

Activity: Special Occasion and Holiday Eating

Most people celebrate special occasions and holidays with food. During these times, it can be a challenge to meet your goals for weight and health.

Celebrations that include food may happen more often than you think. The goal of this activity is to help you to learn how often you celebrate special occasions and holidays.

Instructions:

1. For each month listed in the chart, make a check mark for each special occasion and holiday you regularly celebrate. Some examples are holidays like Thanksgiving, New Year's Day, and Canada Day.

2. For other special occasions you may celebrate during the year, estimate how many and when they happen. Make a check mark for each occasion. Examples are:

- birthdays or anniversaries
- weddings
- vacations
- work parties
- sporting events

If you aren't sure which month the occasion is in, make a check mark in the *Other special occasions* box at the bottom of the chart. For example, if you usually have 2 or 3 weddings during the year, make 3 check marks in the *Other special occasions* box.

3. Count your check marks. Write this number in the space below the chart.

Month	Special Occasions and Holidays
January	
February	
March	
April	
May	
June	
July	
August	
September	
October	
November	
December	
Other special occasions	

My total check marks: _____

Remember, some special occasions and holidays are celebrated over many days. This means the number of gatherings, dinners, or parties may be much higher than the number of check marks above.

My tips for special occasions and eating away from home

Have you heard of any tips that you'd like to try? Use the space below to write down any of those tips.

Tips for eating at restaurants:

Tips for eating on the go:

Tips for special occasions, holidays, and parties:

Tips for at work:

Tips for vacations:

Do you feel ready to set a goal?

You may have written many tips for eating at special occasions and when you're away from home. You may or may not feel ready to set a goal for any of those tips.

- You are the expert in your own life, and you know what will work best for you.
- Change can be hard, especially if we try to make a lot of changes at the same time.
- It may help to:
 - make smaller changes
 - set only 1 or 2 goals at a time
 - **choose action-based goals** (for example, eating more fibre or eating more vegetables and fruit)
 - don't choose outcome-based goals (for example, losing weight or decreasing your blood sugar)
 - find a friend or family member to support you
 - keep track of the progress to your goal