

The Suppers Programs

Can you imagine that you could cook, taste and *feel* your way to vibrant health? It's doable! The Suppers Programs is a network of meetings where people prepare delicious meals together using whole food. And at the same time, we support each other's personal pathway to a healthier lifestyle.



Founded by Dor Mullen, Suppers is a New Jersey non-profit organization. Our meetings are nearly free to users; the only fee is the shared cost of the meals. The only investment is the time and effort members put into working the program.

Here's how it works. Participants gather in small groups – mostly in private homes – to prepare delicious meals together and run "food experiments"

related to their particular health goals.

Meetings are run by trained volunteer facilitators who create a nonjudgmental, warm and friendly environment. Participants share their personal approaches and experiences, and no experts or third-party testimony is permitted.





An individual group is defined by what motivates the facilitator who hosts it. Some focus on vegan, vegetarian, omnivore or other styles of eating. Some are simply geared to learning the skills needed to prepare food from scratch. And others are driven by a mutual interest in a particular health challenge related to food. So, for example, people with diabetes, colitis, food allergies or addictions

are all served by Suppers. People may attend one or many meetings in our network.

We start from the assumption that how you feel is *data*, so understanding feedback loops of body, mind and spirit is important work at meetings. Suppers does not offer opinions on any specific style of eating, other than a focus on whole, unprocessed food. Rather, we help people

devise their
own
experiments



and observations about the effects of various foods and social support on their wellbeing. Although no assurance of results is made, participants report reduced dependence on medication, improved health and happier lives.



Bottom line, Suppers delivers a corrective social experience for individuals who will embrace whole food, the active practice of non-judgment, and the forging of friendships based on the mutual desire to lead a healthier life.

