



Household Ethos Around Food

We elect a Food Captain and respect them. Good health requires research, planning and commitment, and not everyone in the family is going to be passionate about this. Children especially need a member of the family to set food rules; this provides clarity and boundaries for them, which will form the basis of good food habits in the future.

We all need to be mindful of what we are eating. We read labels and understand the impact that different additives have on our mind and body.

We focus on eating organic, real foods in their natural (or as close to nature made) state as frequently as we can.

We focus on prioritising organic, high quality “good fats,” proteins, vegetables and fruits each day.

We minimise refined sugar, dairy (especially low fat), processed foods and grains as much as we can.

Food is not eaten in boredom and it isn't for soothing, nor is it a bribe or a reward. We don't eat at bedtime.

We all remain open to trying new things.

Our drink of choice is water.

No means NO.

Meals are a social event. No screens, devices or activities. Meals are a time to connect and communicate.

No matter how young we may be, we can still inspire others to make better food choices.

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