



# CELEBRATE Feeding Newsletter

**Coaching in Early Learning Environments to Build  
a Responsive Approach to Eating & Feeding**

March 2023

## You Asked, We Listened

The Nutrition Coaches are excited to offer a series of optional webinars based on the most common questions we have heard from CELEBRATE Feeding participants.

### **Infant Feeding - Tuesday, March 21, 6:30-8pm**

Learn all about infants' unique feeding needs and how you can make the most of mealtime for the youngest children in your centre.

### **Menu Planning - Monday, April 17, 6:30-8pm**

This session will offer tips for common menu challenges and give participants an opportunity to collaborate and share successes and obstacles. We will also explore the trend of using kitchen scraps for sensory play and food exploration.

### **Learning to Like - Coming in May**

This session will challenge your thinking about "picky eating" and provide practical strategies to encourage curiosity about food and support cautious eaters with confidence.

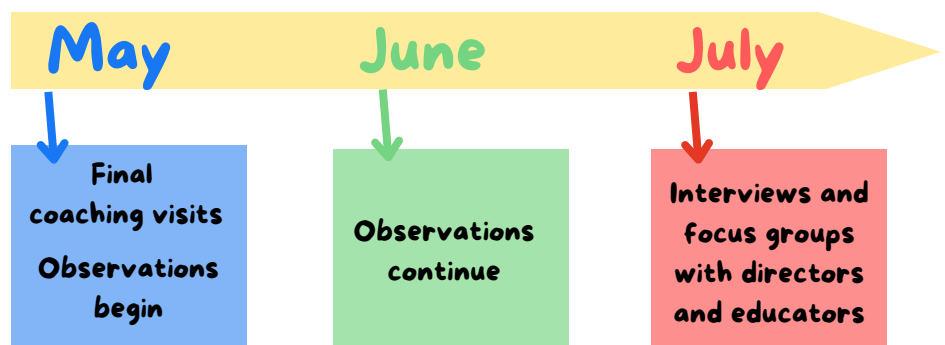
## Why is it important for educators to sit with children at mealtime and eat the same food?

Sitting at the table gives you the opportunity to connect with the children and have conversations. Children may be more likely to try a food if they see you enjoying it.

You are an important role model!

## Project Update

The CELEBRATE Feeding team is looking ahead to the next steps in the project. Here's a timeline of what is coming up:





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## Responsive Feeding BINGO!

Use this Bingo card to check in with the responsive feeding practices happening at your centre, both at mealtimes and during other activities.

SAT WITH THE CHILDREN AT MEALTIME	FACILITATED PLAY IN THE PLAY KITCHEN	CHILDREN SERVED THEMSELVES AT LEAST ONE ITEM AT MEALTIME	ATE THE SAME FOODS AS THE CHILDREN AT A MEAL OR SNACK	INITIATED MEALTIME CONVERSATIONS <b>NOT</b> ABOUT FOOD
SET UP FAMILY-STYLE SERVING AT A MEAL OR SNACK	TOLD CHILDREN WHAT WAS ON THE MENU PRIOR TO A MEAL	DID AN ACTIVITY WITH OR ABOUT FOOD OUTSIDE OF MEALTIME	LET CHILDREN POUR THEIR OWN DRINK	DESCRIBED FOODS USING COLOUR, TASTE, TEXTURE, SMELL
TOLD THE CHILDREN WHEN THE NEXT EATING OPPORTUNITY WOULD OCCUR	EXPLAINED EACH FOOD SERVED AT A MEAL OR SNACK	<i>Free</i>	DID NOT REWARD CHILDREN FOR EATING	TALKED ABOUT OTHER FOOD CULTURES
TRIED A NEW FOOD AT A SNACK OR MEAL	READ A BOOK WITH A NEUTRAL FOOD MESSAGE	COOKED OR PREPPED FOOD WITH THE CHILDREN	OFFERED A NEW FOOD WITHOUT PRESSURING CHILDREN TO TRY IT	CHILDREN DECIDED WHAT AND HOW MUCH THEY WANTED FROM FOODS OFFERED
NAMED EACH FOOD BEING SERVED AT MEALTIME	ENCOURGED CREATIVE AND DRAMATIC PLAY AROUND FOOD	OFFERED CHILDREN EACH FOOD BEING SERVED (EVEN IF THEY REFUSED THE FOOD IN THE PAST)	CHILDREN DECIDED WHAT PORTION SIZE THEY WANTED	PROMPTED CHILDREN TO DRINK WATER THROUGHOUT THE DAY