

Dear Teacher / School

My child recently received a reward for having certain foods packed in their lunch box. Like all parents, I am doing my best to provide food that my child needs to keep them fed. I would like to kindly ask you to not judge my child's lunchbox in the future. At home I/we have made the decision for our family that it is important that our children will be taught that food has no moral value. Food is simply food and all foods have the right to nourish the body, so this is why I am choosing, on behalf of my child, to opt out of any incentive based systems relating to their food intake. Each child's body is unique with different nutrition needs. I am asking this so my child and the other children in their class will develop a positive relationship towards food and be able to eat independently and intuitively. 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

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