



# 6 HEALTHY FOOD HABITS

## HELPING FOSTER & ADOPTIVE CHILDREN THRIVE WITH FOOD

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- Include them in your **meal planning** for the week
- Let them pick the **specific times** they will eat every day
- Allow them to pick **healthy snacks** to bring to school (let their teachers know they may need to snack during class to stay focused)
- Let them pick a **special meal** that you can make on the weekends together
- Have a basket or pantry shelf in your home that provides that **constant access** to healthy snacks
- **Encourage hydration** with a decorative water bottle or visible chart that shows how much water they have had in a day (reward new achievements in this area)

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