



The Suppers Programs Facilitator Manual

Dor Mullen

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Why is it so hard to eat right? What does it take to turn around the habits that make us sick and fat? For six years, pilot Suppers groups have been helping people sort out a range of food-related challenges. The program serves those who simply want to learn to prepare and eat delicious whole foods and also those motivated by their diagnoses. Suppers is especially well suited to helping those with food-related challenges like depression, anxiety, learning issues, obesity, diabetes, and problems with alcohol. No special diets. No fees. No commercial messages. The Suppers Programs facilitator training manual teaches caring people how to lead the meetings that help people experience their “logical miracle.” What’s that? A logical miracle is what takes place when a person’s needs are met, needs for nourishing food, for companionship, and for support while embracing the change process. In an environment of nonjudgment, Suppers members cook, taste, and feel their way to health; and we forge new friendships based on healthy living. We do experiments that help each individual sort out the foods that are best for him or her. All of this takes place under the guiding hands of trained volunteer facilitators who are passionate about natural foods and joyful about serving their community. We’d like to share our roadmap to logical miracles with men and women who will pass it on.?? Welcome to Suppers.

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