find out what they are serving and bring your own meal in a lunch bag that you can have on hand in the car if needed. You can always eat what you can at the meal and substitute the rest from what you brought from home.
- Build your plate reasonably, only once.
- Make an abstinent dish to take and share.
- Make a meal and take it to the gathering, if you feel that there is nothing there on your food plan.
- Eat before you go and then focus on service.