

Mealtime and Feeding Resources for Early Learning Professionals

Family Style Dining Guide: A Mealtime Approach for Early Care and Education Programs. Toolkit and guide for all things related to family style dining in early learning settings.

<https://d3knp61p33sjvn.cloudfront.net/2016/02/FamilyStyleDiningToolkit.pdf>

Family Style Meals. Newsletter from Health Services at the Office of Head Start with lots of information and ideas on family style dining, including ways to support staff and engage families. <https://eclkc.ohs.acf.hhs.gov/hslc/tta-system/health/docs/health-services-newsletter-201503.pdf>

The Impact of Teachers and Families on Young Children’s Eating Behaviors. Brief report from the National Association for the Education of Young Children (NAEYC) highlighting research about how adults can influence and support healthy eating attitudes and behaviors in children.

https://www.naeyc.org/files/naeyc/Eliassen_0.pdf

Feeding Young Children in Group Settings. Website from the University of Idaho with comprehensive resources, handouts, and short videos.

<http://www.cals.uidaho.edu/feeding/>

Harvest for Healthy Kids. Free curriculum that focuses on teaching children healthy habits, with free kits you can download including activity plans, picture cards, teacher and family newsletters, and recipes.

<http://www.harvestforhealthykids.org/>

Nutrition Education in Schools by Elyn Satter. Book chapter about ways to help children become competent and healthy eaters.

<http://www.elynsatterinstitute.org/cms-assets/documents/99524-329914.secrets2008apph.pdf>

Mealtime Assessment Worksheets. Checklist you can download to help assess your program’s menu planning, mealtime atmosphere, child involvement, provider involvement and support, and communication.

[For Child Care Centers](#)

[For Family Home Child Care](#)

Toddlers at the Table: Avoiding Power Struggles. Article from Nemours with lots of ideas of how to work with picky toddlers and help mealtimes be pleasant and enjoyable. <http://kidshealth.org/en/parents/toddler-meals.html#>

Food Allergies. Newsletter from Health Services at the Office of Head Start. <https://eclkc.ohs.acf.hhs.gov/hslc/tta-system/health/docs/health-services-newsletter-201404.pdf>

“Open, Shut Them”. Video of a popular transition song that is useful to help children get settled before mealtime. <https://kcls.org/content/open-shut-them/>

Healthy Policies Toolkit. Toolkit from University of Washington Center for Public Health Nutrition with model child care policies, tips, and action planning guide to improve your program's nutrition and physical activity practices.
http://depts.washington.edu/uwcphn/work/documents/healthypoliciestoolkit_printableFINAL_Aug2014_000.pdf

Feeding Infants and Young Toddlers: Using the Latest Evidence in Child-Care Settings. Research brief from Healthy Eating Research.
http://healthyeatingresearch.org/wp-content/uploads/2017/05/her_ece_051817-FINAL.pdf

Child and Adult Care Food Program Resources for Home Providers. Webpage from the Office of Superintendent of Public Instruction in Washington State.
<http://www.k12.wa.us/ChildNutrition/Programs/CACFP/ProvidersSponsors.aspx>

YouTube Videos

Family Style Meals in the Childcare Setting – 9 minutes
https://www.youtube.com/watch?v=nj_s89ydnBs

Starting Family Style Dining – Part 1 – Guiding Principles – 3 minutes
<https://www.youtube.com/watch?v=aRBzCMGzSvs>

Starting Family Style Dining – Part 2 – Tips for Success – 4 minutes
<https://www.youtube.com/watch?v=Fs0apIAsIpk>

Family Style Dining with 2-Year-Olds – 3 minutes Highlights developmental benefits of family style dining. <https://www.youtube.com/watch?v=EIpanmnPhAq>

Preparing Healthy Food Resources

Let's Move! Child Care: Healthy Eating Training. Free online STARS training from University of Washington Center for Public Health Nutrition about providing healthy beverages and foods to toddlers and preschoolers.
http://depts.washington.edu/uwcphn/work/ece/lmcche_module.shtml

