What we hope to accomplish:

Children gain eating competence and have a positive relationship with food.

Children accept a wide variety of foods and textures. Children practice self-regulation and tune into hunger and fullness cues.

How we'll get there:

Talk about food using neutral language.

Communicate with children about when food is offered and when it will be offered again.

Limit pressure on children to eat.

## CELEBRATE Language

Talk about different cultures, food practices, preferences and allergies.

Have positive conversations at mealtime that are not about food.

Limit the use of food as a reward.\*

Establish consistent and responsive feeding routines.

Support children to decide what and how much to eat from the foods offered.

## **CELEBRATE** Mealtime

Encourage children to serve themselves.

Sit with children and eat the same food.

Provide repeated opportunities to explore new foods and textures.

Limit rewarding children for eating.\*

## **CELEBRATE Play**

Facilitate play related to food, cooking and mealtime.

\*Unless specified within a child's developmental plan.

