



FAMILIES EMPOWERED AND SUPPORTING  
TREATMENT OF EATING DISORDERS

# ANNUAL REPORT

## 2022



# WHAT IS F.E.A.S.T.?



## **F.E.A.S.T. Is**

an international non-profit organization of and for parents and caregivers of loved ones affected by eating disorders. Our free programs and services offer families much needed support, information, resources, skills, and tools to help them on their journey.

## **F.E.A.S.T. Is**

a global community focused on empowering parents as caregivers and advocates and promoting evidence-based treatment of eating disorders. We are inclusive of many kinds of families with a wide range of experiences, and we are strong believers in family inclusion in treatment. We believe in educating and teaching skills to parents because we believe patients deserve that support and thrive when their homes and communities support them. We believe all eating disorder diagnoses are treatable to full health. We believe treatment and treatment providers should be guided by evidence and ongoing training and we celebrate the eating disorder specialists who support our families.

## **F.E.A.S.T. Is**

the only international eating disorder non-profit organization of parents supporting parents.

In April of 2009, our organization successfully achieved 501(c)(3) nonprofit status from the U.S. I.R.S., a designation that is recognized internationally as an indication of legitimate management and practice. Our Guidestar profile can be viewed [here](#).

# A LETTER FROM OUR EXECUTIVE DIRECTOR



2022 was a year of significant activity and growth for F.E.A.S.T. We started off 2022 serving approximately 5,000 families worldwide and we increased that number to over 7,000 families by year end (29% increase in one year!), making our strategic goal of serving 10,000 families by 2024 realistic and achievable.

Here are some of F.E.A.S.T.'s highlights of 2022:

- **Upgrade and re-release of FEAST 30 Days (formerly First 30 Days)**
- **FEAST of Knowledge conference with record registration of over 570 participants**
- **Informative monthly webinars on a variety of caregiver-relevant topics**
- **New Bites of Knowledge video section on the F.E.A.S.T. website**
- **New monthly online support group with Equip**
- **Increased volunteer “workforce” to meet the growing need for support**
- **New “volunteer” volunteer coordinator**
- **Development of a training program for support group leaders with ANAD**
- **Promotion of F.E.A.S.T. and FEAST 30 Days both virtually and in person via meetings and educational webinars for providers and parents/caregivers.**
- **Cultivation of new relationships and alliances with providers/treatment centers and other non-profits in the eating disorders sector.**
- **Successful end-of-year fundraising campaign, raising almost \$50K above our \$70K goal**
- **Implementation of a CRM database**

We finished off the year in a stronger financial position than we had projected. This will enable F.E.A.S.T. to continue providing our existing services and to launch new services to meet the growing and diverse needs of our community.

I would like to take this opportunity to thank F.E.A.S.T.'s hard-working Board of Directors who have supported me, challenged me, advised me, and assisted me throughout this past year. F.E.A.S.T. is fortunate to have you, and so am I.

Respectfully,

A handwritten signature in blue ink that reads "J Krasna".

Judy Krasna

F.E.A.S.T. Executive Director

# OUR PROGRAMS & SERVICES

## How we helped over 7,000 families in 2022:

### F.E.A.S.T. 30 Days

FEAST 30 Days is an innovative and unique program designed to educate and empower parents and caregivers of people with eating disorders. Program participants receive one lesson per day, delivered to their inbox, over the course of 30 days. Each lesson includes further resources which provide a deeper and more robust understanding of what eating disorders are, how they are treated, and how families can best support their loved one. Each lesson offers a link to contact our parent support team if they have questions or need help with a specific situation.

*"Thank you for providing such an amazing resource! The "FEAST 30 Days" service provided our family with so much pertinent knowledge and support. It truly brought comfort at such a chaotic time in our lives."*

### Monthly Webinars

F.E.A.S.T.'s monthly educational webinars are presented by top experts in the eating disorders field and focus on topics of relevance to parents and caregivers of people with an eating disorder.

