

Savor Each Bite

As a part of this workshop, you will participate in the activity “*Savor Each Bite: The Art of Conscious Eating*” for lunch. Please bring your packed lunch with you if attending in-person or have your table set with your lunch ready if attending on Zoom.



SAVOR EACH BITE INSTRUCTIONS

Prepare and bring a brown bag or packed meal for yourself that is on your food plan.

Bring the following items with you:

Prepared Meal

Plastic Fork

Paper Napkin

Serving Spoon

Large Paper Plate (10-12”)

Small Paper Plate (6-8”)

Sheet of Aluminum Foil to Cover Your Large Plate of Food



Before the activity starts you will do the following at your table location:

- Place all of your food on the large paper plate, place your serving spoon on this plate and cover it with the item you chose to bring.
- Set a simple place setting with your napkin, plastic fork, and small paper plate to eat from.

You will follow verbal instructions of the leader while eating your meal.

Please have a pen and paper available for writing activity!

