

Suppers Meetings – 10-Week Pilots

The only fee you will ever pay is the cost of your own groceries.

Week 1: Workshop and Lunch

Participants will engage in an experiential workshop that will reveal information about their own relationships with food and beverages and how they affect mood, behavior, and brain function. Facilitators will prepare the meal ahead.

Week 2: Lunch and Introductions

Participants will prepare the meal and discuss their responses to the food/mood workshop as well as share their reasons for doing the Suppers pilot.

Week 3: Lunch and Lecture/Discussion

Participants will make the meal and learn about blood sugar stabilization, the biochemical foundation of the Suppers programs, part 1.

Week 4: Lunch and Lecture/Discussion

Participants will make the meal and learn about mood chemistry normalization, the biochemical foundation of the Suppers program, part 2.

Week 5: Lunch and Theme: Supplements for Nutritional Harm Reduction

Participants will make the meal and learn about the nutrients most closely associated with blood sugar and mood chemistry normalization. Specifically, they will learn about nutritional deficits and how to supplement for depression, anxiety, learning issues, obesity, diabetes, and problems with alcohol.

Week 6: Lunch and Theme: Mindful Lifestyle

Participants will make the meal and do a meditation before eating. Discussion will focus on changes besides diet that can help us meet our health, mental health and recovery goals. Members will select topics for the next two meetings.

Topic Choices:

- Food/mood journaling
- Introduction to Suppers for Teens
- Introduction to Suppers for Sobriety
- Managing anger with nutritional support
- The challenges to parents raising children in a junk culture
- Raw foods lifestyle
- Big cook: cook in quantities to take home for the family to try
- Workshop: how to tell if your children's learning issues, behavioral challenges, and mood issues are likely to relate to diet and/or environment
- Sharing our stories
- Walking meeting: Volunteers prepare lunch ahead, group walks for an hour to local gardens, etc.
- Grocery shop: Those who don't know how to put together a meal will start with a field trip to the grocery.

Week 7: TBA

Week 8: TBA

Weeks 9 and 10: Lunch and Working Session

For those considering facilitating or who want to learn more about the program design or how to food/mood journal.