


Putting Resources into Practice

Support Positive Mealtimes

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.

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

Steps	Ideas
Build awareness and desire to change	<p>Review and discuss Overview and Why Support Positive Meal and Snack Times?</p> <p>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.
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 sheet to:</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, director, etc. can support positive meal and snack times.</p> <p>Use the Positive Mealtimes Checklist to:</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.

Steps	Ideas
<p>Use resources to support positive meal and snack times</p>	<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"> • Share Tips to Support Positive Mealtimes with staff and add to bulletin board. • Display Posters in your eating area to promote social connections, learning and health. • Spark friendly table talk with Connect with Conversation tips and questions <p>Share resources with parents via newsletters, emails, or social media from the More Information for ELCC and Families sheet.</p>
<p>Keep it up</p>	<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 Positive Mealtimes 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.</p> <p>For more ideas visit the <i>Healthy Eating in Early Learning and Child Cares</i> page at: AHS.ca/Nutrition/Page8941.aspx</p>  <p>Support Positive Mealtimes HealthyEatingStartsHere.ca</p>