

Testimonials



"Suppers provides community so I don't feel so alone with my diabetes. Cooking together empowers me to feel confident in making healthy meals at home compared to just being handed a recipe. Knowing what to do is so different from actually doing it. Suppers inspires me to do it."

- Karen, type 1 diabetes, 8 years with Suppers

"I lost 39 pounds since attending Suppers and have stopped the progression of rheumatoid arthritis. I love Suppers because I am with like-minded people, in an amazing non-judgmental and loving environment. Suppers is enhancing my life."

- Bebe, rheumatoid arthritis,
2.5 years with Suppers

"I was diagnosed with celiac disease 5 years ago. I was very challenged to eat healthy.

I felt alone. I enjoy Suppers' social interactions, learning to cook and be comfortable in the kitchen.

Suppers keeps me on track to live healthy."

- Oliver, celiac disease, 2 years with Suppers

Read more Suppers success stories at
www.TheSuppersPrograms.org



The Suppers Programs

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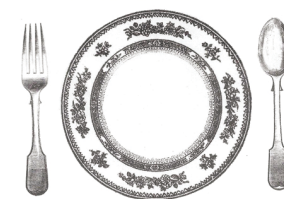
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THE
SUPPERS
PROGRAMS



*Join us for Suppers and
experience the logical miracle.*

What is Suppers?

Suppers is a learn-by-doing program where you'll learn to cook, taste and feel your way to vibrant health.



"If you can make a pot of coffee, you can make a pot of soup."

-Suppers Founder Dorothy Mullen

Our mission is to provide safe and friendly settings where anyone, and especially people with food-related health challenges, can develop and manage their own personal transitions to a healthier life.

The four principles that guide our mission are: the active practice of non-judgment, whole food preparation, no commercial messages, and the restoration of the family table.

What We Do...



- Run meetings in private homes or anywhere with a kitchen
- Prepare and share a delicious meal of whole foods
- Provide warm, non-judgmental settings
- Share educational materials
- Set goals and monitor diet and lifestyle behaviors
- Journal our experiments
- Practice easy stress management exercises
- Offer themed meetings on topics such as managing blood sugar, autoimmune conditions, brain health and more
- Include many different eating styles such as vegan, vegetarian, omnivore, macrobiotic and paleo

Members only pay their share of groceries and a small fee to support The Suppers Programs.

Who benefits?

Suppers is for anyone who wants to lead a healthier life.

Members report:

- Feeling energized
- Reversing chronic health problems
- Feeling satisfied and losing food cravings
- Enjoying the food that makes them well
- Less depression and anxiety
- Reduced need for medications



The only requirement for membership is the desire to lead a healthier life.



Get a taste of The Suppers Programs with our short introductory video at www.TheSuppersPrograms.org.