*"I am so very grateful for finding F.E.A.S.T. early on in my daughter's eating disorder. I would be lost without the many resources available, including FEAST 30 Days, webinars, weekly emails, and all of the informative information on the website. I have shared F.E.A.S.T.'s information with other families and am very glad to give back to this wonderful organization. You have truly been the saving grace in my darkest days and hours. THANK YOU!"*

### F.E.A.S.T. Website

The F.E.A.S.T. website is a treasure trove of information and resources specifically designed for parents and caregivers of people with eating disorders at all stages of their journey.

*"F.E.A.S.T. has been and continues to be such a valuable resource for our family. Like so many families, when our daughter was diagnosed almost exactly a year ago, we had no idea what to do. We were overwhelmed, receiving conflicting advice from providers, and we found that F.E.A.S.T. was able to give us immediate concrete action steps that empowered us...it's been a long and painful process, but our daughter and family are in a much better place, which we attribute largely to the information and resources on the F.E.A.S.T. website and the community of 'experts by experience'. Thank you for all that you do!"*



## Men of F.E.A.S.T.

Men of FEAST is a unique bi-monthly skill-based support group for dads and male caregivers. Men of FEAST provides a community for male caregivers, teaches them vital skills and techniques to help them care for their loved one, and offers a warm space where they can both gain and give support.

*"My first Men of FEAST meeting was excellent! It is exactly what I've needed all of these years! I was very excited to not only discuss but to communicate and offer hope to the other attendees that were on the call. I had a hard time in the beginning because I get so emotional talking about what we've been through and I did get a huge lump in my throat starting out. I found that I'm not in this battle by myself (which a dad thinks because he wants to fix the problem) which is how I've felt ever since we started this journey with my daughter. I don't feel alone anymore! I'm really looking forward to being a part of this group."*

## FEAST of Knowledge

Feast of Knowledge is an annual virtual conference designed to educate, inform, and empower parents and other caregivers through presentations from leading clinicians, experts by experience, and researchers in the eating disorders field.

*"FEAST of Knowledge is a fantastic educational event and F.E.A.S.T. is a gold-star support organization. Truly remarkable. I am so grateful to you all and can't believe my family's good fortune in being the beneficiary of such comprehensive thinking on how to best support families. Our family's experience, while exhausting and challenging, at least has a path forward, one in which there is hope and expertise to light the way."*

## Around the Dinner Table Forums

At F.E.A.S.T., we know that parents have unique experiences and skills that can help other parents feel more informed, supported, and empowered. F.E.A.S.T. has three moderated Around the Dinner Table forums (two in English, one in Spanish) which are active 24/7, 365 days a year. The collective wisdom and community offered by our forums have been important and often life-changing assets.

*"When we discovered that our 11 year old son was restricting and very unwell, we turned to our GP, our local Eating Disorder clinic and countless psychologists only to be told that he was too young for their services or the waitlists were very long. We turned online and found F.E.A.S.T. and the Around The Dinner Table forums. These sites contributed to saving our son's life and we can't thank you enough."*

## Parent Support Services

Our parent support volunteer team is available 365 days a year to answer questions and offer resources to parents all over the world in need of support and information.

*"Thank you to all the volunteers at F.E.A.S.T. Your words of wisdom, your encouragement, your updates on new developments in the treatment of eating disorders has continually lifted my spirits and gives me hope. Words cannot express my gratitude. Thank you!"*

