

# Nutrition for Early Learning and Child Care

HEALTHY KIDS | HEALTHY SCHOOLS | HEALTHY COMMUNITIES



## Feeding...whose role is it?

**Children and caregivers both have a role at mealtimes.**

### **A caregiver's job is to decide:**

**What** food and drinks are served

- Choose a variety of fresh and healthy foods from the 4 food groups
- Introduce new foods often

**When** food is served

- Offer 3 meals and 2-3 snacks around the same time every day

**Where** food is served

- Serve meals at a table and eat together whenever possible
- Remove distractions such as toys, TV and electronics and engage in conversation

### **A child's job is to decide:**

**How much** they are going to eat.

**If** they are going to eat, at all.

Trust that children know when they are hungry or full. It is not your job to make sure children eat, or to limit the amount of food they eat.

For more information on feeding roles visit the Elyn Satter Institute at <http://ellynsatterinstitute.org/>