

# Compulsive Eaters Anonymous–HOW

## World Service Business Conference 2025

### SUMMARY OF ACTIONS

#### Motions – Twenty-one Policy Motions Considered

- Thirteen Policy Motions passed in their original form
- Six Policy Motions passed in an amended form
- One Policy Motion was withdrawn and referred to the WSBC Sponsorship Committee
- One Policy Motion failed

#### Policy Motions Passed in Original Form

- **Policy Motion #1: Approve new quad-fold named *Meeting In a Pocket* as CEA-HOW conference-approved literature**, submitted by Janann Y. and Ginger B.
- **Policy Motion #3: Stop publishing *Celebrating the Program Pioneers*, item 816**, submitted by Board Literature Committee
- **Policy Motion #4: Accept edits and revisions of the booklet *Celebrating the Program Part I*, item 816A**, submitted by Board Literature Committee
- **Policy Motion #6: Discontinue sale of pamphlet *Am I a Compulsive Eater?* Item 823**, submitted by WSBC & Board Literature Committees
- **Policy Motion #7: Discontinue sale of pamphlet *The CEA-HOW Concept & What It Means*, Item 826**, submitted by WSBC & Board Literature Committees
- **Policy Motion #8: Discontinue sale of pamphlet *The Meaning of Abstinence & Weight Loss*, Item 827**, submitted by WSBC & Board Literature Committees
- **Policy Motion #9: Discontinue sale of pamphlet *What Is Food Addiction?* Item 829**, submitted by WSBC & Board Literature Committees
- **Policy Motion #12: Add Canned unsweetened coconut milk to our maintenance food plan under “Fats and Oils” in *Forever Abstinent*, p.35**, submitted by Mary K.
- **Policy Motion #13: Add to the list of protein options amaranth, farro, kamut and teff in *Forever Abstinent*, p. 29**, submitted by Susan M.

#### **4 oz. or ½ cup**

Processed plant-based proteins (e.g., tempeh, hummus, meatless protein alternatives)

Soy nuts or other dry roasted legumes

Baked, pressed or firm tofu

High-protein grains (uncooked): amaranth, farro, kamut, quinoa, spelt and teff\*\*

#### **8 oz. or 1 cup**

Legumes, cooked (e.g. beans, lentils, split peas, and black-eyed peas)

Loose, moist, or silken tofu, uncooked

High-protein grains (cooked): amaranth, farro, kamut, quinoa, spelt and teff\*\*

- **Policy Motion #17: Change the footnote on p. 29 in *Forever Abstinent* to separate the note regarding proteins that are also fat or grain options into two footnotes; footnote for fat options will also include acknowledgement that some options may not be available to all,** submitted by Susan M.

**Other plant-based proteins**

Nuts (3T or 1 ½ oz.)\*

Nut butter (2T or 1 oz.)\*

Nutritional yeast (3T)

Seeds (3T or 1 ½ oz.)\*

**4 oz. cooked**

All fish

Hot dogs, sausage, slab bacon, Canadian bacon (sugar-free only)

All meats, poultry, organ meats

All luncheon meats, cold cuts (sugar listed 5<sup>th</sup> or below)

**4 oz. or ½ cup**

Processed plant-based proteins (e.g., tempeh, hummus, meatless protein alternatives)

Soy nuts or other dry roasted legumes

Baked, pressed or firm tofu

**8 oz. or 1 cup**

Legumes, cooked (e.g., beans, lentils, split peas and black-eyed peas)

Loose, moist or silken tofu, uncooked

Quinoa, cooked\*\*

Spelt, cooked\*\*

\*These foods may also be treated as a fat with different measurements and should be discussed with your sponsor before committing and eating these foods. Note: Some fats may not be options to all, depending on where the abstainer is on their abstinence journey.

\*\*These foods may also be treated as a grain with different measurements and should be discussed with your sponsor before committing and eating these foods.

- **Policy Motion #18: Clarify the maintenance food plan options for additional food in *Forever Abstinent*,** submitted by Susan M.

