

SNEAKING FOOD

Reasons kids sneak food

- Most Common Reason is Hunger
- Too much restriction
- Not enough calories in diet
- Food trauma or food insecurity
- The need for Independence.

6 tips for food sneaking

1. **Make sure there is a solid source of fat at all meals and snacks**
2. **make sure there is a protein source at all meals and snacks**
3. **serve meals and snacks consistently so kids know exactly when food is coming**
4. **consider if your child may need another snack in the schedule.**
5. **don't assume the worst in your child**
6. **serve restricted foods more routinely.**
 - **Kids with food trauma may need all day access to food before they feel safe.**

