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

Pass The Peaches
Please (and Thank You)

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.

Pleasant Mealtimes
• Do not happen by accident
• Require planning
• Require staff training
• Are worth the effort

Dayle Hayes, MS, RD
Nutrition for the Future ~ EatWellatSchool@gmail.com
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Environment
- Calm
- Quiet
- Familiar
- Safe

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

YOUR IDEAS?

Setting the Table
For Little Hands

Furniture & Tableware
RIGHT-SIZED
- Chairs
- Tables
- Plates & cups
- Utensils
- Pitchers & bowls

YOUR IDEAS?

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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

It’s Only Nutrition

WHEN they eat or drink it!

YOUR IDEAS?

EXPECTATIONS

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

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EXPECTATIONS

Age-appropriate

YOUR IDEAS?

EXPECTATIONS

LUNCH TODAY

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