Family/personal

Health
- cholesterol/salt
- toxins
- allergies
- low/high calorie
- organic
- nutrition
- access to clean water
- guilt
- comfort
- grief
- internalized messages
- gratitude
- mindfulness
- fasting
- meal schedule
- preferred foods
- not preferred foods

Food as Ritual
- companionship
- relationship
- mindfulness
- Begging bowl
- hospitality
- goodness
- Gleaners
- Eucharist
- kosher
- Ramadan
- WWJD

Family Celebrations
- holidays
- birthdays
- abundance
- milestones
- season
- thanksgiving
- abundance
- hospitality
- grace
- companionship
- relationship
- goodwill

Convenience
- availability
- quality
- quantity
- needs
- servings
- preparation
- restaurants
- processed instant
- corn
- food deserts
- clean-up
- storage
- fast food
- Multi-tasking

Budget
- awareness
- veggie
- vegan
- creating more sensitivity in my food choices
- how do I make an impact on other people?

Memory Emotions
- food police
- reward
- taste - good
- comfort
- grief
- internalized messages
- location
- hospitality
- gratitude
- indulging

Culture Tradition
- vegetarian
- vegan
- multi-tasking
- mindfulness
- companionship
- relationship
- gratitude
- hospitality
- companionship
- relationship
- goodwill

Food Justice
Revised: 1.16.17