

**TSW FORMAT
for
INFORMATION GATHERING
"Ideas that Work"**

Type of Project: Special Events

Project Name: Food School

Project Goal: To create laughter and share practical information about using a food plan and staying abstinent

Organizing Service Body: San Fernando Valley IG (Reseda, California)
www.oasfvalley.org

Contact Information: Holly G. (hgrasso@att.net)

Resources needed (budget, volunteers, materials, etc.): The Dignity of Choice pamphlet was used. Six speakers shared their experience, strength and hope.

Implementation Process (including length of time for planning and implementation): This was 2-hour workshop specifically for non-newcomers put on by the Twelfth-Step-Within Committee (The feeling was newcomers might become confused or be put off by a humorous approach to food.) At the beginning of the workshop the World Service definition of the Twelfth-Step-Within Committee was read. (The Twelfth-Step-Within Committee was created to reach out to those in the Fellowship who still suffer and to address the relapse and recovery of our members. The committee's purpose is to strengthen Overeaters Anonymous by sharing information and ideas that generate recovery within the Fellowship.) A passage from the Big Book of Alcoholics Anonymous, "There is a Solution" is also read at the time. The Dignity of Choice is discussed as well as the difference between abstinence and a food plan. Two speakers each shared on breakfast, lunch, and dinner. Twenty minutes were allotted at the end for questions.

Additional Comments (including things of which to be mindful):

Another way of introducing "Food School" was within a Tools Workshop. (See Addendum for schedule). Dignity of Choice, eating out at restaurants, medical

issues, & home cooking and packing meals were discussed. CD sets are available from www.oasfvalley.org

Results: Workshops were kept in a light mood.

Schedule for Tools Workshop incorporating Food School

1:00-1:05 - Introduction

1:05-1:15 - Intro to Food School (Dignity of Choice)

1:15-1:25 - Restaurant Eating

1:25-1:35 - Medical Plans (diabetic)

1:35-1:45 - Home Cooking

1:46-1:55 - Questions

1:55-2:00 - Break/Stretch

2:00 2:06 - Meetings

2:06-2:13 - Sponsorship

2:13-2:20 - Literature

2:20-2:27 - Writing

2:27-2:34 - Anonymity

2:34-2:41 - Telephone

2:41-2:48 - Service

2:48-2:58 - Questions & Answers

2:58-3:00 - Closing Prayer