Creating a supportive eating environment

Be a good role model
- Speak positively about all the foods you are serving (even if you do not like them yourself)
- Make nutritious food and drink choices, while also modelling the concept of balance and moderation
- Avoid discussing dieting or criticizing your own body weight around children
- Sit at the table, and eat with the children whenever possible

Involve children in meal preparation

Create a relaxed and calm eating environment
- Remove distractions (such as TV, electronics and toys)
- Engage in conversation about the food and the day’s activities

Allow children to serve themselves, when possible

Incorporate healthy eating messages in all the day’s activities