

*Food as Love*

Nutrition – Jenna Robertson

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**Talking Points**

- Food is life. Food is love. Making a special treat, family recipe, or something special for someone is personal and it is hard to not be offended in some form or another when it is rejected...even if it is by a three year old or done so politely. Food is entwined with culture, memories and special events. There is food that makes us feel better emotionally or physically. Food has a special way of bringing people together. Are there any special ties you have to food?
- Children need to eat too. Sometimes kids and food can be frustrating and difficult. Kids come with their own likes and dislikes when it comes to food. Just because we love broccoli doesn't mean they'll love it too. We want our children to be healthy and eat well and we invest a lot of time into what our children will or won't be eating.
- In all of the chaos that comes with getting our children to eat it's important to step back and think about why they are eating. Are they eating because they are hungry or are they eating because we said it's time to eat? Are they eating foods they enjoy or are they eating because they have to and want to please us? When we are able to step back and put our focus back on our relationship with our children rather than their relationship with food perhaps we can get back to enjoying the joy and togetherness that comes with food. How can we begin to put the emphases back on our relationship with each other rather than with food? Are there things we can do to help strengthen our children's relationships with food?

**Resources**

Full references for each article are available at <http://pathwaystofamilywellness.org/references.html>