# Finding Connection Beyond the Table:

NAVIGATING FOOD-CENTERED EVENTS WITH CARE AND COMPASSION







## Food-Centred Events Can Be Difficult

- EATING IS EVERYWHERE AND SOMETIMES FEELS UNAVOIDABLE
- FOOD IS PERSONAL, CULTURAL, AND UNIVERSAL
- DISORDERS AND SENSITIVITIES ARE COMMON
- THIS CAN BRING UP DISCOMFORT AND FEAR
- LACK OF CONTROL CAN HEIGHTEN ANXIETY

# Remember: Your feelings are valid, honour them.





### Navigate Events Safely

- SET PERSONAL GOALS FOR THE EVENT
- BRING A SUPPORTIVE FRIEND OR A TEXT BUDDY
- PLAN FOR A "COMFORT SPACE" OR AN EXIT STRATEGY
- REDIRECT DIET AND BODY TALK KINDLY
- REFLECT ON SMALL WINS AFTERWARDS

#### Prepare:

Focus on connection, not consumption.





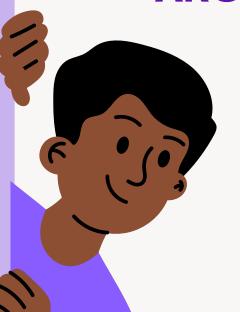


## Be A Supportive Host

- OFFER FLEXIBLE FOOD OPTIONS AND RESPECT FOOD CHOICES
- ASK GUESTS WHAT WILL MAKE THEM FEEL MOST COMFORTABLE
- USE INCLUSIVE LANGUAGE AND GESTURES
- ALLOW GUESTS TO ENGAGE AT THEIR OWN COMFORT LEVEL

Be Kind:

 PLAN ACTIVITIES THAT DON'T REVOLVE AROUND FOOD



#### **Be Kind:**

Small gestures create big impact.





## Key Messages:

- CONNECTION MATTERS MORE THAN FOOD
- EVERYONE DESERVES CHOICE AND FLEXIBILITY
- SMALL, THOUGHTFUL ACTIONS CREATE WELCOMING SPACES





