

What is FA?

Food Addicts in Recovery Anonymous (FA) is a program based on the Twelve Steps of Alcoholics Anonymous (AA). There are no dues, fees, or weigh-ins at FA meetings. FA is a fellowship of individuals who, through shared experience and mutual support, are recovering from the disease of food addiction.

FA was formally organized in 1998, although it began as part of another twelve-step program in the early 1980s. Some FA members have been continuously abstinent since that time. Abstinence in FA is equivalent to AA's "sobriety" and is clearly defined: weighed and measured meals with nothing in between, no flour, no sugar, and the avoidance of any individual binge foods.

Who Joins FA?

FA members are people of all ages from every part of the world. FA includes people who were morbidly obese, substantially underweight, or even at a normal weight. Regardless of their size, they were tormented by cravings, dieting, bulimia, and/or an obsession with exercise.

Does the program really work?

Many FA members tried other solutions to address their problems with food, including years of diets or exercise. FA offers a long-term answer. Abstinent members find freedom from addiction and maintain healthy weights. The number of people with years of unbroken abstinence continues to grow.

Are you a food addict?

To find out, ask yourself the following questions and answer them as honestly as you can:

1. Have you ever wanted to stop eating and found you just couldn't?
2. Do you think about food or your weight constantly?
3. Do you find yourself attempting one diet or food plan after another, with no lasting success?
4. Do you binge and then "get rid of the binge" through vomiting, exercise, laxatives, or other forms of purging?
5. Do you eat differently in private than you do in front of other people?
6. Has a doctor or family member ever approached you with concern about your eating habits or weight?
7. Do you eat large quantities of food at one time (binge)?
8. Is your weight problem due to your "nibbling" all day long?
9. Do you eat to escape from your feelings?
10. Do you eat when you're not hungry?
11. Have you ever discarded food, only to retrieve and eat it later?
12. Do you eat in secret?
13. Do you fast or severely restrict your food intake?
14. Have you ever stolen other people's food?
15. Have you ever hidden food to make sure you have "enough"?
16. Do you feel driven to exercise excessively to control your weight?
17. Do you obsessively calculate the calories you've burned against the calories you've eaten?
18. Do you frequently feel guilty or ashamed about what you've eaten?
19. Are you waiting for your life to begin "when you lose the weight"?
20. Do you feel hopeless about your relationship with food?

If you answered yes to any of the above questions, then you may be a food addict.

Looking for a solution?

Consider attending one of these weekly meetings:

MONDAY

Buffalo/Amherst 7 pm, Christ United Methodist Church, Parlor, 350 Saratoga Rd., Anne M. (707)-331-0352

Rochester/Lima 7 pm, Lima Public Library, 1872 Genesee Street, Lima NY, Don D. (585)-739-3014

Rochester 7 pm, St. Mary's Hospital, use main entrance, East/West auditoriums, 89 Genesee Street, Rochester, NY, Linda W. (585)-436-6009

Rochester/Webster 9:30 am, Webster United Methodist Church, 169 East Main St., Webster, NY, John C. (585)-734-0384

TUESDAY

Rochester/Irondequoit 7 pm, Irondequoit Presbyterian Church, 2881 Culver Road entrance is on William Street, off of Culver Rd, Sally G. 585-230-5808

WEDNESDAY

Buffalo 7 pm, Kenmore Mercy Hospital, 2950 Elmwood Avenue, Room 621, 6th floor, Anne M., (707)-331-0352

Rochester 7 pm, St. Anne Church, 1600 Mount Hope Avenue, Susan B. 585-705-4920

THURSDAY

Rochester/Brighton 10:30 am, First Baptist Church (at Clover St.), 175 Allens Creek Rd., John C. (585)-734-0384, Sally G. (585)-230-5808

Buffalo/Hamburg 6:30 pm, Hamburg Wesleyan Church (Enter Door #3 by long white awning, go to room #105), 4999 McKinley Pkwy., Anne M. (707)-331-0352

FRIDAY

Rochester 10:30 am, Grace Family Medicine, use side entrance at 350, 340 Arnett Blvd., Linda W. (585)-436-6009

SATURDAY

Rochester/Henrietta 8:30 am, St. Peter's Episcopal Church, 3825 E. Henrietta Rd., Henrietta, Lou C. (585)-705-4477

Rochester/Brockport 8:30 AM, First Presbyterian Church of Brockport, 35 State St., Brockport, Cynthia R., (585)-490-8512

Buffalo 10:00 am, Kenmore Mercy Hospital, 2950 Elmwood Ave. Room 621, 6th floor, Anne M. (707)-331-0352, Dawn B., (716) 564-7168

Jamestown 10:00 am, Kidder Memorial United Methodist Church, 385 S. Main St., Jamestown, Georgia W. (585)-410-4370

SUNDAY

Rochester 3 pm, Grace Family Medicine, use side entrance at 350, 340 Arnett Blvd., Virginia C. (585) 328-2099

Rochester/Avon 7 pm, Avon United Methodist Church, 130 Genesee St., Avon, Joan H. 585-243-1327

FA World Service Office

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FOOD ADDICTS
in recovery anonymous

Are You Having Trouble Controlling The Way You Eat?

Are you underweight? Overweight?
Obsessed with food, weight, or dieting?

You are not alone.
Today, there is a solution.



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**Western New York
Meeting Directory**

www.foodaddicts.org

Revised February 18, 2020

Please note: our website has the *current list of meetings* and includes wheel chair accessibility, maps and directions.