

# FOOD AGREEMENT

- We will all have the opportunity to comment on and take part in the weekly menu planning
- People with special requirements will have suitable food available for them
- Breakfast is an essential meal. Everyone is expected to get up in time for breakfast
- We will all sit together at mealtimes
- We will each respect other people's choice of food and manner of eating and positive manners by the table will be promoted
- We will encourage good social skills during meals
- Everyone will be given enough time to eat
- Food will be never be withheld as a form of reward or punishment
- Everyone will be encouraged to eat at least five portions of fruit and vegetables a day

... And any OTHER EXAMPLES YOU CAN COME UP WITH THE YOUNG PERSON!