Family style meal service allows children to serve themselves with the assistance of adults.

**SET A START DATE**
- Identify a date to begin serving meals family style.
- Host a staff training.
- Host a parent meeting.

**BUY EQUIPMENT**
- Purchase unbreakable, scratch-resistant, child-size supplies:
  - Bowls 2–4 inch diameter
  - Spoons 5 1/4 inches
  - Pitchers 9 ounces
  - Tongs 4–6 inches
  - Cups 8-10 ounces
- Brightly Colored Plates 7.25 inches
- Serving Bowls 6.75–8.75 inches
- Serving Spoons/Ladles 7–8 inches

**PROVIDE TRAINING**
- Include good practices that help children build motor skills for serving themselves.
- Provide opportunities for staff to role-play serving meals family style.

**EDUCATE PARENTS AND GUARDIANS**
- Host a meeting to tell parents about family style meals.
- Send a letter home to let them know about the new meal service.
- Post information via social media, bulletin board, or monthly newsletter.

**EDUCATE CHILDREN**
- Explain that there will be some changes at mealtimes.
- Begin by practicing pouring water into cups, passing empty serving dishes, and scooping dried beans from a large bowl into a smaller one.
- Allow children to serve themselves one item, overtime, to add more items until they can serve themselves the entire meal.

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