

Suppers Meeting Descriptions

Effective April 2012

Each Suppers meeting has its own purpose and personality. There are only three non-negotiable principles common to all meetings:

1. that we all actively practice non-judgment
2. that we all prepare meals from single, whole, fresh foods with very limited processed food
3. that we all avoid commercial messages and the promotion of any particular diet, product or service.

Beyond that, facilitators create meetings based on their own particular passions, be it teaching people to prepare raw vegan meals or meat, to managing or reversing diabetes through lifestyle change, to teaching people how to transition the family taste buds from junk to healthy food. We do this by creating safe and friendly settings where people with food-related health challenges can develop and manage their own personal transition to a healthier lifestyle.

Current Meeting Descriptions

Dor's **Monday** Suppers at 11:30 in **Princeton**: This is the most general meeting. Members decide on topics of discussion, menu, books to be reviewed, and guest presenters who teach things like home canning, knife skills, pickling, etc. We often have presentations on particular points of nutrition such as healthy fats, alkaline and acid foods, supplements to ease one through caffeine withdrawal, and stabilizing blood sugar and mood chemistry with whole food. Sometimes we read "Suppers stories" and have facilitated discussions about key concepts like biological individuality and learning how to plan. One meeting per month is devoted to raw vegan food preparation. Food preparation takes place 11:30 to 12:30 and eating and meeting take place 12:30 to 1:30. Omnivore. Vegetarians can be accommodated. Dor@TheSuppersPrograms.org

Dor's **Monday** raw vegan monthly lunchtime meeting in **Princeton**: The focus is on learning to prepare and develop a palate for food made entirely from fresh produce, nuts, seeds, and dried fruits. This is a "transitional meeting" for people who want to start incorporating more raw food into their diet; no special equipment is required. Participants learn recipes that can be made with ingredients available locally using their standard kitchen equipment. Menu: Vegan. Dor@TheSuppersPrograms.org

Karen and Dor's **Monday** night **Super Low Carb Suppers** in **Princeton**.. This is a monthly meeting for people with type 1 diabetes, insulin dependent type 2 diabetes, pre-diabetes or anyone who is interested in learning to prepare delicious food very low in carbohydrates. The emphasis will be on food preparation, and a typical meal would include lot of high fiber vegetables, 4 – 5 ounces of protein, no grains and very limited in terms of fruit, beans, or anything that raises the carb count. Menu: Omnivore, not appropriate for vegetarians. karen.rose.tank@gmail.com

Tish's monthly **Monday dinner** meeting in **Griggstown**: First Monday of the month. A cook together atmosphere focusing on whole food ingredients and low carb cooking to support making lifestyle changes for stable blood sugar and happy mood chemistry. We will have discussion themes, set and monitor healthy change goals, and do periodic inventories to track our progress. Food preparation is at 6:30; we eat and meet 7:00 to 8:15. Menu:

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Omnivore. A happy dog lives in this house and will be a quiet observer at the meeting.
Patricia.Rock@parsons.com

Princeton University Suppers for Students **Monday dinner**. Open to university students and Suppers facilitators.

John and Dor's second **Tuesday evening** of the month **Gluten Free Suppers** for people who want to learn to prepare food with no gluten grains, including some baked goods. This monthly meeting is safe for people with celiac disease, as well as anyone interested in preparing delicious gluten free foods.. Food preparation starts at 6:00 Menu: Omnivore. Vegetarians can be accommodated. johnobal@comcast.net

Doreen's **Tuesday lunch** Suppers at 11:30 in **Warren**: This is a general meeting for people wanting to experience more vibrant health and sharing that with their families. We enjoy the camaraderie of others cooking and eating delicious meals prepared with whole foods. We welcome presenters, choose topics for discussion and sometimes do experiments and share results in an effort to identify what is best for each of us. Food preparation takes place from 11:30-12:30; we eat and meet from 12:30-1:30. Menu: Omnivore and Vegetarian
digiacomod@aol.com

Dor's third **Tuesday** of the month lunchtime **facilitator meeting in Princeton**: This monthly meeting is for current facilitators or people who intend to start their own meetings. We learn about the research that led to the program design; the principles, boundaries and concepts of the program; and the counseling models that inform our facilitation style. We also troubleshoot the kinds of challenges and conflicts that come up at meetings as people learn to "work the program". The meeting runs 12:00 to 1:45.
Dor@TheSuppersPrograms.org

