As recommended by nutrition experts, we support the

Division of Responsibility between Adults and Children

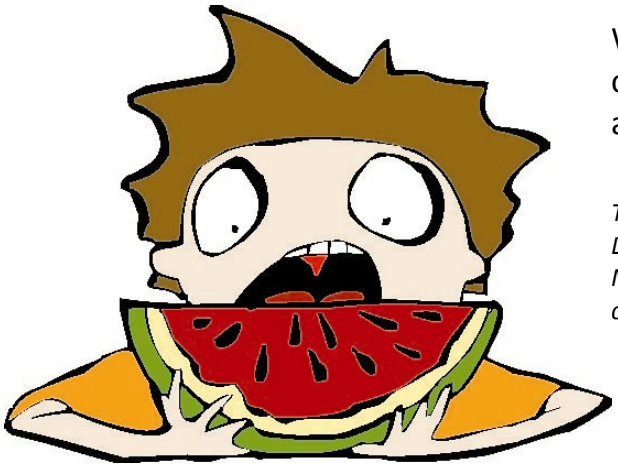
at mealtime.

Simply put ...

- Adults decide the ***what, when,*** and ***where*** of feeding at school.
- Children decide ***whether*** they will choose to eat the foods offered and ***how much*** to eat.

Our School District takes pride in helping children develop healthy eating habits while at school. We are taking steps to serve healthful, appealing meals that are consistent with the recommendations of the USDA's MyPlate.

We encourage every adult to be a healthy role model for children and to enjoy healthful foods and drinks at mealtime. **Adults will not persuade, force, or shame a child into consuming any food or beverage.** Adults will respect children's feelings of hunger and/or fullness; thereby allowing children to stop eating when they choose to.



While we encourage children to try all foods, they can politely refuse a new food, taste a tiny amount, or simply enjoy it!

This information was adapted from material from Ellyn Satter, Dayle Hayes, and Yellowstone County Head Start, Inc. in Billings, Montana. Distributed from Montana Team Nutrition Program, contact (406) 994 -5641, 2011.

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