

Support Positive Mealtimes

Sit together
Eat together
Talk together

Healthy eating is more than the foods you eat.



Make meal and snack times pleasant and relaxed.

Be intentional about meal and snack times

Plan enough time to eat, visit, and learn. Turn off or put aside toys, phones, and other screens.

Enjoy your time together

Engage children in friendly conversation. Lead by example to promote positive meal and snack times.

Promote a child-friendly setting

Plan for routines and transitions. Use age-appropriate dishes, utensils, and seating.

Offer healthy foods

Provide a variety of healthy food and drinks. Offer new foods many times. Ensure water is always available.

Help children learn by serving themselves

Teach them to start with small amounts, and to take more if they are still hungry.

Trust children to decide

Let children decide what and how much to eat from foods offered. Avoid using food to pressure, bribe, or reward.