

Putting These Resources Into Practice

Whether food is provided by your child care or families, everyone plays a part in supporting positive meal and snack times. Use these ideas and resources to support change in your program. Adapt ideas for your specific setting.

Steps	Ideas	Resources
Build awareness and desire to change	<p>Review and discuss Overview and Why Support Positive Mealtimes? For example:</p> <ul style="list-style-type: none"> • Add topic to staff or agency meetings. • Post resources on a bulletin board for staff and families. • Share in a newsletter. 	<p>Overview</p> <p>Why Support Positive Mealtimes?</p>
Identify strengths and areas for improvement	<p>Gather ideas about meal and snack times:</p> <ul style="list-style-type: none"> • What is going well? • What can be improved? <p>Use the Share Your Ideas Poster:</p> <ul style="list-style-type: none"> • Brainstorm ideas during staff or agency meetings. • Post where ideas can easily be added such as the kitchen, eating area, or staff room. <p>Discuss how educators, cooks, supervisors, directors, and others can support positive meal and snack times.</p> <p>Use the Positive Mealtimes Checklist:</p> <ul style="list-style-type: none"> • Identify educators or lead staff to complete the checklist. • Review results as a team. • Celebrate what is going well. • Identify what you can do better. • Make a plan to achieve your goals. 	<p>Share Your Ideas Poster</p> <p>Positive Mealtimes Checklist</p>
Use resources to support positive meal and snack times	<p>Review resources to support positive meal and snack times.</p> <p>Discuss how to use and share these resources in your program and with families. For example:</p> <ul style="list-style-type: none"> • Post on bulletin boards. • Review and discuss with staff. • Share with parents via newsletters, emails, or social media. 	<p>Positive Mealtimes Poster</p> <p>More information for ELCC and families</p>

Support Positive Mealtimes Resources

Steps	Ideas	Resources
Keep it up!	<p>Acknowledge efforts and celebrate successes!</p> <p>Add 'support positive mealtimes' as a standing item to your staff meeting agenda.</p> <ul style="list-style-type: none"> Use this time to spark discussion, review your goals, and share progress. Go back to your checklist to see how you are doing and to identify new goals. <p>Brainstorm other ideas for how your program will continue to support positive meal and snack times. For more ideas visit the <i>Healthy Eating in Early Learning and Child Care</i> page at: https://www.albertahealthservices.ca/nutrition/Page8941.aspx</p>	Positive Mealtimes Checklist

Be intentional about supporting positive meal and snack times to promote children's social connections, learning, and health.