



## HEALTHY EATING ACTIVE LIVING

### Family-Style Meals

#### SAMPLE POLICY

The sample documents below are provided for general information purposes only. The provision of these sample documents are offered as educational material. Your use of any of these sample documents is at your own discretion

We at (name of child care site) is committed to our children health and wellness. With that understanding a wellness policy has been put into effect that focuses on (fill in blank i.e. Nutrition and physical exercise).

We recognize that family style meals service has many benefits in child care settings. Family style meals help create a pleasant and relaxed meal time environment where provider sit with children. This method also supports healthy eating habits, social skills and gross motor skills.

#### Policy

1. Food is placed on table in child sized serving bowl, plates and utensils.
2. Children and adults sit together and interact during meal
3. Food is passed and children are able to serve themselves (assistance is given). Children get to choose what they put on their plate and learn portion sizes.
4. Staff members engage with children on nutrition and food inquirer.