



# FEAST

FOOD • EDUCATION • ACCESS  
SUPPORT • TOGETHER



# INTRODUCTION

We are here to learn more about the role that food plays in our lives and in the lives of others. FEAST was created with the understanding that food is universal but not equitable.

These cards are meant to get the conversation started surrounding this topic.





# Circle Guidelines

## FEAST Circle Guidelines

Health is not only physical, but also mental, emotional and spiritual. The FEAST circle is a safe place for sharing about our progress, challenges, and experiences in all these areas. To ensure our sharing circle remains safe and supportive, we adhere to the following guidelines:

1. Confidentiality - What is said here, please let it stay here.
2. There is no right or wrong - Share whatever you want.
3. Listen deeply - Let each person share without interrupting or giving advice.

Let's Begin.

# *Current Eating*

**MANY DIFFERENT FACTORS INFLUENCE THE WAY WE EAT, WHAT WE EAT AND WHY WE EAT. SOME EXAMPLES INCLUDE OUR CULTURE, OUR FAMILIES, FOOD COMPANIES, AND ADVERTISEMENTS.**

**DESCRIBE A TYPICAL DAY OF EATING, INCLUDING HOW MUCH, HOW OFTEN, THE FOODS YOU LOVE, AND THE FOODS YOU AVOID.**



# Personal Commitment



Each individual has different health and wellness goals. Some of us want to lose weight, to gain knowledge, or to address personal health needs; some of us want to improve our health for our children or families. Whatever our reason, the path towards wellness is full of ups and downs, many successes and some obstacles.

What is your unique reason for maintaining health and what actions are you willing to take to achieve your goals? When things get tough, how will you stay on track?




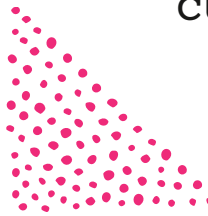
The image features a white background with four decorative triangular patterns of pink dots in the corners. The word "Health" is written in a cursive, orange font in the center.

Health



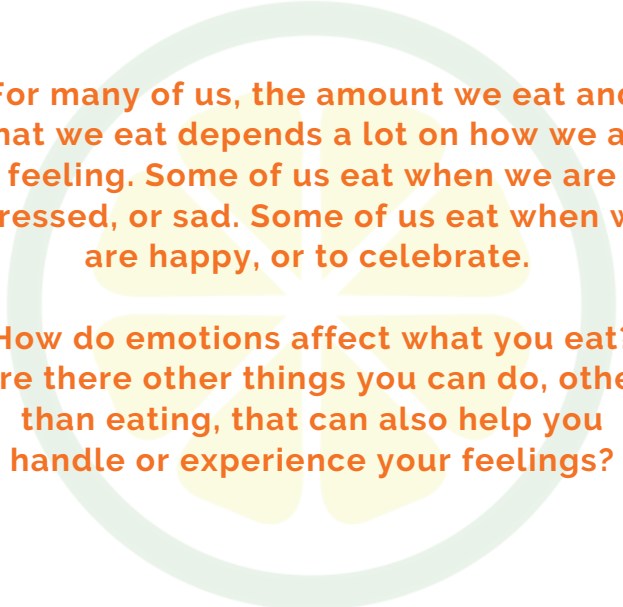
At FEAST, we talk about health as being not just physical, but also mental, emotional, and spiritual.

What does health mean to you? How is your health today? To be your healthiest self, what habits are you currently practicing, and what new habits would you like to begin?



A large, light green circular graphic containing a stylized citrus slice with six segments. The text "Emotional Eating" is centered over the slice in a brown, cursive font.