Delete bread and oat bran information on p. 35

Add to p. 25 (after the note regarding metabolism):

- Some maintainers find that the maintenance food plan, as delineated on these pages, does not provide enough food to maintain their goal weight. If a maintainer needs to add more than the food designated for their Category, the following may be added to their plan in a similar fashion to the phases above:
- Up to 4 slices of flourless bread per day (add 1 slice at a time)
- 3 T raw oat bran (dry) per day

- **Policy Motion #20: Revise the due date of literature submissions to WSBC Literature Committee to January 1 of the year of WSBC,** submitted by Susan M.

- **Policy Motion #21: Modify the existing Policy to maintain only the two most recent years of WSBC and Board of Directors meeting minutes on our website; previous years would be available on request,** submitted by WSBC Website Committee

#### Policy Motions Passed in Amended Form

- **Policy Motion #5: Print the updated *Welcome Newcomer* pamphlet, item 821,** submitted by Board Literature Committee
- **Policy Motion #10: Approve the modified booklet *CEA-HOW Pamphlets (compilation)*, item 836,** submitted by WSBC & Board Literature Committees
- **Policy Motion #11: Add 2 oz. chestnuts (roasting variety) under Starches section in *Forever Abstinent*, p. 33,** submitted by Mary K.
- **Policy Motion #14: Change measurement of slab bacon in Protein section to 2 oz.,** submitted by Linda Jean M.
- **Policy Motion #16: Amend Maintenance Guidelines in *Forever Abstinent*, p. 24 to include 1 grain as an option at dinner,** submitted by Karen N.

CATEGORY	A	B	C	D	E	F
	<u>DINNER</u>					
FRUIT	1	1	1	1	2	2
PROTEIN	1	1 ¼	1 ½	1 ½	2	2
SALAD/VEGES (1 GRAIN*)	3	3	3	3	3	3
FATS	3	4	4	4	4	4

\*If a grain is added, it replaces one salad/vegetable selection.

**Optional:** A committed, weighed or measured portion of vegetables, may be moved from lunch or dinner and added to breakfast selections.

*Continued on next page*

- **Policy Motion #19: Add a list of CEA-HOW and A.A. Conference-approved literature in *Forever Abstinent*, p.41** (also update p. ii Table of Contents and p. 36 Appendix C to include “List of CEA-HOW and A.A. Conference-approved Literature”), submitted by Adell P.

(Add page 41)

#### LIST OF A.A. CONFERENCE-APPROVED LITERATURE

It is the policy of the World Service Business Conference that the only literature used during CEA-HOW meetings is CEA-HOW Conference-approved and A.A. Conference-approved materials.

A.A. Conference-approved literature:

1. *Alcoholics Anonymous* (A.A. Big Book)
2. *Twelve Steps and Twelve Traditions* (A.A. 12 & 12)
3. *AA Comes of Age*
4. *As Bill Sees It*
5. *Came to Believe*
6. *Pass It On*
7. *Daily Reflections*
8. *Living Sober*
9. *A.A. In Prison: Inmate to Inmate*
10. *A.A. Service Manual/Twelve Concepts*
11. *Dr. Bob and the Good Oldtimers*
12. *Experience, Strength & Hope*

THIS IS NOT A COMPLETE LIST OF CONFERENCE-APPROVED MATERIALS. CHECK THE CEA-HOW WEBSITE FOR AN UPDATED LIST OF CONFERENCE-APPROVED LITERATURE.

PLEASE ALWAYS CHECK THE COPYRIGHT PAGE OF THE MATERIAL TO MAKE SURE IT IS CONFERENCE-APPROVED SO WE CAN ABIDE BY THE POLICY STATED ABOVE. IT SHOULD HAVE THE LABEL “THIS IS A. A. GENFRAI SERVICE CONFERENCE-APPROVED LITERATURE.”

#### Policy Motion Withdrawn and referred to the WSBC Sponsorship Committee

- **Policy Motion #2: Amend *Sponsor Guidelines/4<sup>th</sup> Step Inventory Steps 4 and 5* to bring wording into alignment with the Seven Tools**, submitted by Diane S.

#### Policy Motion that Failed

- **Policy Motion #15: Remove Finger Foods as an option in *Forever Abstinent*, pp. 17 & 32 (2022 revision)**, submitted by Linda Jean M.