NURTURING CONFIDENCE: FOOD, EATING, & BODIES

Schools, teachers, parents/caregivers & children all have a mealtime role

The story of a student's lunch is more than just food. Many factors affect what is put in a student's lunch including culture, income, living situation, time, medical factors, sensory & texture preferences, food literacy, food trauma, parent/caregiver food experience, and body image. Be curious and compassionate when discussing food, eating and bodies with a parent/caregiver or child.

Satter's Division of Responsibility in Feeding divides decisions about eating so that children maintain their hunger and fullness cues, build lifelong eating skills, and have less stress around eating. When parents/caregivers and schools do their job with feeding, children can do their job with eating.

Parent/Caregiver Decides
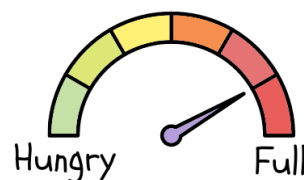
WHAT

School Decides

WHEN   **WHERE**

Student Decides

WHETHER   **HOW MUCH**

YES   NO

Hungry   Full

4 Ways to Make a Difference

Teach Nutrition in a Positive Way

[Teach Food First]

- Use the "Teach Food First" Toolkit
- Use food exploration (taste test, grow food)
- Remember **all foods fit**
- Talk about foods without judgement & in a neutral manner. **Placing moral value (good vs. bad) on foods can create shame**

Adjust your Classroom Environment

- Ensure children have a comfortable place to eat
- Have set meal / snack times & provide enough time
- Turn off SMART boards & screens
- Avoid using food as a reward
- Allow children to eat their food **in any order**. This maintains the child's trust in their parent/caregiver

Be a Role Model

- **Avoid all diet talk and comments on bodies**
- Notice how you talk about food and your body to others including in the hallway and staffroom
- Talk & eat with children when possible

Respect Body Diversity

- **Avoid weighing students**, using weight tables/charts, or calorie counting activities
- Accept & respect the diversity of body shapes & sizes (language, images, equipment)
- Exercise for pleasure & health, not to control body size

Eating Together Eating Better
Island Health

Healthy Schools
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