



Mealtime Expectations

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

Mealtime Expectations is a free project that will support your service to create positive mealtimes and food environments through facilitated reflection, capacity building, value alignment and practical skills.

How we achieve this

1. Facilitated critical reflection sessions with educators and families exploring mealtimes and food conversations at the service and at home.
2. Co-creation of Mealtime Value Statements with education staff and families.
3. Practical support to embed Mealtime Value Statements in policy, service and home.
4. Embedded capacity building and resource development with services and families.
5. Supports implementation of the National Quality Standards.

Service benefits

Calmer mealtimes

Clear and consistent approaches to mealtimes with families

Deeper understanding of childhood feeding

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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.”



SCAN HERE



WATCH VIDEO



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.