

Joni's Story – There's Dor in My Frig

When I first arrived at Suppers it was fear that drove me. There is way too much breast cancer in my family, and I'm at an age where I'd be foolish not to pay attention to my diet and lifestyle.

I am no newcomer to eating healthy whole foods: I've known what to eat for years. My problem was not lack of good information but the wherewithal to consistently do what I absolutely know is best for me. Even fear hasn't been enough to make me stay on the right path consistently.

So when I got to Suppers, I wasn't so much looking for information as support. The Suppers form of sponsorship is called therapeutic friendship. It just means we step in and help each other with whichever kind of support is needed, phone calls for some, walking partners, cooking dates, etc. I needed help staying on track with purchasing only good food and keeping it on hand and ready to grab. To reinforce how important it is not to let ourselves get too hungry, we often cook extra at meetings and bring jars so we can take some home.

Stress is a familiar companion for me. I have a busy practice. I'm also on the run keeping up with the schedule of an active teenage son. And I have stressful problems with blood sugar and am already pre-diabetic. So I can rely on crashes happening if I'm not right on top of eating regularly and making good choices. But good choices are hard to make when inconvenience, time pressures, and carbohydrate cravings connive to draw you into their demon web. One day, sensing a crash would come over me if I didn't eat, I yanked open the frig door looking for a fast solution. And there, facing me, was Dor in my frig.

Dor is the leader of my Suppers group, in fact, the Suppers founder, and she offered her therapeutic friendship to help me establish new habits. She'd sent me home with a few jars of chili and soup from the last meeting. Well, wouldn't you know, sometimes things work exactly like they're supposed to work. When I opened the frig, there was a delicious protein-rich chili, smiling at me in a jar from Dor's kitchen. My "fast food" was a healthy food. There would be no automatic choices today. I was sticking to the plan. I said a 2.5 second prayer of gratitude and downed the chili before dashing off to the next appointment.

There are way too many social pressures, too many soccer games to race to, too many clients in need of my services, a husband who deserves my time and too many internal impulses for me to get this right without lots of support. Slowing down obviously has to be part of the long term plan. But for now I need regular meetings, like-minded friends, and the right food in the frig to manage this busy life without crashing.

When I reported to my Suppers friends how their support was helping me lead a healthier life, they asked me to make a list of "must haves". Here is my list of things I must always have on hand because Dor won't always be in my frig.

Joni's Grab and Go List of Essentials

- 2 kinds of unsalted nuts
- Pumpkin or sunflower seeds
- Hard boiled eggs
- 2 fruits that are easy to grab, apples, pears, cut up melon and berries
- Raw veggies in a jar of ice water, cut up and ready to eat
- Hummus or other dip for the veggies
- Broiled chicken and/or sliced turkey

Joni's Story – There's Dor in My Frig

- One-cup servings of whatever chili or soup i make on the weekend
- Pitcher of filtered water and no soft drinks
- Flourless tortillas in the freezer
- Whole grain crackers
- Cubes or slices of cheese
- Butter
- Almond butter
- Peanut butter
- Small, wrapped servings of dark chocolate for special occasions