

Pass the Peaches, Please
Iowa Team Nutrition Training for CACFP Providers
Des Moines, Iowa ~ May 2013

Pass The Peaches

Please (and Thank You)



Creating Pleasant Preschool Mealtimes to Improve Child Nutrition

Pass The Peaches

VIDEO



Creating Pleasant Preschool Mealtimes to Improve Child Nutrition

Today's Workshop

- Describe basic principles of a Healthy Mealtime Philosophy based on Ellyn Satter's Approach and Division of Responsibility in Feeding.
- **List steps to take to create a setting that supports pleasant and positive mealtimes.**
- Take part in role-playing activities & group activities to practice what to say and what not to say to encourage children's eating in a supportive way.



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Pleasant Mealtimes



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Pleasant Mealtimes

- Do not happen by accident
- Require planning
- Require staff training
- Are worth the effort



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Pleasant Mealtimes

- **Environment**
- **Furniture & Tableware**
- **Family-Style Service**
- **Expectations**



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Environment

Calm
Quiet
Familiar
Safe



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Environment

Screen-Free
Music
Lights
Candles (!?!?)



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YOUR IDEAS?



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Setting the Table

For Little Hands



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Furniture & Tableware

RIGHT-SIZED

- Chairs
- Tables
- Plates & cups
- Utensils
- Pitchers & bowls



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YOUR IDEAS?



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Family-Style Meals



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Family-Style Meals

*"If I had to settle for one thing to tell families about preventing child overweight, helping children to eat a variety of food and raising them to have positive eating attitudes and behaviors, I would say, **have meals.**"*

Ellyn Satter

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Family-Style Meals

- Adults eat with children.
- Children pass and serve food.
- Children pour their own milk.
- Adults teach conversations.
- Adults model manners.

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What do you do now?

- Adults eat with children.
- Children pass and serve food.
- Children pour their own milk.
- Adults "teach" conversations.

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Family-Style Meals

- Require planning and staff training
- Require a Mealtime Philosophy/Policy

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Mealtime Philosophy/Policy

- Simple, direct, easy to follow, consistent messages for children
- Helps children learn life-long skills for a healthy relationship with food
- Basis for training all staff
- Post near tables, share with parents

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Mealtime Philosophy/Policy

Mealtime Philosophy

During mealtimes at *(insert name of childcare center)*, 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 get 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.

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

We support a philosophy that respects a division of responsibility between adults and children at mealtimes. Simply put:

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




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Mealtime Philosophy/Policy

- Helps staff solve challenging feeding situations in a consistent manner
- Educates parents on the division of responsibility and raising competent, capable eaters




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It's Only Nutrition

WHEN they eat or drink it!





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YOUR IDEAS?





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EXPECTATIONS





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EXPECTATIONS

- Age-appropriate behavior
- Age-appropriate manners
- Age-appropriate eating
- Age-appropriate clean-up
- Age-appropriate help




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EXPECTATIONS

Age-appropriate




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EXPECTATIONS





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YOUR IDEAS?





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LUNCH TODAY





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LUNCH TODAY

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CHILD-CENTERED CONVERSATIONS
12 tips for talking with kids at meals

It's possible - even easy - to have pleasant mealtimes with preschool children. Many factors are important in creating positive mealtime situations. Well-set tables, short, shiny and gleaming, a calm, easy atmosphere (soft music, no TV or busy competing toys), served family-style, and engaging conversations. For successful talks at the table, try the Family-Building Conversation Starter cards - and draw tips from the experimental and effective teachers at Head Start Centers in Stirling, Montana. ENJOY!

- Know - and use - each CHILD's name.
- When discussion begins and focuses on BEST interests.
- Know the content of what each child has to say.
- Listen carefully to what the children are talking about - and go from there.
- Start with the names of the foods - making sure that every child knows the names of the items.
- Discuss the foods - using words for colors, temperatures, smells, textures, and flavors.
- Help children connect with each other - like asking each other to pass a serving, dish of food.
- Discuss the meal helper jobs - and what they are doing to be helpful today.
- Discuss feelings levels: You played really hard! Outside today. Is your tummy getting full?
- Focus on TODAY: What food did we need today? What were you playing with before lunch?
- Allow children to tell stories - a real story, a make-believe story, or a story that they heard from someone else.
- Use problems/needs that will help in the next future: What do you think our story will be about today?
- Use the characteristics of the day (the number or name or holiday that you are discussing at circle time).

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LUNCH TODAY

<p>What do you like best about our family?</p> <p style="text-align: right; font-size: x-small;">CACFP Conversation Cards</p>	<p>What is your favorite meal? Why?</p> <p style="text-align: right; font-size: x-small;">CACFP Conversation Cards</p>
<p>What is your favorite memory of something we did together?</p> <p style="text-align: right; font-size: x-small;">CACFP Conversation Cards</p>	<p>What is your favorite holiday? Why?</p> <p style="text-align: right; font-size: x-small;">CACFP Conversation Cards</p>
<p>What is your favorite animal? What does it look like?</p> <p style="text-align: right; font-size: x-small;">CACFP Conversation Cards</p>	<p>What is your favorite time of day? Why?</p> <p style="text-align: right; font-size: x-small;">CACFP Conversation Cards</p>




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