

Dear

I understand that schools must play an active role in health promotion, however, as research suggests the traditional “diet culture” which tends to categorise foods does not lead to improved health outcomes. If our child is required to engage in any school activities that promotes the categorisation, or shaming of certain food, due to school or department policy I would ask, with thanks, that they bring those concerns directly to me rather than to my child. I would like to share with you the ways in which I am trying to promote a healthy relationship with food for my child

I want my child to develop and learn to have a healthy relationship and attitude towards all foods. As all foods have the ability to nourish the body. I wish for them to have an understanding that food has no connection to feelings of morality, guilt, shame or hierarchy.

Our bodies have different needs on a daily basis. As our bodies grow, play and rest our hunger and fullness changes with this. I want to teach my child to explore these natural body signals, embrace them and learn how to nourish their individual body. I do not want them to rely on external measures to tell them when, what and how much to eat.

Eating is a social experience one that brings people and cultures together, a time to celebrate and appreciate that we are lucky enough to have a good variety of food available to us. I see no place in building a reward or punishment system into the school lunch boxes. Let's educate children around food not instil judgement around foods.

If you want the children to have increased variety of foods talk to us, the parents, as we are the gate keepers to financing, purchasing, cooking and preparing meals and snacks for our children. Please target us directly to talk about food rather than place the children in a situation of concern and worry around the foods they eat. Involving the children may set up a life time of labelling foods as 'good' or 'bad' and feeling a moral judgement for their food choices.

Nutrition education has its place in schools, but let's seriously think about the messages we are sending our children. What can we do to build a generation of children that can rely on their internal body cues, cues that naturally seek variety, seeks pleasure in the taste, smell, texture and nourishment from food? Let's promote intuitive eating skills in our children so they can grow into adults who have a positive relationship with food and a positive relationship towards their body and sense of self.

For alternative approaches to feeding children please refer to the Ellyn Satter Institute or an Accredited Practising Dietitian who practices the Non-Diet Approach.

I would like to thank you for your good intentions and care for my child.

Kind regards



Content developed by Optimum Intake - Accredited Practising Dietitians  
Working to change how we educate children on nutrition.  
To contact us visit [www.optimumintake.com.au](http://www.optimumintake.com.au)