

I am a picky eater,
and I am going to
school...



I may struggle with...

School lunch

Snack time

Too many or not enough foods/choices

New foods or different brands of foods

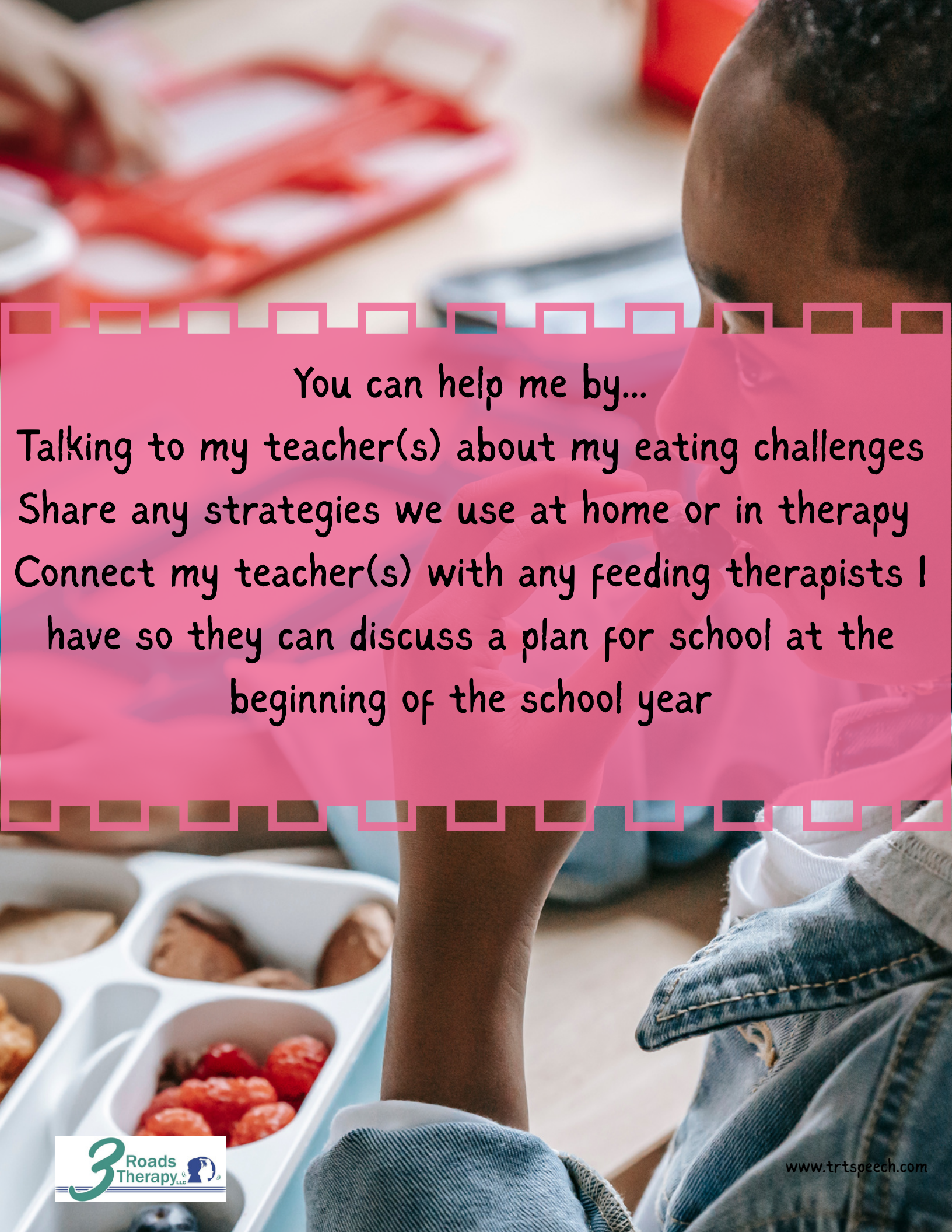
A photograph of a child sitting at a table, seen from the side. The child is wearing a blue denim jacket over a white shirt. In front of them is a white divided plate with food, including strawberries and bread. A pink semi-transparent overlay with a decorative border contains text. The background is blurred, showing more of the table and possibly other people.

I may struggle with...

Feeling pressured to eat or try new foods

Other children talking about the food I
eat

Sitting in my chair during snack/meal
time



You can help me by...

