Eating Disorders Virtual Meal Support Group

Little Spuds Nutrition

Empower confidence in an inclusive & supportive community

WHAT IS MEAL SUPPORT? / PROGRAM DETAILS

Weekly virtual drop-in meal support is facilitated by an eating disorder dietitian and offers a safe space to practise eating, build confidence, and develop skills that support your own defined recovery.

Meal support enhances likelihood of meal completion, tolerating fullness, overcoming challenges, and reducing vulnerability to behaviours that may interfere with recovery.

BENEFITS OF THE GROUP

- Complete a meal in a safe, supportive and interactive environment.
- Connect with like-minded individuals working on a shared goal to improve nutrition and eating skills.
- Increase accessibility to ED dietitian support at a reduced cost.
- Includes self-directed goal + reflection tool for your treatment team if desired.

THIS GROUP IS FOR INDIVIDUALS:

- With all types of eating disorders or disordered eating age 18+ residing in BC.
- Working on establishing or maintaining consistent meal patterns, including 3 meals/day.
- Open to working on a meal with a minimum of 1 serving of each food group (more encouraged).
- Connected with a therapist and engaged in regular medical monitoring to ensure safety.

ABOUT US

Little Spuds Nutrition is committed to providing trauma-informed, size-inclusive, anti-oppressive, gender-affirming and neurodivergent-affirming nutrition care aligned with Health at Every Size.

WHEN IS IT OFFERED?

Fridays @ 12:00 PM - 12:50 PM via Google Meet + 10 min Office Hours after for 1:1 questions/planning as needed.

To participate, you must attend a discovery call to review group guidelines for the safety of all participants.

WHAT CAN I EXPECT?

This group is transdiagnostic and includes max 6 participants. Cost is $50/session.

During these sessions, participants start with a pre-meal check-in, practice eating their own meals with supportive distraction and conversation, and engage in various activities after the meal for post meal support, and reflection.

12-1230pm Arrival, check-in & meal support
1230-1250pm Post-meal support & checkout
1250-1pm Optional facilitator office hours

Next Steps

1. Get started by signing up for the discovery call here.
2. After attending the discovery, sign up for meal support here.
3. Contact us at ***hello@littlespudsnutrition.com*** with any questions or ask about our low barrier options