



# Nutrition Education

# Educación Nutritiva

## Principles for Fostering a Positive Experience with Food

Courtesy of the Food Bank of Santa Barbara County



Educational programs at Kids In Nutrition (KIN) nurture and encourage the development of a positive relationship with food. As a representative of KIN, we ask you to understand and put forth these principles to guide students through a positive experience working with and learning about food and its effects on their health.

### **We celebrate and enjoy cultural foods:**

- We appreciate all cultural foods and their respective nutritional value.

### **We inspire and promote the exploration of new foods:**

- Exploring new foods is fun! It can awaken the senses and connect us with neighbors and cultures different from our own. We encourage all participants to sample the recipe (exceptions made for allergies, cultural reasons, etc.).
- We treat all food choices with respect (don't yuck someone's yum). Remember, we encourage healthy choices and every individual has the right to choose them on their own.

### **We foster health and wellness at every size:**

- We respect body diversity as every individual has a different genetic footprint. Well-being is maintained according to choices and habits, exposures and relationships with food, it is NOT based on physical attributes.
- We focus on how nutrition affects the body and how it makes one feel, rather than on how it may change a physical appearance or weight.

### **We acknowledge our feelings of hunger and fullness:**

- We believe in feeding our bodies enough energy with a variety of foods.
- We do this by listening to and trusting cues of hunger and fullness.

### **We believe all foods fit:**

- We allow ourselves to eat ALL foods. Food provides nutrition, significance and satisfaction and we encourage balance and moderation.
- We do not restrict foods or label foods as good/bad, healthy/unhealthy, junk, etc. Instead, try labeling foods as nutritious, satisfying, tasty, energizing, as a “sometimes” food, or a “not too often” food.
- We promote the addition of foods, rather than restriction.
- We teach nutrition to empower our community to make decisions that will best suit their life.

\*Note: When we give ourselves full permission to eat enjoyable foods, we are less likely to eat excessively, less likely to engage in disordered eating, and experience less guilt when eating.

\*Keep the focus on satisfaction and joy in eating!

### **We teach with gentle nutrition information:**

- We focus on the positive impacts that nutrition and fuel have on our bodies. We do not use fear tactics to teach health.
- We recognize one small change in behavior can have meaningful impacts on health and we celebrate each step someone can make on their journey to lifelong wellness.

### **We take time to understand the communities we serve:**

- We recognize that individuals have varying access to resources and free time. This may mean families choose processed foods over homemade foods, conventional produce vs. organic produce.
- Before we make recommendations we think: Is this accessible to everyone? Does it require time, money, etc.? For example, this may mean individuals may not have access to certain movements. Playing outside may not be safe, joining a gym or classes may not be within budget, or there may be limited access to safe parks.
- We encourage individuals to make nutritious choices that are available and realistic to them. We adjust nutrition recommendations based on the family or individual needs.

#### Reference:

- Tribole, E., & Resch, E. (1995). Intuitive eating: A revolutionary anti-diet approach.