*Emotional  
Eating*

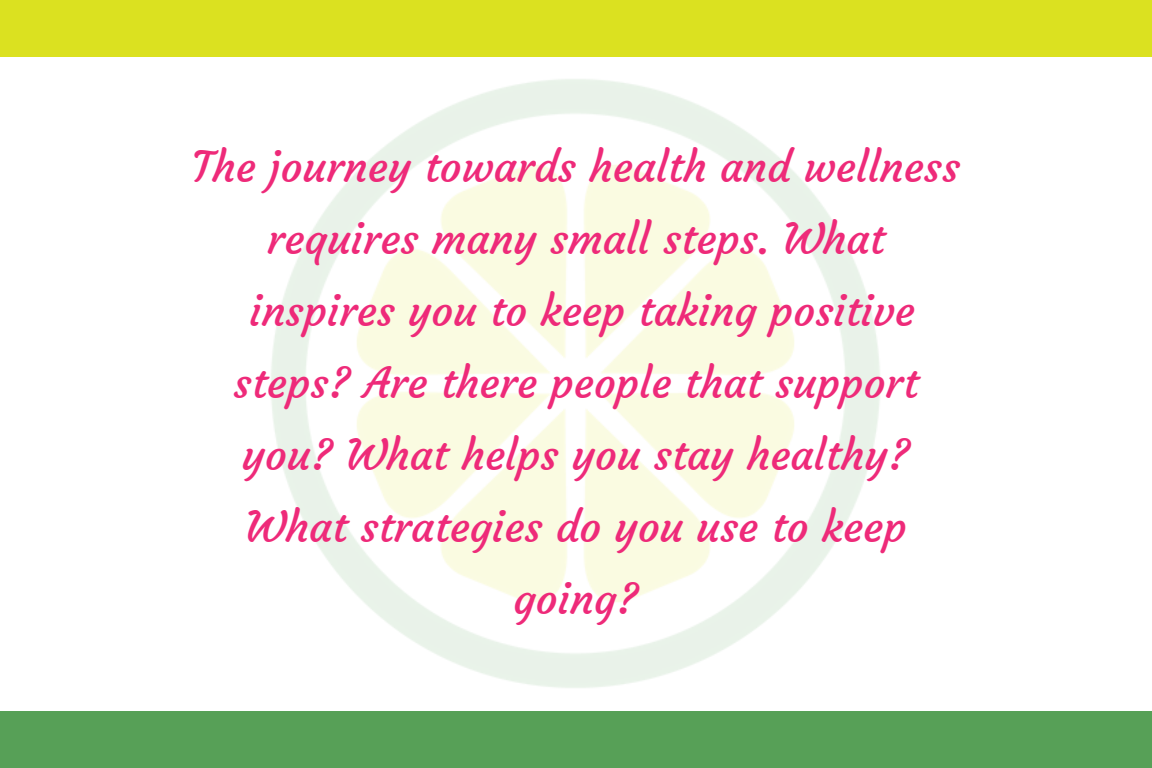


**For many of us, the amount we eat and what we eat depends a lot on how we are feeling. Some of us eat when we are stressed, or sad. Some of us eat when we are happy, or to celebrate.**

**How do emotions affect what you eat?  
Are there other things you can do, other than eating, that can also help you handle or experience your feelings?**



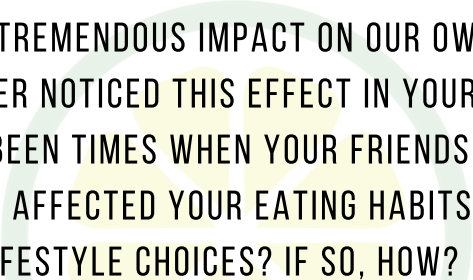
*Inspiration*



*The journey towards health and wellness  
requires many small steps. What  
inspires you to keep taking positive  
steps? Are there people that support  
you? What helps you stay healthy?  
What strategies do you use to keep  
going?*



# SOCIAL NETWORKS



THE FRAMINGHAM STUDY SHOWED THAT WHO WE HANG OUT WITH HAS A TREMENDOUS IMPACT ON OUR OWN HEALTH. HAVE YOU EVER NOTICED THIS EFFECT IN YOUR OWN LIFE? HAVE THERE BEEN TIMES WHEN YOUR FRIENDS, FAMILY OR COLLEAGUES AFFECTED YOUR EATING HABITS OR OTHER LIFESTYLE CHOICES? IF SO, HOW?

