

Food Rules

- **Scheduling**
 - Keep meal times & planned snacks less than 30 minutes.
 - Nothing between meals – except water
- **Environment**
 - Neutral atmosphere ~ No force- feeding
 - Eat at a table (or similar)
- **Procedures**
 - Food first. Drinks second.
 - Self feeding is encouraged
 - Clean-up only at the end of the meal

Praise good eating behaviors

Food Rules

- **Scheduling**
 - Keep meal times & planned snacks less than 30 minutes.
 - Nothing between meals – except water
- **Environment**
 - Neutral atmosphere ~ No force- feeding
 - Eat at a table (or similar)
- **Procedures**
 - Food first. Drinks second.
 - Self feeding is encouraged
 - Clean-up only at the end of the meal

Praise good eating behaviors