



How you want to be treated.

November 5th, 2019

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Thank you for your interest in using the *Meal Support Checklist* and *Recipe for Success*, tools which were researched and developed by the research and dietitian teams at British Columbia's Provincial Adult Tertiary & Specialized Eating Disorders Program (PATSEDP).

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Feel free to contact us with any questions or comments regarding the use of these tools.

Sincerely,

A handwritten signature in black ink, appearing to read "Ali Eberhardt".

Ali Eberhardt

A handwritten signature in black ink, appearing to read "Tanya Friesen".

Tanya Friesen

A handwritten signature in black ink, appearing to read "Hannah Robinson".

Hannah Robinson

A handwritten signature in black ink, appearing to read "Kosa Matic-Smyrnis".

Kosa Matic-Smyrnis

A handwritten signature in black ink, appearing to read "Maude Henri-Bhargava".

Maude Henri-Bhargava

Meal Support Checklist

Thank you for supporting me in my journey to wellness. During my time in treatment, I learned about ways that made me feel supported and not supported during the meal process.

Please be patient with me in this process. Ways that you can support me are the following:

- I feel encouraged when you _____
- I feel supported when you _____
- Timing of meals is important to me. It is helpful for me to have
 - Breakfast at _____
 - Lunch at _____
 - Dinner at _____
- It is helpful for me to have reminders to have snacks
- It is important to me to be honest about my triggers. Some of my main triggers are:

- It is okay to provide suggestions
- It is okay to ask me if I have eaten today
- It is okay to ask me what I have eaten today
- Please trust that my food choices and portions are correct

BEFORE MEALS

MENU PLANNING

- I like to have _____ days of planned menus in advance
- I like to have _____ week(s) of planned menus in advance

- I would like you to help me make this planned menu
- I would like you to look over my planned menu after I have done it

GROCERY SHOPPING

- Until I get more confident, I would like you to join me grocery shopping
- I like to grocery shop on my own
- It is important to me to have a grocery list to follow with specific food quantities
- It is important to me that I/we stick with the grocery list

COOKING MEALS

- It would be helpful if you were around while I'm preparing:
 - Breakfast
 - Lunch
 - Dinner
- It would be helpful if you prepared the meal with me for:
 - Breakfast
 - Lunch
 - Dinner
- I would like you to prepare the meal if you are able:
 - Breakfast
 - Lunch
 - Dinner
- I feel comfortable having you assign me specific tasks while cooking
- I would like to be able to assign you specific tasks for cooking
- It is important to me that we stick to a recipe, if we need to change it, let me know in advance

- I would like you to cook the meal if you are able
- It would be helpful for me if you could give me menu options at meal time for:
 - Breakfast
 - Lunch
 - Dinner

DURING MEALS

- It is helpful for me to have the following meal environment:
 - Place _____
 - Sounds _____
 - Others present _____
- It is helpful at meal time to distract me by keeping conversation light
- Some good conversation topics are:

- I find the following topics might make it more difficult for me to eat, let's not talk about:
 - Body
 - Exercise
 - Nutritional value of foods
 - Diets
 - Being too full
 - Other _____
- It is okay to use humor
- Please try not to talk about food at the table unless: _____
- It is helpful for me if you involve me in conversation
- It is helpful for me if we have the same portions

- It is helpful for me if we have similar portions but not the same portions
- It helpful for me if we both eat the same types of food
- It is helpful for me if we both eat similar types of food
- It is helpful for me if you portion my plate
- I would like to portion my own plate
 - For now, it is important for me to measure my food
 - For now, I am trying to eyeball my food portions
- I would like to finish my meal within:
 - Breakfast_____ minutes
 - Lunch _____ minutes
 - Dinner_____ minutes
- Some signs that I am struggling during the meal:
 - I am quiet
 - I am not making eye contact
 - I am pushing my food around
 - I am eating very slow
 - I am eating very fast
 - Other_____
- If you notice I am struggling during the meal, it helps if you

- It is helpful if you stay at the table until I am finished

ATER MEALS

- It is important for me to have a post-meal distraction
 - Some ideas could be:

- It would be helpful to wait for _____ minutes to clean the kitchen
- I would like help cleaning after the meal
- It is okay to acknowledge that I have struggled by saying “I noticed _____, how can I help”
- This is hard for me, it would be helpful to take _____ minutes after the meal to discuss the experience
- If you notice I am struggling after the meal, it helps if you _____

One last thing that is important for me to share with you:

Thank you again for helping me in my journey to wellness!

Recipe For Success

Thank you for supporting me in my journey to wellness. During my time in treatment, I learned about ways that made me feel supported and not supported during the meal process.

The top things you can do to support me are:

It is helpful if we keep topics of conversation