

## Newsletter to parents

**Fostering a healthy relationship with food from an early age**

April 2026

### Food neutrality

Whether at daycare or at home, it's vital to help children develop a healthy and positive relationship with food. To achieve this, we've incorporated the concept of food neutrality into our practices: a gentle and respectful approach that allows children to explore food with curiosity, and without pressure or judgment.

#### What is food neutrality?

Food neutrality is based on the idea that no food is "good" or "bad". Rather than labelling certain foods as "healthy" or "unhealthy," children are encouraged to explore flavours, textures and colours, while learning to listen to their bodies. This helps them develop a healthy relationship with all kinds of foods and enjoy eating!



## How does this concept work with young children?

Here are a few simple steps you can take to promote food neutrality:

- ➔ **Describe foods objectively:**  
a green apple, a small strawberry, a crunchy cookie. Keep the focus on what the child can see or feel.
- ➔ **Avoid labelling foods as "good" or "bad"**  
so as not to create guilt or restrictions. Children quickly pick up on these messages and may come to see themselves as "good" or "bad" depending on what they eat—a situation you want to avoid.
- ➔ **Explore food using all the senses:**  
touch, smell, taste and sight. Mealtimes will become moments of discovery and enjoyment.
- ➔ **Respect each child's pace:**  
if they're no longer hungry, don't force them to finish their meal. If they're still hungry, gladly give them a second helping. Also be sure to respect their preferences, even if they don't want to try a certain food.
- ➔ **Describe food as a world waiting to be discovered:**  
its origins, how it's grown and the sensations it evokes.

### Why is this important?

Taking a neutral approach to food helps children develop independence and the ability to recognize when they're hungry or full. It also promotes openness and respect for differences in others' dietary choices.



## Key takeaway

As an adult, you play a crucial role. The way you talk about food has a major impact on the relationship that children develop with food.

To learn more about food neutrality, check out our resources in School's Corner. Although they're designed for schools, they can easily be adapted for use in childcare centres:

### Tips for promoting food neutrality

[Food neutrality poster](#)

[Food neutrality in the classroom](#)

[Our webinar on why words matter](#)

Do you have questions about the breakfast program?  
Feel free to talk to your Daycare Service supervisor or  
email us at [programs@clubdejeuners.org](mailto:programs@clubdejeuners.org)