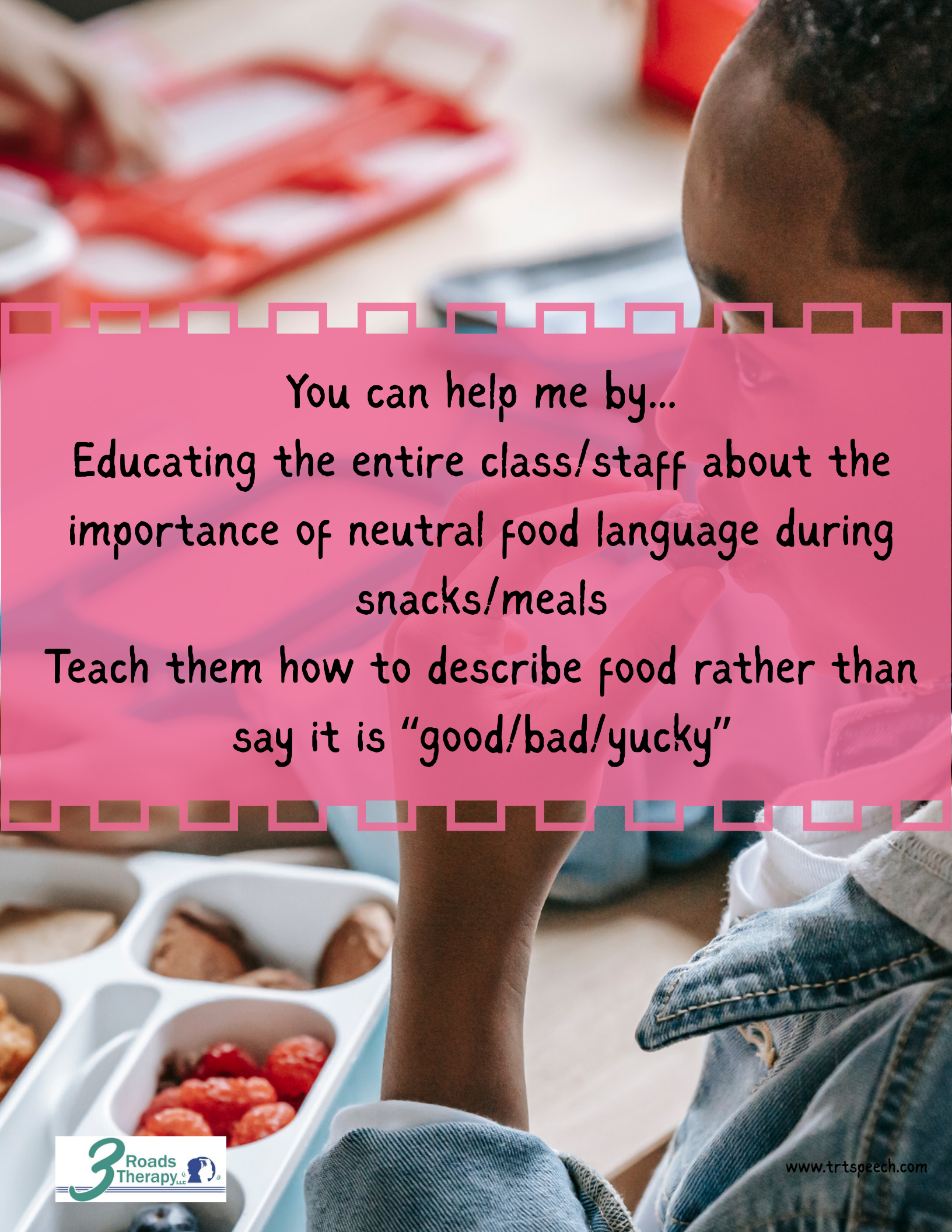
Talking to my teacher(s) about my eating challenges
Share any strategies we use at home or in therapy
Connect my teacher(s) with any feeding therapists I
have so they can discuss a plan for school at the
beginning of the school year

A close-up photograph of a child's hand reaching into a white lunchbox. The lunchbox is filled with various snacks, including strawberries, blueberries, and small brown treats. The child is wearing a blue denim jacket. The background is blurred, showing a red object and a wooden surface.

You can help me by...

Packing my snack and lunch with foods I am familiar with. If you want to put new things in, try to do 1 at a time

Look at the school lunch menu together and plan what meals I want to try/have at school



You can help me by...

Educating the entire class/staff about the importance of neutral food language during snacks/meals

Teach them how to describe food rather than say it is "good/bad/yucky"



You can help me by...

Asking about the foods I packed so I can
describe them to you

Allow me to have a spot to put the food I do
not want to eat

Use neutral language when you talk to me
about food



Please...

Do not shame me about what I did/did not
eat

Do not overly encourage me to eat certain
foods

Do not compare my eating to others