



Mealtime Practices Reflection Checklist

Think about your practices during meals and snacks. Indicate how each of the practices listed below fits into your daily practices.

- I always do this practice
- I sometimes do this practice
- I rarely or never do this practice

During Meals and Snacks, I ...	Always	Sometimes	Rarely
Create a calm mealtime environment			
Eliminate distractions such as phones, tablets, and screens during meals and snacks			
Allow adequate time so meals and snacks are not rushed (45 minutes for meals, 30 minutes for snacks)			
Encourage children in setting up and cleaning up for meals and snacks			
Encourage and give hands-on help as children learn to use utensils and participate in family-style meals			
Sit with children during meals and snacks			
Eat the same food children are served or eat only healthy foods in front of children			
Role model the enjoyment of healthy foods			
Create and encourage social interactions and conversations during meals and snacks			
Use mealtime as an opportunity to teach about taste, smell, and texture of foods; vocabulary around food; and the nutritional benefits of foods			
Gently encourage children to try all foods offered, but do not pressure, force, or bribe			
Discuss feelings of fullness before offering a second serving of a food			
Do NOT use food as a reward or punishment			
Do NOT use foods to calm upset children			



Outside of Meals and Snacks, I...	Always	Sometimes	Rarely
Drink only healthy beverages in front of children			
Ensure water is readily available indoors and outdoors and encourage children to drink water during and after active play			
Work with families around their child's eating			
Work with families to ensure nutrition education and that foods reflect children's cultures			
Provide classroom experiences around food and nutrition through books, growing/gardening, taste testing, and the use of a nutrition curricula			