

LUNCHEON SERIES

Food for Grieving People

This series of quarterly luncheons is hosted by Elaine Voci, a life and bereavement coach, a writer, and a celebrant who officiates at funerals and Celebrations of Life in the local Indianapolis area.

Italian by heritage, Elaine loves to cook and enjoy good food with others in a cordial environment that she deems “convivial.”

Tuesday, April 21, 2020 | 11:30 am to 1:30 pm

Avant Apartments, 12890 Old Meridian Street, Carmel, IN

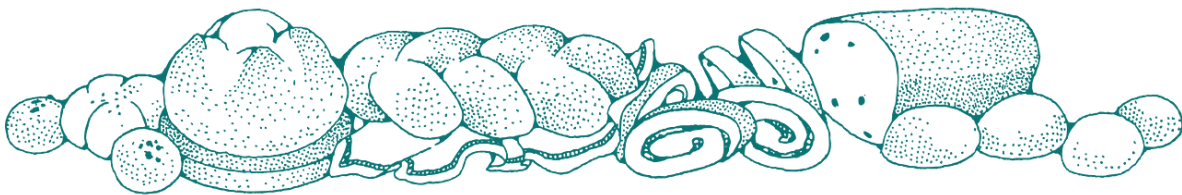
\$25 per person due upon registration

To Register: Call Elaine at 317-730-5481 or email at elainevoci@gmail.com

Food for Grieving People

For many who are bereaved, home is the one place where the deceased is most present and most absent. Sharing meals and talking about what happened during the day are some of the things that grieving widows and widowers miss the most. Eating meals without their loved one is a life skill that has to be relearned as part of one’s changed identity. Without their mate sitting opposite, the kitchen table can feel unbalanced, a “seesaw for one” as a widow described it.

Grieving people find that the taste of food can even feel like a betrayal. One partner is left behind with all the joys that food can offer – the smell of fresh sliced bread, the aroma of freshly brewed coffee in a favorite cup from a much loved vacation – while the other person doesn’t have such pleasures anymore.



Eating out is hard, and having a satisfying social life is hard. Many widows and widowers find they are invited now only to lunch, not to dinner parties. Once a couple, the bereaved are now seen as single people again. Some gain weight, and others lose weight, but the relationship to food has changed.

Each healthy luncheon will:

- Contain tips for eating alone, and tips for cooking again.
- Provide recipe cards for simple, satisfying meals that are easy to make.
- Be a social gathering in itself that allows for free flowing conversations.
- Honor participants’ spouses through shared memories and storytelling.
- Be held in a pleasant, comfortable setting with a sense of caring and respectfulness.
- Host 8 participants on a first-come, first-served basis (a waiting list will be established if needed).
- Be offered with a fee of \$25 per person due upon registration.

