



NURTURING HEALTHY EATERS

Five Ways to Support Healthy Eating in School Breakfast Programs



CREATE A POSITIVE EATING ENVIRONMENT

Provide an eating environment that encourages students to eat together and use mealtimes as a time to connect. Have casual conversation with students. Encourage students to limit screen time and to be mindful of their eating habits.



ENCOURAGE NEW FOODS

Involve students in preparing new foods. Serve new foods in an appealing and exciting way. Compliment new foods with items students already enjoy. Continue to offer the new food, it can take up to 8-15 exposures for children to enjoy it. Try new foods alongside students and enjoy them for yourself.



RESPECT HUNGER & FULLNESS CUES

Allow students to control their own intake and to eat food in any order they choose - no need to finish one food before another. Trust and respect students when they say or signal they are full or still hungry.



BE A GOOD ROLE MODEL

Role model healthy eating habits. Demonstrate positive body image by encouraging body positivity and diversity. Avoid sharing personal views about food and body weight. Each person's eating habits and body is different, and we should respect, accept and celebrate these differences!



TEACH NUTRITION IN A POSITIVE WAY

Breakfast programs create great opportunities to discuss nutrition with students. Teach about a variety of foods, focusing on the benefits of fuelling the mind and body. Keep all messages positive for example "eating a variety of foods gives you energy to play and think." Avoid negative/fear-based statements like "x foods are not healthy."