Let's Move! Child Care: Healthy Eating Website. Website with resources and ideas for meeting healthy eating goals in child care settings.
<https://healthykidshealthyfuture.org/5-healthy-goals/nurture-healthy-eaters/>

Child and Adult Care Food Program (CACFP) Meal Pattern Guidelines. Participating in CACFP and following these guidelines can help save your program money by getting meal reimbursements through the USDA. These new guidelines are in effect starting October 1, 2017. <https://www.fns.usda.gov/cacfp/meals-and-snacks>

New CACFP Training Tools. Tools available in English and Spanish.
<https://www.fns.usda.gov/tn/cacfp-meal-pattern-training-tools>

USDA Nutrition and Wellness Tips for Young Children. Tip sheets you can download and print; available in English and Spanish.

<https://www.fns.usda.gov/tn/nutrition-wellness-tips-young-children>

USDA Recipes for Healthy Kids: Cookbook for Child Care Centers. Cookbook available for free download or you can request a free print copy.

<https://www.fns.usda.gov/tn/recipes-healthy-kids-cookbook-child-care-centers>

Talking with Children during Mealtimes Resources

Motivating Children at the Mealtime Table. Short handout from University of Idaho with evidence-based guidance on helpful comments adults can make during mealtimes.

<http://www.cals.uidaho.edu/feeding/fortrainers/handouts/pdf/SRL1%20What%20you%20say%20matters%20Motivating%20Children%20at%20the%20Mealtime%20Table.pdf>

Chatting with Children at Mealtimes. Website from New York State with great ideas and suggestions.

<https://www.health.ny.gov/prevention/nutrition/resources/chattingmeal.htm>

Teacher Talk: Descriptive Reinforcement and Encouragement. Short handout about using verbal feedback to help children learn. Includes examples of comments to use and avoid.

http://www.cals.uidaho.edu/feeding/fortrainers/handouts/pdf/SR8%20MC7%20Descriptive_Reinforcement_Teacher_Talk_1.pdf

Hunger and Your Preschooler. Webpage from Nemours on how to talk about food with children during meals. <http://kidshealth.org/en/parents/hungry-preschooler.html#>

Teaching Children to Listen to Their Bodies. Short article and video about helping children listen to their hunger and fullness cues.

<http://articles.extension.org/pages/65014/teaching-children-to-listen-to-their-bodies>

Family Style Dining as a Best Practice:

Family Style Meals in the *Child and Adult Care Food Program (CACFP)*.

Handout from Washington State's Office of the Superintendent of Public Instruction. <http://www.k12.wa.us/ChildNutrition/Programs/CACFP/pubdocs/CNSUpdateOfferVerveFamilyStyleMealsCACFP.pdf>

Let's Move! Child Care Five Healthy Goals. Webpage from Nemours detailing five key nutrition and physical activity goals for early care and education programs and best practices to achieve them. <https://healthykidshealthyfuture.org/5-healthy-goals/nurture-healthy-eaters/>

Developmentally Appropriate Seating and Utensils for Meals. Performance Standard from Caring for Our Children, National Health and Safety Performance Standards Guidelines for Early Care and Education Programs, 3rd Edition. Standard 4.5.0.1: Developmentally Appropriate Seating and Utensils for Meals. <http://cfoc.nrckids.org/StandardView/4.5>

Early Achievers Resources

Department of Early Learning's Early Achievers Website. Website full of resources, details about the program, and instructions for how to enroll. <https://del.wa.gov/earlyachievers>

Classroom Assessment Scoring System® CLASS Tool. Tool used in Early Achievers to help assess classroom quality and teacher-child interactions. <http://teachstone.com/classroom-assessment-scoring-system-class/>

Environmental Rating Scales. Series of tools used in Early Achievers to help assess classroom quality and environments. <http://ers.fpg.unc.edu/>