My Vision for Feeding Children in Group Settings
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Use the worksheet below to help you think about what you want your mealtimes to be like. Think about what you would LIKE to have, not what you currently have. Write a vision statement for your mealtimes.

PLANNING MY VISION
1. The physical mealtime environment includes such things as the way the room is arranged, what utensils are provided, how food is presented, and how we maintain food safety.

2. The auditory mealtime environment includes ALL that children hear at mealtimes.

3. The mealtime social environment includes such things as child-to-child discussions, teacher and child discussions, taking turns, and sharing.

4. The mealtime language environment means talking, conversation, and listening to others’ ideas or directions.

5. The emotional environment at mealtimes refers to how children and adults FEEL about what is happening.

MY ACTION PLAN TO MAKE MY MEALTIME VISION A REALITY
I will do these three things.
1.
2.
3.

Barriers and Supports to Reaching My Vision
I will lift these barriers:

These people will help me:

I need to do these things to lift the barriers?

I will overcome these barriers by this date:
My Mealtime Vision