

Montana Department of Public Health & Human Services	Policy
	MT CACFP 2011-1 Rev 1
	Section: All Institutions
Child and Adult Care Food Program	Subject: Family Style Meals
	Date Revised: 4/1/2015

### FAMILY STYLE MEALS

Ellyn Satter, MSW, RD, explains: A family style meal “is when you and your family sit down together, facing one another, and share time and attention as well as food.” Satter goes on to say that while families need the shared value of having family meals, not all family members need to be present.” Reference: Satter EM. Chapter 7, Stuff to Know to Have Family Meals. *Secrets of Feeding a Healthy Family: How to Eat, How to Raise Good Eaters, How to Cook*. Madison, WI: Kelcy Press; 2008, 71-84.

In the Child and Adult Care Food Program and in this policy, ‘family’ refers to the children and adults in attendance and participating in the Program.

Family style is required for all meals served in the Child and Adult Care Food Program.

Reference: [www.ellynsatterinstitute.org](http://www.ellynsatterinstitute.org)