

# F.E.A.S.T.

F.E.A.S.T. is an international, membership organization serving caregivers of ED patients. We support full recovery from eating disorders by providing information and peer support, promoting evidence-based treatments, and advocating for research and education.

F.E.A.S.T. was formed in March 2008 by an international group of parents and has an International Clinical Advisory Board.

F.E.A.S.T. is staffed entirely by volunteers and funded by donations from the public. We do not accept advertising or sponsorships.

F.E.A.S.T. is a 501(c)(3) charitable organization registered in the U.S.

[www.feast-ed.org](http://www.feast-ed.org)



Families Empowered and Supporting Treatment  
of Eating Disorders

Families Empowered and Supporting Treatment  
of Eating Disorders

Proud Member of...



HONcode #251247

[info@feast-ed.org](mailto:info@feast-ed.org)



F.E.A.S.T. | PO Box 11608  
Milwaukee, WI 53211 US

## F.E.A.S.T.'s Principles

- **F.E.A.S.T.** is committed to a coalition-building model of advocacy work that requires mutual respect among caregivers, professionals, and patients.
- Eating disorders are biologically based mental illnesses and fully treatable with a combination of nutritional, medical, and therapeutic supports.
- Parents do not cause eating disorders, and patients do not choose eating disorders.
- Parents and caregivers can be a powerful support for a loved one's recovery from an eating disorder.
- Blaming and marginalizing parents in the eating disorder treatment process causes harm and suffering.
- Patients should receive evidence-based treatment, when available.
- Families should be supported in seeking the most appropriate treatment in the least restrictive environment possible.
- Food is medicine: all treatment should include urgent and ongoing nutritional rehabilitation.
- When the family is supported, the patient is supported.
- Siblings and parents are affected by a family member's illness; their needs deserve full attention, too.
- Parents have a unique capacity to help other parents with support, information, and the wisdom of experience.

## Resources & Services

### The Facts:

Understanding Eating Disorders  
Nutritional Interventions  
Triggers & Maintaining Factors

### Forum:

Moderated Online Caregiver Support Forum  
[www.aroundthedinertable.org](http://www.aroundthedinertable.org)

### Resources:

Treatment Guidelines  
Medical Care Guidelines  
Articles & Research Papers  
Clinician & Caregiver Blog Listings  
Print Materials for Download  
Glossary of ED Terminology  
Links to Videos, Lectures, Podcasts

### Treating EDs:

Understanding Treatment Protocols  
Guidelines for Evaluating Treatment Options  
Clinical Trial Listings

### Local Support:

Local Task Forces in the UK, US, CAN & AUS  
Connect with Local Members Forum  
Caregiver Support Group Listings  
Navigating Health Care Systems

### Members:

Family Stories, Book Reviews  
Family Recipe Book  
Speaker and Interview List  
Guidelines for Dealing with the Media  
Email and Telephone Support for Caregivers



Wherever you are in the world of ED treatment...F.E.A.S.T. is here.

[www.feast-ed.org](http://www.feast-ed.org)

### Email:

[info@feast-ed.org](mailto:info@feast-ed.org)



### Phone:

US Toll Free (855) 503-3278  
Australia +61 731886675  
Canada (647) 247-1339  
UK +443308280031  
iNum +833510013425152

### Skype:

F.E.A.S.T.

### Mail:

F.E.A.S.T.  
PO Box 11608  
Milwaukee, WI 53211 US