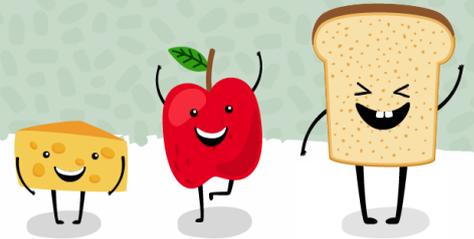


Normal Eating

Let's support our kids to eat well



Introduction

School Mealtimes is working to create safe and empowering school food environments that help school-aged children to become confident, adventurous eaters who have a positive relationship with food and their bodies.

Our approach is based on the Division of Responsibility in Feeding model and builds on the wonderful work of the Ellyn Satter Institute. This style of feeding focuses on the big picture to achieve a healthy relationship with food and our bodies.

In 1983 a feeding specialist named Ellyn Satter wrote a description of normal eating that we love. You can check it out on the next page.

If you want to learn more about this approach, join us over at **Family Mealtimes**, a membership program for families with school-aged children. Packed with meal and lunchbox inspiration, recipes, advice and support, Family Mealtimes aims to take the stress out of feeding your whole family. If you have younger children, check out **Baby Mealtimes** and **Toddler Mealtimes** for age-appropriate support.

*Some of this may be challenging for us at first.
We might need to unlearn some old rules about food and our bodies.
We will need to trust our children to make decisions that we are used to making for them.
It can also take a while to see a difference in your child's eating.
But this approach gets easier the longer you practice it.
Please get in touch if you need some more support.*



What is Normal Eating?

Written in 1983 by Ellyn Satter

- Normal eating is eating competence. It is going to the table hungry and eating until you are satisfied.
- It is being able to choose food you enjoy and eat it and truly get enough of it – not just stop eating because you think you should.
- Normal eating is being able to give some thought to your food selection so you get nutritious food, but not being so wary and restrictive that you miss out on enjoyable food.
- Normal eating is giving yourself permission to eat sometimes because you are happy, sad or bored, or just because it feels good.
- Normal eating is mostly three meals a day, or four or five, or it can occasionally be choosing to munch along the way.
- It is leaving some cookies on the plate because you know you can have some again tomorrow, or it is eating more now because they taste so wonderful.
- Normal eating is overeating at times, feeling stuffed and uncomfortable. And it can be undereating at times and wishing you had more.
- Normal eating is trusting your body to make up for your mistakes in eating. Normal eating takes up some of your time and attention, but keeps its place as only one important area of your life.
- In short, normal eating is flexible. It varies in response to your hunger, your schedule, your proximity to food and your feelings.

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