Mealtime Philosophy

During mealtimes at Head Start, adults and children eat together and share the same food, milk, juice and water. The adults seated at each table model the mealtime philosophy and appropriate mealtime behavior.

Children serve themselves and pour their own milk, juice or water. They are invited to put at least a small portion of every food onto their plates. They are encouraged, but never forced, to taste everything.

Children are allowed to eat at their own pace. Dessert is served as part of the meal. Children may eat dessert without finishing their other food.

We encourage pleasant discussions about food, nutrition, and other topics. After the meal, children put away their dishes, utensils and paper products.

YOU are the most important role model for children at mealtimes. Please remember that children will do as they see.
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