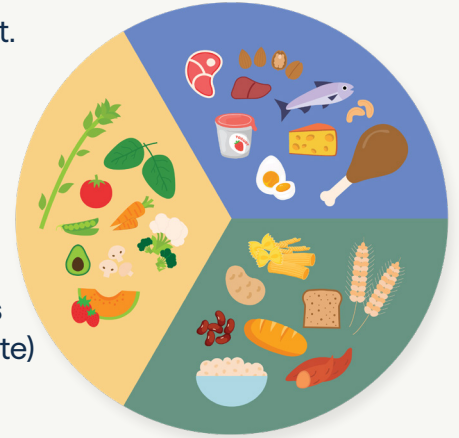


Eating Together: The Family Meal

Mealtime Considerations

- ❑ Focus on **modeling** during mealtime; **never force** your child to eat.
- ❑ Every meal should have:
 - at least 1 starch, 1 protein, and 1 fruit/vegetable
 - preferred food and non-preferred food
- ❑ Use **family-style serving** (i.e., bowls of food are placed in the middle of the table in which everyone is served from)
- ❑ Use a “**learning plate**” if needed (i.e., a small plate with your child’s less preferred and/or novel foods placed next to their regular plate)
- ❑ The goal is to have **at least four** family meals per week



Flow of a Family Meal

