

Green Survival Survival Eating Experience Record

Date: _____

Participants: _____

Remember, today is the day to eat to survive not the day to be full. If by the end of the day, you are not feeling hungry, you have eaten too much. Be thankful that you are experiencing hunger by choice and not as a fact of daily life.

Dishes	Portion	Comments
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Summarize your reaction to the food and your feelings about the people who are limited to Survival Eating every day of their lives:

Thank You