

Montana Department of Public Health and Human Services	Policy
	MT CACFP 2015-1
	Section: All Institutions
Child and Adult Care Food Program	Subject: Ellyn Satter Institute Models
	Date: April 1, 2015

ELLYN SATTER INSTITUTE MODELS

The state agency recognizes and recommends The Satter Eating Competency Model (copyright ecSatter) and The Satter Feeding Dynamics Model (copyright fdSatter) described by Ellyn Satter MSW, RD of the Ellyn Satter Institute for use in the Child and Adult Care Food Program. The nutrition science and evidence-based research that supports these models is located at <https://ellynsatterinstitute.org>.

THE SATTER EATING COMPETENCY MODEL (ecSatter)

This model is an intra-individual approach to eating and food-related attitudes and behaviors that entrains positive bio-psychosocial outcomes. ecSatter addresses eating attitudes and behaviors, internal regulation of intake, food acceptance, and skills related to selecting food, preparing, and planning meals.” E.Satter