

Sponsee Guidelines

Food:

Food plan provided by a nutritionist and discussed with sponsor – tell both about known “problem foods” and do not include them in your plan

- No sugar, products containing sugar or sugar substitutes (except 5th or below on ingredients list) and no alcohol
- Have food plan & writing ready before you call - & make sure you have the food you need – or have plans to get it before the meal
- Weigh & measure all food – at home or not
- Use a flat knife to scrape across the top of measuring cups & spoons
- Do not eat anything you haven’t written down & committed to a HOW sponsor
- Eating what you have committed is as important as not eating what you have committed
- Do not switch food from one meal to the next
- Do not manipulate your food in any way
- If some food becomes a problem, eliminate it and tell your sponsor
- No-calorie drinks without artificial sweetener do not need to be committed (tea, coffee, carbonated water with flavoring or plain)
- Discuss with your doctor about taking a multi-vitamin and drinking 64 oz. of water per day

Questions/calls about food:

- Check with sponsor & nutritionist about questions in planning for future meals (Examples: “Can I just weigh food A vs. use a cup – if yes, what are the guidelines.”; “How do I count clementines, salsa, etc.?”) Do not include item until you’ve received an answer.
- Call, your HOW sponsor first, if any questions about something you will be eating– keep calling before you eat, must talk with a sponsor (Example: “I dripped some oil from my teaspoon onto my prepared meal – how do I figure measurement? “I can’t remember if I ate 1 cracker or 2.”)
- Food changes – if I’m not available, call at least 2 other sponsors. If nobody available, don’t change on a whim, but if food you committed not possible, leave change on my machine.
- Make an error? – call me ASAP – OK to leave a message. If it’s a biggie, reach out to another sponsor.

- If I’m not available (has never happened, but could get hit by a bus!) leave food with another sponsor.

Tips to avoid food problems:

- Don’t measure things over other things – spills can create chaos – especially things hard to separate afterwards, such as oil.
- Don’t eat out of packages – separate your portion (it can be too easy to lose track of how much you ate.)
- Make sure (limit guessing and assuming) you have the food you need when you write your plan– or have plans to get it before the meal

Meetings:

- As HOW members we attend at least one OA/HOW meeting a week.
- Attending 2-3 meetings a week most find helpful.
- Any 12 Step Program OK.

Daily readings & writings:

- To be completed daily before sponsor phone call
- Share daily with sponsor at a mutually agreed upon time.
- Goal is to read 10-15 minutes and write 10-15 minutes, spending 20-30 minutes on assignment. May need more time in the beginning.
- No right or wrong answers

Calls

- Call sponsor every day, at mutually agreed upon time.
- Calls need to start and end on time
- 3 other calls per day (HOW best – any OAers OK, but - especially in the beginning - try to do mostly HOW ‘hookups’)