



Anti-Oppression Statement

We support individuals and families to strengthen their wisdom and nourish themselves with compassion, care, and From the Heart. Our commitment to anti-oppression work includes, but is not limited to, the following:

1. We strive to create a safe, inclusive, and accessible space for clients to receive care regardless of gender identity, body shape or size, sexual orientation, race, socio-economic status, and ability.
2. We prioritize *learning* how to support clients and professionals from marginalized communities and *unlearning* the systems of white supremacy in healthcare.
3. We acknowledge that the dietitian and healer community in Rhode Island is dominated by people with proximity to privilege. At From the Heart Nutrition Counseling, Inc. we are actively working to amplify the voices of the marginalized communities and those with underrepresented identities.
4. We are committed to investing in anti-racism practices, anti-diet systems, and organizations that challenge structures of violence, hatred, and discrimination.
5. We aim to provide equitable care, which includes a selection of pro bono and sliding scale offerings to clients from oppressed groups. Please inquire about availability if you or someone you know is looking for support. At any given time we have up to 5 pro bono spots available on a first come first serve basis. Please contact us for more information or to be added to our pro-bono waitlist.

We greatly value feedback, being held accountable to our actions, and community change. For direct communication about anti-oppression work in our practice, or care that you have received, please email Liz Fayram directly at liz@fthnutrition.com so we can maintain open dialogue and learning.