



Considerations for Applying for a Scholarship for 1:1 Nutrition Coaching

Please read the full considerations below and then click on the scholarship application link at the bottom to apply.

This practice is rooted in social justice. My goal is to help individuals feel more empowered, while also pushing for a more communal and inclusive definition of empowerment. That means making 1:1 nutrition coaching accessible to a broad range of people, including those who don't have the financial resources to pay for it. To do this, I am offering several partial scholarships and full scholarships to individuals experiencing financial hardship.

Applications will be reviewed monthly on a first come, first served basis.

Please apply only if you are experiencing true financial hardship. Needing to make a few sacrifices — eating out less, buying fewer new clothes, or dipping into a vacation fund — to pay for this service doesn't qualify as financial hardship, as these things don't have a lasting negative impact on your life. On the other hand, if you can't pay for 1:1 nutrition coaching without skipping rent payments, cutting back on grocery essentials, going into debt, or falling behind on utility bills, then you are experiencing financial hardship (h/t [Alexis J. Cunningham](#) for this explanation).

There are a limited number of scholarships because nutrition coaching is a big part of my livelihood, and I must take into account the need to support myself financially. I ask that you trust and respect this. Likewise, I trust and respect you, and do not ask for income verification when considering scholarship applications.

Because scholarships are limited, my aim is to prioritize applicants based on intersectional needs. Such applicants may include folks who:

- Are Black, Indigenous, South Asian or a Person of Color
- Are supporting children as a single parent or have other dependents
- Are experiencing discrimination based on melanin, caste, or class
- Are experiencing financial hardship and have instability in-home or food
- Have significant debt

- Have medical expenses not covered by insurance or a medical condition that prevents you from working
- Are eligible for public assistance
- Have immigration-related expenses
- Are an elder with limited financial support
- Are an unpaid community organizer
- Are a returning citizen who has been denied work due to incarceration history
- Are experiencing discrimination in hiring or pay level
- Are living with a disability

Scholarships will be prioritized for people with multiple marginalized identities and for those experiencing more financial hardship.

Consider making space for someone else to benefit from the scholarship if you:

- Own the home you live in
- Benefit from racial, gender, colorism, caste / class privilege
- Have investments, retirement accounts, or inherited money
- Travel for recreation
- Have access to family money and resources in times of need
- Work part time or are unemployed by choice, including unemployment due to full-time school in a degree-earning program
- Have a relatively high degree of earning power due to level of education. Even if you are not currently exercising your earning power, we ask you to recognize this as a choice.

(h/t Susanna Barkataki of [Embody Yoga's Roots](#) for this list)

To apply for a scholarship, [fill out the application here.](#)

Please Note: We review scholarship applications 1-2 times per month. If you have an eating disorder and need more immediate care, please contact the [National Eating Disorder Association Helpline](#) and/or your primary care provider.

If you are *not* experiencing serious financial hardship but are not currently able to invest in 1:1 Nutrition Coaching, I offer several lower-cost options, including:

- [Unapologetic Eating 101 course](#), \$297
- The [Unapologetic Eating book](#), from \$27

- Free downloadable resources like *5 Steps to Start Intuitive Eating the Unapologetic Way* and the *Intuitive Eats: Gentle Nutrition Cookbook*, [found here](#)
- [Hundreds of free articles on my blog](#)

If you are not awarded a scholarship and need support with eating disorder/disordered eating recovery, please visit the following websites to find providers:

1. [National Eating Disorder Association](#)
2. [Intuitive Eating Counselor Directory](#)
3. [Project Heal](#)

You can also check out these Free/Low-Cost Support Options:

NOTE: These groups are not associated with Alissa Rumsey Nutrition and Wellness P.C. To the best of our knowledge the groups are weight-inclusive, HAES aligned, and free or lower-cost, however we can not guarantee this so please use your own judgment.

- [Online Intuitive Eating Forum](#) (free): a place to get PEER inspiration & support for your Intuitive Eating journey from Intuitive Eating Pros.
- [Sage & Spoon Free Online Peer Support Groups](#) (free): Online monthly peer support groups for BIPOC folks struggling with disordered and body-image.
- [Intuitive Eating for Beginners: An Anti-Diet Support Group](#) (free): A Facebook group where those who are new to the idea of intuitive eating can receive guidance from intuitive eating veterans. We are a Health at Every Size (HAES) aligned group where members have the opportunity to explore a new relationship with food and their bodies.
- [All Bodies Are Good Bodies Group](#) (free): A Facebook group focused on fat-acceptance that is meant for asking good questions and challenging cultural assumptions about bodies.
- [Body Liberation Support Group](#) (free): A monthly group that meets on Zoom, anyone is welcome to join this group. Explore concepts of Intuitive Eating & Health at Every Size. Meets the third Thursday of each month from 6-7:15 PM, Pacific on Zoom.
- [Fit Fatties Group](#) (free): A Facebook group to talk about fitness from a weight-neutral perspective - that means absolutely no weight loss talk, no food talk of any kind, and no negative body talk. A size acceptance group.
- [Full Fat Virtual Support Group](#) (free): hosted by [@fiercefatfemme](#), an affinity virtual support space for fat folks only. When in this space we ask that you consider your closeness to power and the fat universe spectrum (small fat, mid fat, large fat, super fat, and infini fat).
- [Soulfully You](#) (sliding scale rate \$5-15/month): connect with fellow diet-culture rebels in a safe and supportive online community while learning how to enjoy food, feel comfortable in your skin, and show up more authentically in the world
- [Liberating Jasper Groups](#) (\$5-20/group): various support groups (Queer Peer Virtual ED, Body of Size, Virtual BIPOC ED, Neuro Divergent). Scholarships also available

- [Virtual support group with Megan Luybi](#) (\$15/session): A virtual space for those in larger bodies to receive support on body acceptance, body kindness, and body liberation, led by a registered dietitian. Groups are drop-in style and are 1 hour.