

Supporting Positive Lunchtime Experiences

By creating a supportive environment, teachers and educators can play a key role in fostering a positive relationship with food for children. Consider the following ways you can support positive lunchtime experiences for children at your school or early years service.

Avoid judging lunchboxes

- Focus on creating a non-judgemental and inclusive space where children feel comfortable with the food in their lunchbox.
- Refrain from commenting on the contents of a child's lunchbox.
- Great news - it's one less thing you have to do!

Be a role model

- When children see adults eating meals, they're inspired to follow suit.
- When possible, eat your own nourishing lunch or snacks where children can see you.



Foster social connections

- Use lunchtime as an opportunity for positive interactions.
- Encourage children to enjoy their lunch together as a social experience.



Encourage intuitive eating

- Children's internal sense of appetite is stronger than adults.
- Promote intuitive eating by supporting children to listen to their hunger and fullness cues.
- Allow children to choose how much, and in what order, to eat from their lunchbox.

Create an enjoyable eating environment

- Help create an environment where eating is enjoyable and not rushed.
- Offer opportunities for children to eat at tables or seated areas and provide enough time for them to sit and enjoy their lunch.

Communicate positively with families

- Avoid sending notes home about lunchbox contents.
- Share helpful tips, ideas, and encouragement through newsletters or social media that reach all families.