



Step 3

Food and Nutrition Vision and Action Plan for Programs and Classrooms

Food and Nutrition in Group Settings

Use the worksheet to think about your vision of healthy food and nutrition for young children. Think about what you would LIKE to have, not what you currently have.

Write a vision statement for how you will provide mealtime environments for healthy food and nutrition, including how you will support children's unique nutritional needs. Think about mealtime environments. Think about adult roles and child-to-child relationships.

Planning your Vision

Think about your vision for mealtimes in a group setting using these categories:

- The mealtime physical environment includes such things as room arrangement, utensils for children, presentation of food, and how food safety is maintained.
- The mealtime auditory environment includes ALL sounds that children hear at mealtimes.
- The mealtime social environment includes all social interactions at mealtime, including such things as child-to-child discussions, teacher and child discussions, taking turns, and passing and serving food together.
- The mealtime language environment includes what happens around talking, conversations, listening to others' ideas or directions, and building vocabulary.
- The emotional environment at mealtimes refers to how children and adults FEEL about what is happening.

Write your vision statement below, being certain to include this essential knowledge.

- The mealtime environment impacts infant's and children's eating proficiency.
- Adults are responsible to plan, prepare, and monitor environments to help children to be safe and successful as they become healthy eaters and maintain healthy weight.
- The mealtime environment includes sounds in the room, the furniture in the room, the dishes, pitchers, serving bowls and utensils, and the relationships among adults and children, and relationships between children, scheduling and policies.

Now, compose your vision:

- Think about what you would LIKE to have happen at mealtimes, not what you currently do.
- Write your vision statement below, being certain to include each of the information above.



My Vision for Feeding Children in Group Settings:

Action plan

Making my food and nutrition vision a reality.

I will do these three things.

1.

2.

3.

Overcoming Barriers and Using Supports to Reach My Vision

I will lift these barriers:

I need to do these things to lift the barriers:

I will overcome these barriers by this date:

These people will support and help me:
