

## The Center for Eating Disorders

# Grocery Shopping Support Program

*On-site support available for individuals and families struggling with food shopping and meal planning.*

When someone has an eating disorder, everyday tasks like planning meals and shopping for food can feel stressful or overwhelming. Individuals and parents/caregivers may benefit from professional guidance regarding how to navigate meal planning and grocery shopping for recovery. This type of support can supplement existing therapies and aid in continued healing.

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- ❖ Developed and facilitated by highly skilled Registered Dietitians at The Center for Eating Disorders.
- ❖ A highly experiential program that takes place **on-site in a grocery store setting**.
- ❖ Includes individualized support, therapeutic interventions, and recovery-focused skill development directly related to meal planning and grocery shopping.

### Grocery Shopping Program Components:

- Snack/meal/menu planning
  - Grocery list development
  - Incorporation of challenging foods
  - Efficiently utilizing time spent in stores
  - Managing impulsive food purchases
  - Identifying triggers and coping skills
  - Decreasing anxiety around food and food purchases
  - Exposure to food-based environment
  - Individualized treatment goals
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### How do I get started?

If you or your child are already meeting with a dietitian or therapist at The Center for Eating Disorders, you can contact him or her directly with questions or to initiate a grocery shopping support appointment.

If you do not currently see any individual providers at The Center for Eating Disorders, please **call (410) 938-5252** to inquire about the grocery shopping support program.

For more information about The Center for Eating Disorders, please visit [eatingdisorder.org](http://eatingdisorder.org).