

FEEDING POLICY

Our child care facility adheres to Ellyn Satter's division of responsibility in feeding:
Feeding demands a division of responsibility—

Adults are responsible for *what, when, and where*  Children are responsible for *how much and whether*

We provide nutritious, regularly scheduled meals and snacks

Meals and snacks are an important part of our program day.

- We take time to help children relax and prepare to eat.
- We sit down to eat with children and have good times.
- We help children learn to behave well at meal and snack times.

We follow federal and state guidelines to plan meals and snacks.

- We keep in mind the special food needs of small children.
- We offer familiar and popular foods along with unfamiliar foods.
- We let children eat what they like and also try out new foods.

We follow guidelines on wellness to cook food moderate, not low, in fat.

- We use meat, poultry, and fish as well as cooked dried beans.
- We use lean red meats but do not restrict red meat.
- We serve whole or 2% milk.
- We let children help themselves to salad dressings, butter and/or margarine.

We trust children to manage their own eating

Children will eat, they will eat what they need, and they will learn to eat the new foods that we offer.

- We let children pick and choose from the food we make available.
- We let children eat as little or as much of the food as they want.

Some days children eat a lot, other days, not so much. But they know how much they need.

- We do not limit the amounts children eat.
- We do not force children to eat certain foods or certain amounts of food.

Also see Ellyn Satter's books, *Secrets of Feeding a Healthy Family*, *Child of Mine: Feeding with Love and Good Sense*, and *Your Child's Weight: Helping Without Harming*.



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