DO YOU HAVE ANY FRIENDS, FAMILY MEMBERS OR COLLEAGUES THAT YOU MIGHT TURN TO THAT CAN SUPPORT YOU ON THE PATH TOWARDS A HEALTHIER LIFE?





# Beginning with Loving Acceptance



Creating changes in your lifestyle—even small ones—and breaking lifelong habits isn't easy. Even with the best intentions and complete commitment, there will be obstacles, setbacks, and relapses into old patterns and ways of being and eating. Understanding and accepting this is the first step to creating a truly healthy relationship with yourself. When we are hard on ourselves, we also make our goals harder to achieve.

Do you find it easy or challenging to love and accept yourself as you are? Are you ever critical of yourself? Are there any ways you can think of to change negative thoughts or self-judgments into positive thoughts and actions?



# *Family Food History*

Every family is unique. Can you think back to a time around your early family dinner table? Were mealtimes happy or stressful? Was there enough food or did you feel hungry? What kinds of foods did you eat together? Who prepared your meals? Do any of these early memories or ways of eating impact you today?



# Body Image



Our culture, our background, and our personal judgments and preferences all play a role in shaping our ideas about beauty and our bodies.

Fashion magazines, movie stars, music videos, and advertising have an especially narrow definition of beauty and attractiveness that favors certain traits over others. Viewing these images repeatedly over a lifetime can also affect the way we view ourselves.

How has your family, society, or your environment impacted the way you feel about your body? How do you feel about your body today? Is there anything you currently do, or would like to start doing to help you love your body?

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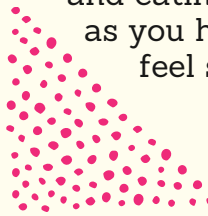
*Relationships*



As our eating habits change and our health and our self-confidence improves, other things in our lives may begin to shift. One of the most common areas for change is in our personal relationships.

Some of our friends and family may be supportive. They give encouragement. They join us on walks, and help us keep addictive food out of the house. But others may not be supportive. They might tease us. They might even seem like they are trying to sabotage us by encouraging us to eat unhealthily.

Have your family members or friends ever reacted to your lifestyle and eating habits? Have there ever been changes in relationships as you have made changes in food choices or lifestyle? Did you feel supported, or did you need to ask for more support?







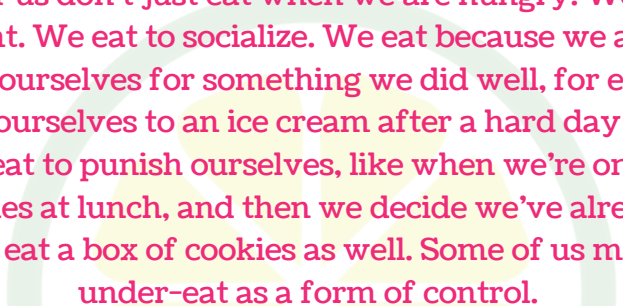
*Vision*



*What is your vision for your own health? What is your vision for the health of your family and your community?*



