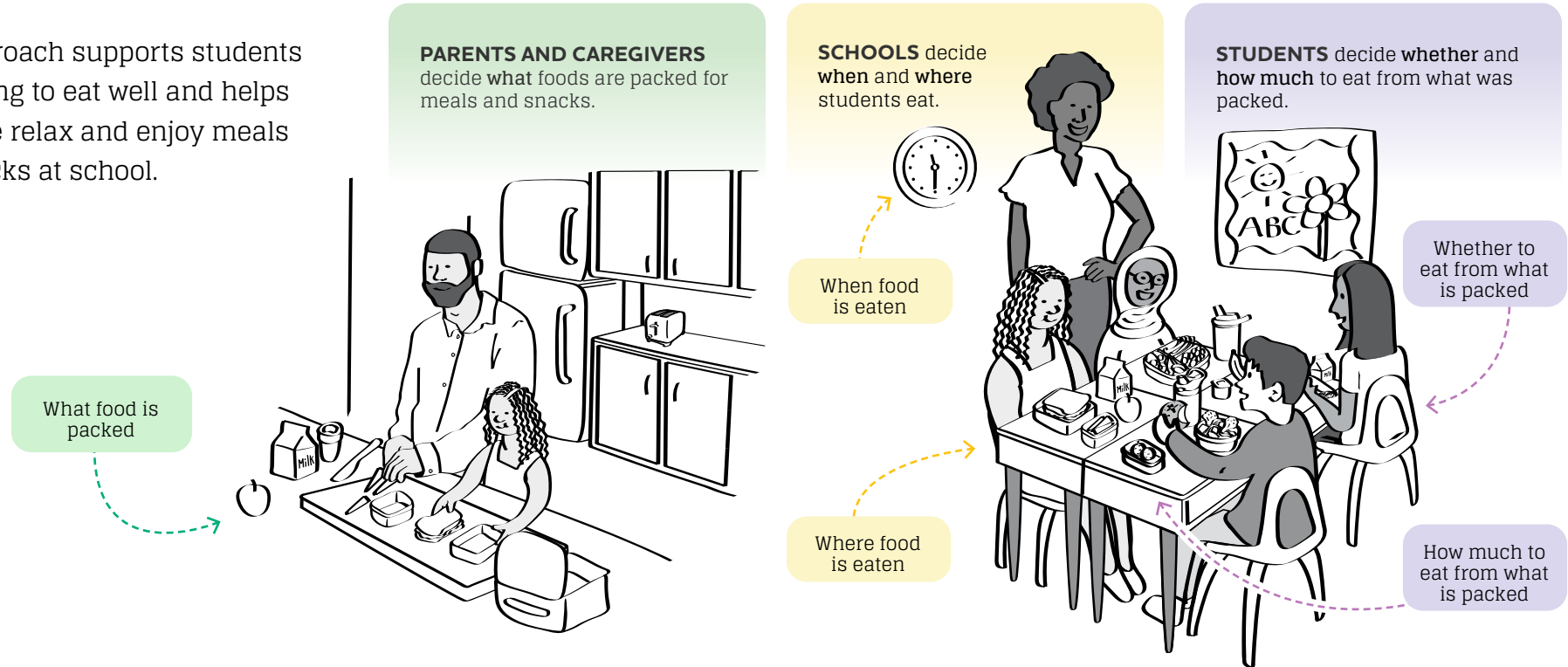


MEALTIME ROLES FOR ELEMENTARY SCHOOL

The Satter Division of Responsibility in Feeding* sets out specific roles for eating.



This approach supports students in learning to eat well and helps everyone relax and enjoy meals and snacks at school.



ROLES AT MEALS AND SNACKS	PARENTS & CAREGIVERS	SCHOOLS	STUDENTS
What food is packed	✓		
When food is eaten		✓	
Where food is eaten		✓	
Whether to eat from what is packed			✓
How much to eat from what is packed			✓

*Elyn Satter Institute. 2019. The division of responsibility in feeding. www.elynsatterinstitute.org. Accessed January 22, 2021.