



# PLANTPURE COMMUNITIES

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## INFO SHEET: DINING AT PEOPLE'S HOMES

Dining Out

Dining out at the homes of friends and family can be a stressful experience, especially when you are new to the whole food, plant-based lifestyle (WFPB). Here are some tips for these social occasions to help you feel more comfortable, and to make the dining experience less stressful.

- **Decide in advance how you will address questions that may be asked about your decision to eat a WFPB diet.** What are you comfortable sharing about your personal health journey? Remember that you can always refer people to documentaries, books, or websites rather than tackling all of their questions yourself. Refer to Info Sheet: How to Speak to your Friends/Family for guidance on having this type of conversation.
- **Offer to prepare one of your favorite dishes that can serve as a side dish for your family/friends.** This benefits you in several ways:
  1. Your host is spared in making special arrangements
  2. You know there will be at least one dish that satisfies your needs
  3. This is a teachable moment. You can show your family/friends that meals made without animal products and that have low or no oil, sugar, and salt are delicious and come with a range of wonderful health benefits.
- **If you bring your own dish be prepared to share the recipe!**
- If your host insists on preparing a special dish for you, **share with them some of your favorite recipes** that are quick, easy, and contain ingredients that they may already have on hand. Or, ask your host to make minor adjustments to their planned menu, such as offering the cheese and salad dressing on the side of the salad, or offering a plain baked potato, or steamed veggies.
- If you have not discussed your diet with your host, and are worried there will be little for you to eat - **consider eating a small meal beforehand.**
- **Remember to be gracious** for any effort that was put forth into making the dining experience more inclusive and enjoyable for you!

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*We welcome you to send suggestions and ideas to [info@plantpurecommunities.org](mailto:info@plantpurecommunities.org). This material may not be used out of context. Please refer to PPC's terms and conditions for more information. Updated December 2017.*