# F.E.A.S.T. BY THE NUMBERS



**F.E.A.S.T. SERVED OVER 7,000 FAMILIES ACROSS THE WORLD IN 2022, A 29% INCREASE FROM 2021**



**IN 2022, THE F.E.A.S.T. WEBSITE SERVED FAMILIES FROM OVER 100 COUNTRIES AROUND THE WORLD!**

**10 NEW PARENT SUPPORT VOLUNTEERS JOINED OUR TEAM IN 2022, BRINGING THE TOTAL**

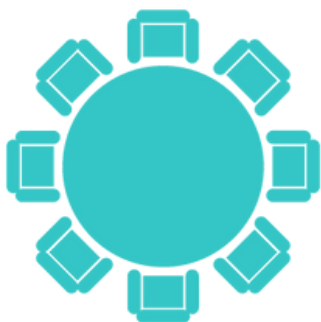


**NUMBER OF ACTIVE SUPPORT VOLUNTEERS TO 26.**

**594 PEOPLE REGISTERED FOR FEAST OF KNOWLEDGE 2022 AND VIEWED THE DIGITAL RECORDINGS**



**F.E.A.S.T.'S EDUCATIONAL VIDEOS RELEASED IN 2022 HAD OVER 23,000 VIEWS IN TOTAL.**



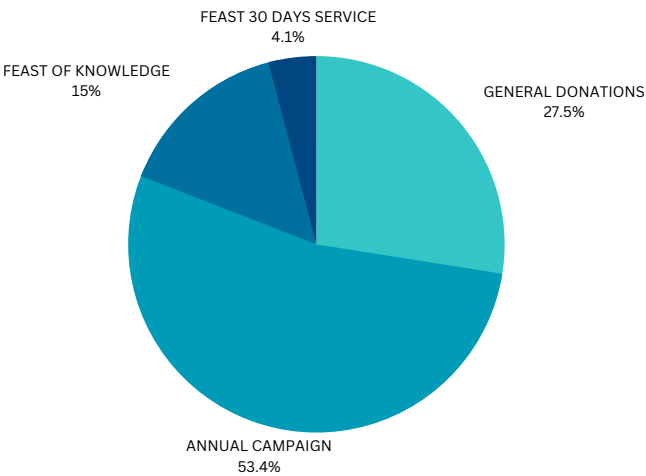
**THE AROUND THE DINNER FACEBOOK FORUM GAINED 1539 MEMBERS IN 2022, FOR A TOTAL OF 5190 MEMBERS.**

**DURING THE BE THERE FOR FEAST 2022 END-OF-YEAR FUNDRAISING CAMPAIGN, 318 DONORS CONTRIBUTED OVER \$118,000.**

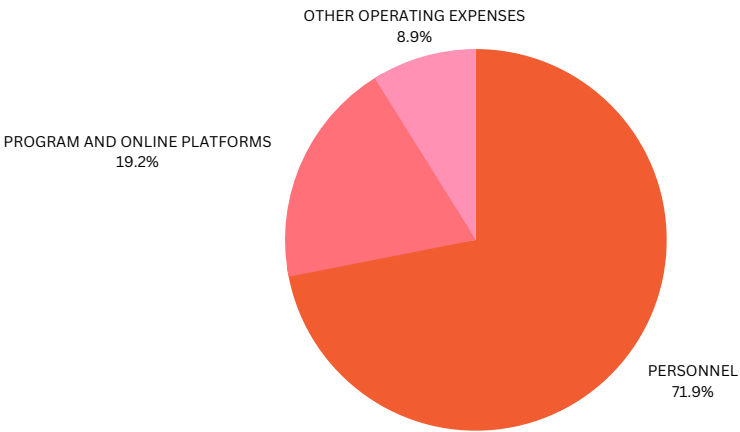


# OUR FINANCIAL POSITION

2022 was a very good year for F.E.A.S.T. from a financial perspective. In a very important way, it was our **best year ever**. In past years, the majority of our revenue has come in the form of operating grants from a few strong supporters, which is not a sustainable model. In 2022, 100% of our revenue came from donations to our Annual Campaign, general donations to F.E.A.S.T. and donations related to F.E.A.S.T. services. The majority of our expenses (91%) pay for the programs and services that we run and the people who support them.



SOURCES OF REVENUE



EXPENSES



# THANK YOU TO ALL OF OUR 2022 DONORS!

We could not keep F.E.A.S.T. running without your continued and generous support.

## **\$10,000+**

Michael and Mindy Voss  
Kramer Foundation

We'd like to thank 3 anonymous donors who contributed match funds of \$10,000+ to our end-of-year fundraising campaign.