*Control,  
Reward, &  
Punishment*

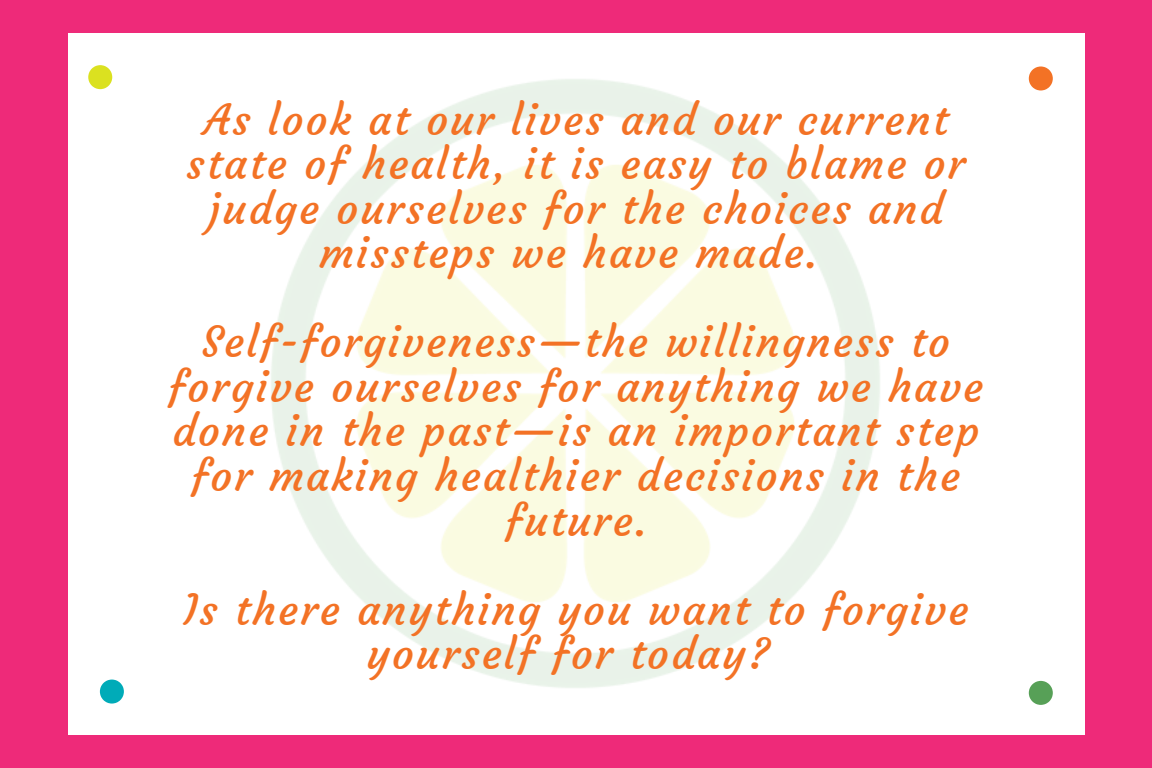


Many of us don't just eat when we are hungry. We eat for entertainment. We eat to socialize. We eat because we are bored. We eat to reward ourselves for something we did well, for example, when we treat ourselves to an ice cream after a hard day of work. Or, we might eat to punish ourselves, like when we're on a diet and we eat French fries at lunch, and then we decide we've already failed, so we should just eat a box of cookies as well. Some of us might overeat or under-eat as a form of control.

Have you ever noticed yourself eating as a form of reward or punishment? Have you ever purposefully overeaten or under-eaten as a way to feel like you have more control over your life, your appearance, or your present experience? How did you feel when you were doing that? Instead of food, are there other ways you might reward yourself or comfort yourself?



*Self-Forgiveness*



*As look at our lives and our current state of health, it is easy to blame or judge ourselves for the choices and missteps we have made.*

*Self-forgiveness—the willingness to forgive ourselves for anything we have done in the past—is an important step for making healthier decisions in the future.*

*Is there anything you want to forgive yourself for today?*

# Previous Wounds and Current Impact

When we go through a hard experience—the loss of a relationship, the shortcomings of a person we care about, the feeling that our needs weren't met—we store this experience in our body, mind and heart. Whether we realize it or not, this past experience can continue to affect us for years—maybe even for our entire life—shaping the choices we make, the people we choose to get close to, and the things we avoid.

For example, a car accident you had as a teenager might make you afraid to drive on the freeway even today. Or a hurtful relationship with a parent when you were growing up might make you feel unprepared, afraid, or angry when parenting children of your own.

Are there any past experiences that continue to impact the way you eat or live today? Are there any steps you can take to help heal or move forward?





*Overcoming Challenges  
and Celebrating  
Successes*

We all work hard to make positive changes in our lives—to increase our health, to change our habits, and to improve our diet and lifestyle.

What are some challenges you've faced when trying to make positive, healthy changes in your life? What have you done, or what can you continue doing, to work through these challenges?

What are some successes you have experienced? How does it feel to successfully take small steps to accomplish your health goals?