Dor and Pia's fourth **Tuesday** of the month dinnertime **facilitator meeting in Princeton**: This monthly meeting is for current facilitators or people who intend to start their own meetings. We learn about the research that led to the program design; the principles, boundaries and concepts of the program; and the counseling models that inform our facilitation style. We also troubleshoot the kinds of challenges and conflicts that come up at meetings as people learn to "work the program". The meeting runs 6:00 to 7:45.
paletza@yahoo.com

Sandra's twice monthly **Tuesday** lunchtime farm-to-table meeting in **Titusville**. This meeting is a celebration of herbs, spices and the bounty of just-picked farm-fresh produce. Participants will learn to prepare exciting menus in the community kitchen of Gravity Hill Farm. Food preparation is 11:30 to 12:30 and eating and meeting is 12:30 to 1:30. Menu: Omnivore, vegetarians can be accommodated. HoValGal@gmail.com

Phyllis's **Living Suppers** meeting in **Piscataway**. Phyllis runs a raw vegan meeting on a periodic schedule **Tuesday nights**. Participants learn to prepare complete meals made exclusively from raw vegan ingredients. You will be introduced to the equipment, like vegetable spiralizers that can turn zucchini into strands of "spaghetti" and dehydrators that can turn vegetable slivers into delicious chips without killing the enzymes through baking or frying. Menu: Vegan. prbrent18nj@aol.com

Karen and Dor's **Wednesday** lunch **Suppers for Stable Blood Sugar in Princeton** meets weekly and welcomes anyone who wants to use whole food to stabilize their blood sugar and mood chemistry. The meeting is appropriate for anyone with diabetes, pre-diabetes,

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hypoglycemia, weight concerns or other related issues. Sometimes we have guest presenters, sometimes we have announced discussion themes; and sometimes we do experiments and share results as we each support one another in our efforts to identify the most stabilizing and delicious foods. Sometimes we read "Suppers stories" and have facilitated discussions about key concepts like biological individuality and learning how to plan, which is critical for people who are vulnerable to eating in response to cravings. We prepare food from 11:30 to 12:30, eat and meet 12:30 to 1:30. Menu: Omnivore.
karen.rose.tank@gmail.com

Lana's Wednesday **Living Suppers**, lunchtime in **Montgomery**. Lana welcomes a range of people from already-invested raw vegans to others who are starting to incorporate more raw vegan food in their diets. The focus is on preparing elegant, visually pleasing, delicious complete meals, including desserts. Discussions include the results members have experienced as they make more and more of their diet out of raw food. Food preparation is from 11:30 to 12:30, and eating and meeting is 12:30 to 1:30. Menu: Vegan.
LanaJay@gmail.com

Dor's weekly **Wednesday** night **Suppers for Stable Blood Sugar** meeting in Princeton. This meeting welcomes people who want to use whole food preparation and the camaraderie of the group setting to give and get support making lifestyle changes to support stable blood sugar and happy mood chemistry. We have discussion themes, welcome occasional presenters, set and monitor healthy change goals, and do periodic inventories to track our progress. One meeting per month is set aside for facilitator training. Food preparation is at 6:00; we eat and meet 6:30 to 7:45. Menu: Omnivore. Vegetarians can be accommodated. Dor@TheSuppersPrograms.org

Dor's first **Wednesday** evening of the month **facilitator training in Princeton**. This monthly meeting is for current facilitators or people who intend to start their own meetings. We learn about the research that led to the program design; the principles, boundaries and concepts of the program; and the counseling models that inform our facilitation style. We also troubleshoot the kinds of challenges and conflicts that come up at meetings as people learn to "work the program". The meeting runs 6:00 to 7:45.
Dor@TheSuppersPrograms.org

Alisa's third **Thursday** lunchtime Suppers in **Hillsborough**. Alisa's meeting is a joining of people who enjoy learning to cook with people who enjoy sharing their cooking skills. We meet because we want to add more nutrient dense fresh foods into our families' lives and just need some support making it happen. The focus is on learning to start with tasty and highly nutritious whole foods and turn them into delicious meals. Expect guest presenters who teach things like knife skills, sushi making, Indian spices, saying goodbye to sugar, etc. This meeting is for anyone who wants to learn how to make fabulously tasty and colorful meals, while forging new friendships with like minded people. Food preparation takes place from 11:30 to 12:30; eating and meeting take place 12:30 to 1:30. Explore new ingredients you may never have tried before. Menu: Omnivore.
jacquelinediehl@yahoo.com

Lee's **Thursday** Suppers for Parents in Princeton. Strategize, share recipes, prepare food together and share best practices for juggling a busy life and the desire to feed your family healthy food and get them to eat it. lyonish@gmail.com.

