



## ***So What Do You Eat?***

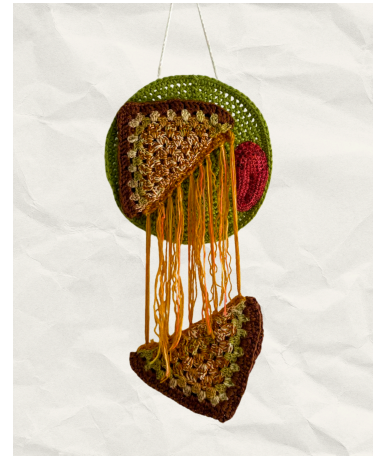
***Lola Posy***

*21 July – 8 August 2025*



***So What Do You Eat?*** is an exploration of food, disability, and the radical act of learning to love eating again. Through crochet wall hangings and soft sculptures, **Lola Posy** invites viewers into the complex realities of living as a vegetarian with contamination OCD and a digestive disease, conditions that turn something as universal as eating into a source of anxiety, frustration, and careful negotiation.

Each piece depicts a food that Posy is able to eat, transforming a limited diet into a tender celebration of nourishment, resilience, and the quiet joy of finding safety and pleasure in what is possible. ***So What Do You Eat?*** asks us to consider how disability shapes our most basic needs, and how craft can become both survival and comfort.



**Lola Posy** (she/they) is a multi-disciplinary artist originally from Toronto, who embraces the intersection of queer and disabled life experiences with a love of nature, animals, and colour.

Variety is her medium, with a current focus on fibre arts and interactive sculpture work, but she loves exploring new mediums and finding new ways to engage her artistic practice with the community around her.