

Children Eat Better in Positive Eating Environments

How to Create one in Your School



- **Schedule meals and snacks at regularly spaced times.** Kindergarten and first grade children need nutritious, sit down midmorning and mid-afternoon snacks.

- **Give children at least 20 minutes to eat a meal AFTER sitting down.**
- **Let children eat in clean, designated areas only.** This could be a classroom, lunch room or cafeteria.
- **Eating areas are free of distractions** such as TV's, computers and cell phones.
- **Teach the same nutrition messages** in the classroom and with the foods that are provided at school.
- **Encourage teachers and other staff to eat with students** to model healthy eating habits and table manners and socialize with students,
- **School staff NEVER praise, bribe, cheerlead or restrict children's food intake and choices.**



- **A "recess before lunch" (RBL) schedule** has been shown to improve nutrition and behavior and decrease food waste.

