

College Email Templates

Dear <COLLEGE CONTACT (Counselors & Healthcare providers)>,

I am a member of a Twelve-Step program called [Food Addicts in Recovery Anonymous](#) (FA). I'm reaching out to provide educational information to you, your colleagues, and/or your students.

It seems fair to say that the world-wide devastation of the past several months has (in varying degrees) impacted the health and well-being of every individual. No doubt, this increased stress has led to a rise in alcoholism and drug addiction, as well as obesity and other food-related behaviors. The FA program is available to anyone struggling with the way they eat.

The FA program is entirely free. Please use and share our resources/services seen below:

1. To the FA newcomer, [How To Get Started In FA](#) includes links to:
 - o [FA Pamphlets](#) for college students and more.
 - o the [Food Addicts in Recovery Anonymous](#) book
 - o [Podcasts](#) with audio recordings of stories of hope and recovery from FA Members
 - o Online and local in-person meetings at [Find A Meeting](#)
2. Hard copies of FA literature can be mailed to you, again free of charge, to read and share with others
3. Two to three FA members can (via video conference and eventually in person!), meet with your school's staff and/or students to share our personal stories and speak about recovery from food addiction. (OFFER ONLY IF: you have the local volunteers with 2+ years abstinence to do it, otherwise delete this section.)
4. The FA weblink, www.foodaddicts.org, can be listed as an online resource for your Counseling and/or Health Center.

FA continues to work with colleges world-wide to raise awareness about food addiction. Please let us know how we can best serve you. My email is [email address] and my phone number is [phone number]. I am more than happy to answer any questions you might have

Thank you for your time,

<FIRST & LAST NAME>

College Outreach, Food Addicts in Recovery Anonymous

www.foodaddicts.org

bcc/ collegeoutreach@foodaddicts.org

OTHER SAMPLE COLLEGE CONTACT - EMAILS

1 - College Alumni Email ([LINK](#))

2 - Standard College Email: Shorter version leaving out a personal statement.

Dear <NAME of Health Care provider or counselor>,

As a member of our community and a member of a Twelve-Step program called [Food Addicts in Recovery Anonymous](#) (FA), I am reaching out to provide you with some educational information for your students, your colleagues, and your staff about food addiction.

Please use and share any of the FA resources/services seen below:

1. To FA newcomer, [How To Get Started in FA](#) includes links to:
 - [FA Pamphlets](#) for college students and more
 - [Food Addicts in Recovery Anonymous Book](#)
 - [Podcasts](#): Free audio recordings of stories of hope and recovery from FA Members
 - Online and local in-person meetings at [Find A Meeting](#).
2. Hard copies of FA literature can be mailed to you, again free of charge, to read and share with others
3. Two to three FA members can (via video conference and eventually in person!), meet with your school's staff and/or students to share our personal stories and speak about recovery from food addiction.

FA is available locally for anyone struggling with the way they eat and is entirely free.

Please let me know how we can best serve you by replying to this email or calling me at 925-963-7037. I am more than happy to answer any questions you might have!

Thank you for your time,

<Your Name & phone number>, Food Addicts in Recovery Anonymous

www.foodaddicts.org

3 - Alternative College Email:

Dear [NAME],

I am writing to you because I understand you manage the above website for your college and are open to listing additional community resources that would benefit your student body and faculty. I am writing to you in my capacity as a member of a subcommittee in Food Addicts in Recovery Anonymous tasked with the mission of helping food addicts in their teens & 20s who are still suffering, find their way to a solution.

There are thousands of people around the country just like me that are still suffering with no solution. Would you consider adding the Food Addicts in Recovery Anonymous link: www.foodaddicts.org to your Health Resources webpage?

FA is a free program modeled after the Twelve Steps of Alcoholics Anonymous that has helped many young people with their relationship to food. People come into our program from all areas of the weight spectrum. Some people are overweight and lose hundreds of pounds, some are underweight, and some, like me, come in close to their goal weight. [YOUR STORY IF YOU LIKE I have been in this program for over a year and I can honestly say that it has completely changed my life. I am 24 years old and had the gift of coming into this program when I was finishing up my Masters degree. My food addiction was something I thought I would struggle with forever and never knew that one day I could live a happy, sane, productive life, free from dieting and from an unhealthy obsession that plagued almost every waking thought I had. I am in my right size body, healthy, and free, and for that I am truly grateful.]

The following link will take you to our [How To Get Started in FA](#) webpage, which provides online resources for food addiction and the FA program, including free podcasts, pamphlets, and sample chapters from the FA book. If you would like us to send you some hard copy literature, I can arrange to have some sent.

Food Addicts in Recovery Anonymous (FA) is a 12-step program of recovery for anyone who suffers from overeating, undereating, bulimia, or obsession with food, weight or body size. There are no dues or fees, and meetings are open to anyone who wants to stop eating addictively.

Thank you for considering making this resource available. Let me know if I can answer any questions regarding FA.

Yours,

<YOUR NAME>

<YOUR PHONE>

On behalf of FA and the FA Public Information Committee for Teens & 20s

4- Follow-up College Email:

Dear <NAME>,

RE URL :

I'm writing to thank you for your time today and for your consideration with regard to including www.foodaddicts.org as a link on your school's website.

FA is a free community-based program modeled after the Twelve Step program of Alcoholics Anonymous and as such, has had much of the same success with food and eating issues as AA has had with alcohol.

Please visit our website for more information about FA, such as, [What is FA](#). The Food Addicts In Recovery Anonymous website link with a short description is:

Food Addicts in Recovery Anonymous-FA is a 12-step program of recovery for anyone who suffers from overeating, undereating, bulimia, or obsession with food, weight or body size. There are no dues or fees, and meetings are open to anyone who wants to stop eating addictively. Find out, [Am I a food addict?](#)

Please let me know if you have any questions. I'd be grateful if you would keep me posted in the process.

Thanks again,

<YOUR NAME>

<YOUR PHONE>

On behalf of FA and the FA Public Information Committee for Teens & 20s
Food Addicts in Recovery Anonymous (FA)
www.foodaddicts.org

5 - Follow up College Email:

Dear <NAME>,

Following up our phone conversation just now, I'm writing to thank you for your time and for considering including the FA website, www.foodaddicts.org, as a link for your school.

Food Addicts in Recovery Anonymous (FA) is a 12-step program of recovery for anyone who suffers from overeating, undereating, bulimia, or obsession with food, weight or body size. There are no dues or fees, and meetings are open to anyone who wants to stop eating addictively. For a list of meetings, see our website: www.foodaddicts.org or call 781-932-6300.

FA is for men and women who have experienced difficulties because they cannot control their eating or are obsessed with food or weight, and have searched for help around diet, weight loss, and certain eating disorders, FA has proven to be an effective and long-term solution, offering hope and recovery. There are no dues, fees for meeting weigh-ins. FA is based on the Twelve Steps of Alcoholics Anonymous (AA) and membership is open to anyone who wants help in recovering from food addiction (overeating, under-eating and bulimia). We are listed on many college and university health and counseling center sites as well as organizations that list online and community resources for eating disorders.

Please let me know if you have any questions. I'd be grateful if you would keep me posted in the process.

Thanks again,

<YOUR NAME>

<YOUR PHONE>

On behalf of FA and the FA Public Information Committee for Teens & 20s