Feeding for Healthy Eating

Feeding for Healthy Eating is a nutrition education curriculum that focuses on parental feeding practices. It is designed to be used with parents of pre-school aged children. Parents learn strategies for feeding children in a way that fosters healthy eating habits. The focus on parental role modeling sets FHE apart from other nutrition curricula.

FHE uses a dialogue learning approach to teaching. This approach facilitates behavior change by allowing participants to share their experiences, consider how the course material applies to their lives, and put into practice plans to make positive changes.

For Parents

“I like the open discussion. It's good to have parents discuss what works with their kids, this may help other parents with their kids”.

~FHE participant and mother of three children

“I let my daughter serve herself more and listen to her own hunger.”

~FHE participant and mother of two children

“I might buy small amounts of fruits and veggies and cut them up and put them on a plate for a snack, especially for my older kids. If they like them I will stock some more.”

~FHE participant and mother of three children

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