## **\$5,000-\$9,999**

Cory Bittner

## **\$1,000-\$4,999**

Demetri Koston  
Tiscornia Foundation  
Bill Little  
Ellen Ewing  
Margaret McDonald  
Yaneth Beltran  
Voya  
Julie Finkelstein  
Stuart and Darlene Altschuler  
Maryanna Chapley  
Elizabeth Friedman  
Lynn Hansen  
Heidi Hilliard  
Taylor Keep  
Dianne Milianta  
Kylie Phillips  
Karl and Jen Von Savoye  
Christine Yonge

## **\$500-\$999**

Louis and Monica Kaplan  
Justine Pallatoni  
Jonathan Crystal  
Neveen Radwan  
Elizabeth Woodcock  
Tasha Salmon  
Heather Kurera  
Stacey McGraw  
Tamara Brand  
Chandra Roukema  
Martha Watson  
Susan Wheeler  
Frank Brockmann  
Richard Carruthers  
Robert Lerch  
Meaghan Barrett  
Richard Covey  
Michael Dorn  
Kirsten Elvekrog  
Jeffrey Murphy  
Chris Murphy  
James Myers  
Jollee Patterson  
Mary-Beth Peddell  
Frank Percic  
Alec and Mary Rodney  
Jared Rogers  
Melinda Runkel  
Aaron Wertenteil  
Colleen Wise

And thank you to the following companies who offered match funds to their employees who donated to F.E.A.S.T.:

Apple  
Microsoft  
Pfizer  
Johnson & Johnson  
Paypal Giving Fund

## **\$250-\$499**

Jennifer Alwood  
Jong Jiang  
Sajanna Bethea  
Anita Ryan  
Marybeth Stock  
Lisa Conn  
Laura Lyster-Mensh  
Susan and George Wilson  
Sara Stover  
Dave Dunn  
Helen Schneider  
Sheila Leunig  
Heather Grogg  
Brady O'Beirne  
Eva Hancock  
Wayne Herring  
Lara Leoni  
Shayla Rose  
Catherina Bentham  
Elizabeth McShane



**\$250-\$499 continued**

Ronald Wurz	Jennifer Ask	Kevin Olmsted
Linda Lamonte	Bernhard Bambas	Maria Queenan
Judy Krasna	Lee Barker	Dennis Rael and Carol Falkenthal
Effie Toshav	Jeffrey Cramer	Frank Rapoport
Linda King	Jennifer Gaines	Alex and Megan Rubano
Melissa Abbe	Gina Giacona	Gretchen Sims
Olivia Armas	Carol Hammad	Adam Sonnhalter
Julie Sibley	Joan Kwong	Cherrie Stone
Shawn Ahern-Djamali	Withanie Lemke	Aditi Thapar
Scott Amsbaugh	Wolfgang Liedtke	Michele Wilkinson-Smith
	Lisa Natcharian	

**We’d like to thank the 216 donors who contributed between \$100-\$249 and the 481 donors who contributed under \$99 for their generosity. We truly appreciate all donations, large and small.**

*“Unfortunately I have needed F.E.A.S.T.’s services first hand during one of the most difficult times in my life. The information on your website and the FEAST 30 Days program helped us educate ourselves as we prepared for battle. Our daughter is not out of the woods but has reached a weight where she can function and is working towards recovery. Thank you for providing a resource which helps provide hope when it seems all is lost. I will do my best to be an annual contributor to a very worthy cause.” Linda, U.S.*



# MOVING FORWARD: OUR STRATEGIC DIRECTION

By Ellen Ewing, F.E.A.S.T. Board of Directors Chair

F.E.A.S.T. exists to empower caregivers of those with eating disorders through transformative support and education. We currently provide these services to 7,000 families annually. Our goal is to offer accessible, 24/7 support and evidence-based education to 10,000 families by 2024 and 50,000 families by 2030. To achieve these goals, F.E.A.S.T. will focus on developing services that can be accessed by thousands of people and broadening our recognition in the eating disorder sector. We will also collaborate with organizations around the world to increase our reach and scale up our services. Over the next one to two years, we will focus on developing a caregiver skills program deployed through a learning management system, launching virtual caregiver support groups, and conducting research on caregiver needs. Along with continuing to create practical, engaging content for caregivers, over the following years we will support platforms that help caregivers easily search and access those resources. We are concentrating first on providing support and education to those families who already have a loved one with an eating disorder and subsequently, we will expand to provide education that can help quickly diagnose and prevent eating disorders. F.E.A.S.T. will leverage our position as the sector leader in giving help and hope to caregivers in all our collaborative efforts over the next several years.

