

## 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

#### Delhi 6:30pm

St. Alban's Anglican Church, 19 Talbot Road,  
Sheila W. 226-567-4219

#### Mississauga 7pm

West Edge Community Church (entrance is on Peter St.), 157 Lakeshore Rd. W. Ring buzzer if late. Jim B. 416-782-7478 / Mel G. 905-662-0112

### TUESDAY

#### Ajax 7pm

St. Paul's United Church, 65 Kings Crescent,  
Jeanne D. 416-805-9107 / Melanie C. 416-220-6640

#### London 9:30am

Church of the Ascension, 2060 Dundas St.,  
M.J.D. 519-457-7744 / Keith D. 519-457-7744

#### Toronto 7pm

St. Leonard's Church, 25 Wanless Ave., Jeff G. 416-706-7711 / Jenny 416-545-7303

#### Woodbridge 7pm

Woodbridge Pool & Memorial Arena, 5020 Hwy 7, Anna R. 416-528-2329 / Anne A. 647-444-5989

### WEDNESDAY

#### Ingersoll 6:30pm

First Baptist Church, 235 Thames St.  
Beth P. 519-485-2765

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**St. Thomas 7pm**

The Church of Jesus Christ of Latter-day Saints,  
436 Elm Street, Darryl D. 519-631-0350

**Toronto 9:30am** Eglinton St.Georges United  
Church, 35 Lytton Blvd., Peter M. 416-433-1086

**Waterford 10:30am**

Waterford United Church, 135 Main Street S.,  
Janet S. 519-443-6973

**THURSDAY**

**Scarborough 7pm**

Grace Christian Reformed Church: Northwest  
corner of 401 and McCowan Road next to the  
CTV Station, 25 Channel Nine Court, Cathy C.  
416-558-7670 / Peter M. 416-433-1086  
Scent free meeting

**Toronto 7pm**

Miles Nadal JCC, 750 Spadina Ave.  
Franco C. 647-570-7873

**FRIDAY**

**Toronto 9am**

Congregation Darchei Noam, 864 Sheppard  
Avenue West, Bronna G. 416-990-8668 / Jeff G.  
416-706-7711

**SATURDAY**

**London 9:30am**, Village Green Community  
Church, 505 Village Green Ave., Linda B. 519-  
685-7415 / Marion V. 226-268-8461

**Ottawa 10:30am**, Saint Paul University, 223

Main Street, Guigues Bldg., Room G132, Lucie L.  
819-664-6471

**Toronto 10:30am**, St. Clements Church North  
Doors, (1/2 block west of Yonge Street, 7 blocks  
north of Eglinton), 59 Briar Hill Avenue, Bronna  
416-990-8668 / Lisa D. 416-570-0796

**Toronto 10:30am**

St. Simon the Apostle Church, 525 Bloor Street  
East, Peter M. 416-433-1086

**Woodstock 10am**

The Rock Community Church, 1140 Nellis St.,  
Tracy E. 519-550-6452



**FOOD ADDICTS**  
*in recovery anonymous*

[www.foodaddicts.org](http://www.foodaddicts.org)

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# 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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*in recovery anonymous*

No dues, fees, or weigh-ins

**ONTARIO MEETING  
DIRECTORY**

[www.foodaddicts.org](http://www.foodaddicts.org)

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