

# MEALTIME ROLES

## FOR JUNIOR HIGH AND HIGH SCHOOL

The Satter Division of Responsibility in Feeding\* sets out specific roles for eating.



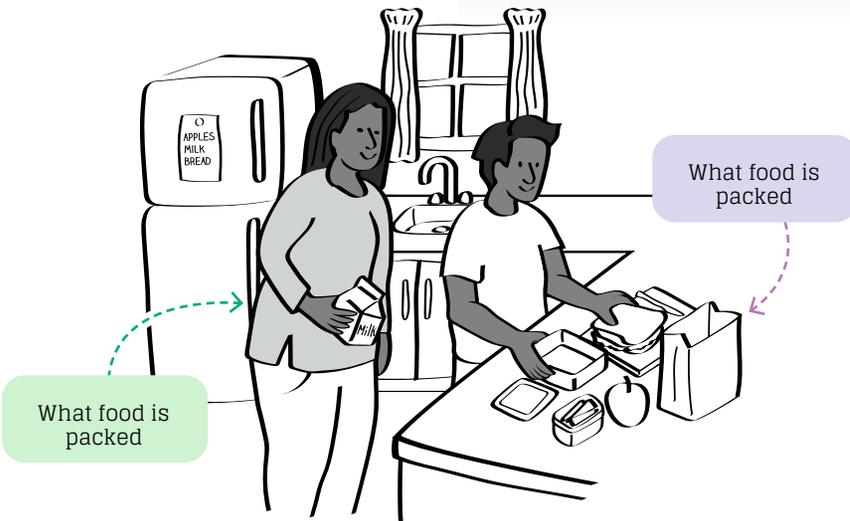
This approach supports students in learning to eat well and helps everyone relax and enjoy meals and snacks at school.

### PARENTS AND CAREGIVERS

decide what foods are packed for meals and snacks. Over time, students gradually take on this role by choosing from foods available at home.

**SCHOOLS** decide when and where students eat.

**STUDENTS** decide whether and how much to eat from what was packed.



### ROLES AT MEALS AND SNACKS

### PARENTS & CAREGIVERS

### SCHOOLS

### STUDENTS

What food is packed



When food is eaten



Where food is eaten



Whether to eat from what is packed



How much to eat from what is packed



\*Elyn Satter Institute. 2019. The division of responsibility in feeding. [www.elynsatterinstitute.org](http://www.elynsatterinstitute.org). Accessed January 22, 2021.