

Finding Connection Beyond the Table:

NAVIGATING FOOD-CENTERED EVENTS WITH CARE AND COMPASSION

For many people, attending a food-centered event — a wedding, a staff luncheon, a holiday dinner — can bring a quiet mix of anticipation and unease. On the surface, it's a celebration of connection. But beneath that, for some, it can stir up complicated feelings.

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
- 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

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