

Finding Connection Beyond the Table:

NAVIGATING FOOD-CENTERED EVENTS
WITH CARE AND COMPASSION



NEDIC.CA/edaw



Eating Disorders
Awareness Week
#EDAW2026

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.



[NEDIC.CA/edaw](https://nedic.ca/edaw)



**Eating Disorders
Awareness Week
#EDAW2026**

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.



NEDIC.CA/edaw



Eating Disorders
Awareness Week
#EDAW2026

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
- PLAN ACTIVITIES THAT DON'T REVOLVE AROUND FOOD

Be Kind:

Be Kind:

Small gestures create big impact.



NEDIC.CA/edaw



Eating Disorders
Awareness Week
#EDAW2026

Key Messages:

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



[NEDIC.CA/edaw](https://nedic.ca/edaw)



**Eating Disorders
Awareness Week
#EDAW2026**