



Mealtime Expectations

We believe all children deserve to grow up in environments that support them to love and respect food and their bodies.

Mealtime Expectations will support your service to create positive mealtimes through reflection, capacity building, value alignment and practical skills.

How your service will benefit

- Critical reflection session with educators and families exploring mealtimes at the service and at home
- Work together with educators and families to develop mealtime value statements
- Support to embed mealtime value statements in policy and practices
- Capacity building and resource development
- Supports implementation of the National Quality Standards

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“Involving the parents was a key to success in creating the expectations. Parents got so many benefits from being involved, information that they could use with their own families and they had a better appreciation of the role of the educators at mealtimes.”



Please get in touch with the team
healthpromotion@bhn.org.au

We work across the Local Government Areas of Bayside, Glen Eira, Kingston, Stonnington and Port Phillip.