Modeling Nutrition for Your Family

Our Presenter Tonight:
Melicent Smith, MS, RDN
Supervisor of Dining Services

Introduction by Josephine Campbell
Community Engagement Specialist at Overlake Medical Center
Modeling Nutrition for your Family

Melicent Smith, MS, RDN

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What Eating Principles are Important in your Family?
Family Nutrition Principles

- Raise a healthy child
- Feed to support growth and development
- Enjoy cooking and eating together
- Positive relationship with food
- Healthy body image
- Establish regular family meals
- Create family food traditions
- Build a foundation of health that carries to adulthood
Where to start?
Division of Responsibility in Feeding
Ellyn Satter’s Division of Responsibility (sDOR)

Parents (caregiver) are responsible for:
• What
• When
• Where

Adult provides…

Children are responsible for:
• How Much
• Whether

child decides. ~Julie Miller
Ellyn Satter’s Division of Responsibility (sDOR)

@haromioustablenutrition Julie Miller, RD

• Requires parent (caregiver) connection
• Parent (caregiver) needs to explore their own relationship with food
• Takes preparation, time, practice and patience
• Adapt it to work for your family
• Give yourself grace this can be challenging!
Parents (caregiver) Feeding Jobs:

*Raise a healthy child who is a joy to feed* (ellynsatterinstitute.org)

**What**
- Choose and prepare food
- Show children by example how to behave at family mealtime
- Be considerate of children’s lack of food experience without catering to likes and dislikes
- Let children grow up to get bodies that are right for them

**When**
- Provide regular meals and snacks
- Not let children have food or beverages (except for water) between meal and snack times

**Where**
- Make eating times pleasant
What

• Family foods
• Whole foods/foods from the earth
  • Can you imagine it growing?
• Offer 2-3 different foods per meal or snack
• Water between meals and snacks
• Offer at least one food that your child eats that is familiar at meals and snacks
• If/when serving cookies, cupcakes, candy serve with meals and just enough for everyone to have one serving
• Each meal does not have to include all food groups. Look at child’s consumption over a month.
“Serving at least 1 food your child likes at all meals and snacks isn’t catering, it’s honoring their need for time to learn to like new foods”

Kids eat in color
Apple Slices with banana and almond butter

In The News: Quick and easy snacks for moms, fun and healthy snacks for kids (overlakehospital.org)

• Makes: 1 serving | Prep Time: 10 min
• 1 apple, cored and sliced into ½- in rounds
• 1 Tbsp almond butter
• ½ banana, thinly sliced
• 1/8 tsp ground cinnamon
• ¼ tsp unsweetened cocoa powder

1. Put the apple slices on a plate and spread the almond butter on each slice.
2. Arrange the banana slices on top and sprinkle with the cinnamon and cocoa powder.
3. Variation: If you’re a coconut lover, add a sprinkling of unsweetened shredded dried coconut.

The Longevity Kitchen by Rebecca Katz
Deconstructed Pot stickers

Superhealthykids.com

• 1 lbs of ground pork (or chicken)
• 2 cups coleslaw
• 4 stalk green onion
• 2 Tbsp ginger root, fresh
• 2 tsp sesame oil
• 2 Tbsp soy sauce

1. Add the pork, coleslaw, chopped onions, grated ginger, sesame oil, and soy sauce to a large bowl. Mix until well combined, then place into a skillet and cook over medium heat until pork is no longer pink.

2. Stir in cooked rice noodles or serve with rice.
Crock pot Chicken and Wild Rice Soup

https://iowagirleats.com/crock-pot-chicken-and-wild-rice-soup/

Serves: 4 | Prep time: 10 min | Total time: 4 hours 10 min

1 lb chicken breasts, cut in half if large
½ onion or large shallot
2 carrots, minced
2 celery stalks, minced
2 garlic cloves
1 ½ tsp salt
½ tsp pepper
½ tsp dried thyme
¼ tsp dried sage
¼ tsp dried rosemary
1 large or 2 small bay leaves
2 Tbsp butter
6 cups chicken broth
¾ cup wild rice-brown rice blend (Lundberg Farms recommended)
Crock pot Chicken and Wild Rice Soup

1. Add all ingredients into a 6 quart crock pot then cook on LOW for 4 hours or until chicken breasts are cooked through. Rice should be done around the same time. Shred chicken then stir back into soup and serve (soup with thicken as it cools)

2. Depending on the type of rice used it may take longer than 4 hours to cook.
When

- Structure – regular meals and snacks
  - Builds trust and connection
- Offer 3 meals and 1-3 snacks per day
- Allow at least 1 ½ hours between meals/snacks so child can feel a little hunger
Where

• Together at the table and seated
  • Consider a chair with a foot rest

• Turn off the TV and put away cell phones
  • No tasks

• Children can refuse to eat however should join the family for 5-15 minutes
Children’s Eating Jobs:

Raise a healthy child who is a joy to feed (ellynsatterinstitute.org)

- They will eat the amount they need.
- They will grow predictably in a way that is right for them.

How Much

- Children will eat.
- They will learn to eat the food their parents eat.
- They will learn to behave well at mealtime.

Whether
How do you talk about food?
Rethinking how we talk about food.

19 Tips for Managing Sugar - Kids Eat in Color

“Call food by their name and talk about what they do in our bodies” @kids.eat.in.color

“Use neutral language: Don’t call sugary foods “special” or “poison” or “treats.” Just call them by their names: cookies, candy, cake, ice cream, etc.
How is your relationship with feeding and eating?
Relaxed, Self-trusting & Joyful

Learn to eat normally (ellynsatterinstitute.org)

- Feed yourself faithfully
  - Structure
  - No food rules; No guilt
- Give yourself permission to eat
  - Satisfy both physical and psychological hunger
- Notice as you learn and grow
Resources & References

The Ellyn Satter Institute
  • Eat and feed with joy (ellynsatterinstitute.org)

Kids Eat in Color
  • Home - Kids Eat in Color www.kids eatincolor.com

Super Healthy Kids
  • www.superhealthykids.com

Weelicous
  • www.weelicous.com
Cookbooks

• Feeding the Whole Family by Cynthia Lair
• Parents Need to Eat Too by Debbie Koenig
• The Whole Life Nutrition Cookbook by Alissa Segersten and Tom Malterre
• Secrets of Feeding a Healthy Family by Ellyn Satter
Thank you for joining us!

Check out our past Education Connections!

MHAT (Mental Health Assistance Team) & SOS (Signs of Suicide) - November 2021
Dollars and Sense - December 2021
Culturally-Responsive Classroom Libraries - January 2022
i2 Grants Showcase - February 2022
AE&I Grants Showcase - March 2022

You can find past recordings and resources at:
www.bellevueschoolsfoundation.org/education-connections

Have ideas for our next Education Connections series? Email info@bsfdn.org
You are invited to join us at the Hyatt Regency Bellevue on May 13!

Register at www.bellevueschoolsfoundation.org