ANAD Grocery Buddies is a guide that teaches friends, family, or loved ones to support someone in recovery from an eating disorder as they work towards recovery goals related to grocery shopping.

Buddies train to support someone they love, and those in recovery can ask for help by recruiting a buddy to train on their behalf. Training is downloadable, and focuses on goal accountability through loving support.

GROCERY BUDDIES



ANAD.ORG



##