

Why Support Positive Meal and Snack Times?

Positive meal and snack times promote:

Social Connections



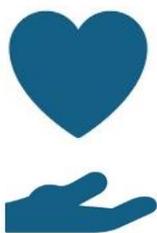
Meal and snack times are a chance to **connect and build relationships**. Engaging children in pleasant conversation helps create relaxed mealtimes and stronger relationships.

Learning



Meal and snack times are a chance to **role model and help children learn**. Children can practice language and social skills and learn about food and eating.

Health



Meal and snack times are a chance to **help children build healthy habits**. The eating habits you teach children in the early years can form a pattern that **lasts a lifetime**.



Children may eat **over half** of their meals in child care.¹ Support positive meal and snack times to promote children's social connections, learning, and health!

1. Nikolopoulos et al. "Perceptions of the Characteristics of the Alberta Nutrition Guidelines for Children and Youth by Child Care Providers may Influence Early Adoption of Nutrition Guidelines in Child Care Centres." *Maternal and Child Nutrition*. 2012.