

ALTERNATIVE 1

Includes your personal experience and something (if you wish) about your story.

SUBJECT LINE OPTIONS:

Please consider listing foodaddicts.org on your site

Would you consider listing foodaddicts.org on your site?

Request: Please link foodaddicts.org on your site

New community service link for your site

New community resource link for your site

Community resource link for your site

Is your community suffering from food addiction?

Are your website visitors having trouble controlling the way they eat?

EMAIL:

Hi [Name],

My name is [your name], I'm [X] years old and have struggled with food addiction and my weight all of my life.

[X] years ago I found a solution based on the 12 steps of AA which has worked for me, by treating the problem as a form of addiction. I now maintain a healthy weight and eat three balanced meals a day. The Program I follow is called Food Addicts in Recovery (FA) (www.foodaddicts.org)

I'd like to ask if you would consider posting a link to the FA website on your resources page. FA offers in-person meetings, video conferencing or phone gatherings, FA is free and it's easy to get started.

[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. To get started, see our website: www.foodaddicts.org or call 781-932-6300. Click here to find out "[Am I a Food Addict?](#)"

Please let me know if you have any questions.

Kind regards,

[your name]

[your phone no.]

[your email]

ALTERNATIVE 2:

SUBJECT LINE OPTIONS:

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New community service link for your site

New community resource link for your site

Community resource link for your site

Is your community suffering from food addiction?

Are your website visitors having trouble controlling the way they eat?

EMAIL:

Dear [organization/website]

I am writing to ask you to consider including a link to www.foodaddicts.org on your website.

Food Addicts in Recovery Anonymous (FA) is a free Twelve Step program like Alcoholics Anonymous, but for food. Since 1998, FA has provided a solution to thousands who have struggled with symptoms such as overeating, undereating, bulimia, or obsession with food, weight or body size. Along with physical recovery and health benefits, members have experienced relief from the frustration, depression, and low self-esteem that both led to and derived from their unhealthy relationship with food. There are no dues or fees for membership and please click [here](#) to find help near you.

I hope you will consider including a link to FA on your website, www.foodaddicts.org

[Food Addicts in Recovery Anonymous \(FA\)](#) is a free Twelve Step recovery program for anyone who suffers from overeating, under eating, bulimia, or obsession with food, weight or body size. [Meetings](#) are open to all who want to stop eating addictively. There are no dues or fees. You can answer these [20 questions](#) to see if you might be a food addict, or call 781-349-5975 or email fa@foodaddicts.org for help.

Thank you for your consideration.

Please feel free to contact me with any questions.

[your name]

[your phone no.]

FAWeblinks@gmail.com

www.foodaddicts.org

ALTERNATIVE 3

Include location specifics related to a city/area with specific meeting/gathering date/time(s) are included in the email. This is good for colleges or some websites based in a specific location.

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Request: Please link foodaddicts.org on your site

New community service link for your site

New community resource link for your site

Community resource link for your site

Is your community suffering from food addiction?

Are your website visitors having trouble controlling the way they eat?

EMAIL:

Dear [Name and title or website],

I am writing to ask you to consider including a link to www.foodaddicts.org on your website.

Food Addicts in Recovery Anonymous (FA) is a program based on the Twelve Steps of Alcoholics Anonymous. FA offers help to people suffering from the disease of food addiction. Would you consider including the following link in your list of [NAME OF GEOGRAPHIC LOCATION] health resources?

Food Addicts in Recovery Anonymous (FA) is a fellowship of individuals who are recovering from the physical, mental and spiritual disease of food addiction. Some of us have been obese or under-eaters, bulimic or so obsessed with food or weight that we could not freely live our lives. FA is a non-profit organization, and there are no dues, fees, or weigh-ins at meetings. More information is available at www.foodaddicts.org.

Weekly meetings are held throughout [NAME OF GEOGRAPHIC LOCATION] There is a meeting phone/Zoom Gathering at [XYZ day/time; CPMC, 2333 Buchanan Street, San Francisco at 10 am each Saturday]. To find other meeting days, times and locations, please go to our website at [Find A Meeting](#). During COVID, we are meeting over phone/Zoom/Video Conferencing. Times/Dates are available [Here](#).

Thank you for considering this request. A posting in your bulletin, newsletter, or on your website could bring FA to the attention of someone who needs help.

Please do not hesitate to contact me with any questions.

Sincerely,

[Your Name]

ALTERNATIVE 4

Please feel free to include your own story of how you found FA below, by editing the second paragraph to fit your situation.

Dear [organization/website]

I am writing to ask you to consider including a link to www.foodaddicts.org on your website.

I came across Food Addicts in Recovery Anonymous (FA) through an online search in May last year during our first lockdown here in Melbourne. Joining this fellowship has given me freedom from food addiction which has dramatically improved my quality of life. My hope is that others can find it too! FA is a free Twelve Step program like Alcoholics Anonymous, but for food. Since 1998, FA has provided a solution to thousands who have struggled with symptoms such as overeating, undereating, bulimia, or obsession with food, weight or body size. Along with physical recovery and health benefits, members have experienced relief from the frustration, depression, and low self-esteem that both led to and derived from their unhealthy relationship with food. Meetings are held via Zoom or in-person and are open to all who want to stop eating addictively. These [20 questions](#) may help your readers consider whether they too are a food addict and pay no dues or fees should they choose to join the fellowship.

I hope that you will consider posting a link to the [Food Addicts In Recovery Anonymous](#) website. Thank you for your consideration.

Please feel free to contact me with any questions.

[Your Name]

[Your City, State, Country]

[Your Phone]

[\[Your Email\]](#)

www.foodaddicts.org