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Colleen's vegetarian meeting third **Thursday evenings in West Amwell**. Colleen's particular interest is preparing vegetarian foods that help stabilize blood sugar and mood chemistry. Located near North Slope Farm, this meeting will feature in-season, just-picked local produce as often as possible. Food preparation starts at 6:00. Menu: Vegetarian Kavuzi40@yahoo.com

Dor's raw vegan third **Thursday evenings in Princeton**. The focus is on learning to prepare and develop a palate for food made entirely from fresh produce, nuts, seeds, and dried fruits. This is a "transitional meeting" for people who want to start incorporating more raw food into their diet; no special equipment is required. Participants learn recipes that can be made with ingredients available locally using their standard kitchen equipment. Menu: Vegan. Dor@TheSuppersPrograms.org

Judy's **Suppers for Sobriety** recovery meeting Saturdays in Dover. Currently not an open meeting, but we have high hopes. J.Wittler@yahoo.com.

Mireille's **Sunday** brunch meeting monthly in **West Windsor**. Mireille's particular interest is teaching tools for stress management and digestive problems. She starts each meeting with a meditation session in her backyard sanctuary – a yurt – and follows up with food preparation and dining. The meditation session starts at 11:00; the preparation and meeting start at 11:30. Menu: Omnivore. Vegetarians can be accommodated. mfavdel@gmail.com

Everyone's **Sunday 2:00 cook ahead meeting in central NJ**. Our cook ahead network meets in homes in and around Princeton to prepare several meals to take home. There is no regular meeting and meal, just food preparation. This meeting is for people who are already attending Suppers. To join we ask that you be prepared to host periodically. rreffler@gmail.com

Coming soon: A Sunday afternoon Suppers in Hamilton.

Coming soon: Lunch meeting in Westfield.

Coming soon: Recovery meeting in Princeton.

Summary

For location and details of meetings, please contact the facilitators. Most meetings take place in private homes, and we do not post locations here. *Every meeting is different.*

In New Jersey:

Sunday cook ahead meetings in central NJ (just cooking, no meeting) rreffler@gmail.com

Monday lunch general meeting in Princeton: Dor@TheSuppersPrograms.org

Monday lunch raw vegan meeting once a month in Princeton:
Dor@TheSuppersPrograms.org

Monday dinner Super Low Carb Suppers once a month in Princeton:
karen.rose.tank@gmail.com

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Monday dinner general meeting once a month in Griggstown: Patricia.Rock@parsons.com

Tuesday lunch general meeting in Warren: digiacomod@aol.com

Tuesday lunch farm to table meeting at Gravity Hill Harm in Titusville: HoValGal@gmail.com

Tuesday lunch facilitator training in Princeton: Dor@TheSuppersPrograms.org

Tuesday dinner Gluten Free Suppers once a month in Princeton. johnobal@comcast.net

Tuesday dinner "topic" meeting and facilitator training: Dor@TheSuppersPrograms.org

Wednesday lunch raw vegan meeting in Montgomery: LanaJay@gmail.com

Wednesday lunch stable blood sugar meeting in Princeton: karen.rose.tank@gmail.com

Wednesday dinner stable blood sugar meeting in Princeton: Dor@TheSuppersPrograms.org

Thursday lunch in Hillsborough: jacquelinediehl@yahoo.com

Thursday meeting for parents in Princeton: lyonish@gmail.com

Thursday vegetarian stable blood sugar meeting, third Thursday evenings in West Amwell.
Kavuzi40@yahoo.com

Thursday dinner raw vegan meeting monthly in Princeton: Dor@TheSuppersPrograms.org

Sunday brunch healthy food prep and stress management, West Windsor:
mfavdel@gmail.com

Sunday afternoon Suppers in Hamilton coming soon.

periodic Suppers recovery meeting, evenings in Somerset: cfchocolate@comcast.net

periodic raw vegan meeting in Piscataway: prbrent18nj@aol.com

periodic Suppers for Teens in Princeton: Dor@TheSuppersPrograms.org

In Florida:

Thursday lunch meeting in Miami: zita@pebblejam.com

Mission: The Suppers mission is to provide safe and friendly settings where people with food-related health challenges can develop and manage their own personal transitions to a healthier lifestyle.