

## FOOD SECURITY for PWS

Food insecurity contributes to over eating, poor nutrition and obesity. **FOOD SECURITY** is defined as *the ready availability of nutritionally adequate and safe foods with an assured ability to acquire acceptable foods in socially acceptable ways*. The principles of **FOOD SECURITY** are:

- **No doubt** when meals will occur and what foods will be served.
- **No hope** of getting anything different from what is planned.
- **No disappointment** related to false expectations.

Here are some ways to achieve FOOD SECURITY:

1) Secure food accessibility across *all* settings by:

- a) Controlled access to:
  - i) Refrigerator, freezer and pantry
  - ii) Vending machines
  - iii) Money

- b) Avoiding any spontaneity related to food
- c) No snacks on demand
- d) No food left out
- e) No “free” foods or beverages
- f) Absolute portion control
- g) Pre-packaged condiments

### Have a Plan

A person who needs food security should never enter a “food situation” without knowing what the plan is for maintaining his or her dietary needs.

Some individuals need all of these measures; others only some.

2) Supervise food exposure:

- a) At stores
- b) During food preparation and mealtime
- c) During special occasions (birthday parties, seasonal celebrations, etc.)
- d) When dining out in the community...
  - i) Access menus from restaurants in advance and decide what will be ordered.
  - ii) In general, buffets are understood to be “off limits?” Or, if unavoidable, it is understood that the plate will be prepared by someone else.

3) Post the schedule for mealtimes and snacks.

4) Post the schedule and the menus for meals and snacks.

5) If necessary, because of raised expectations or anxiety, avoid places and social situations associated with excess food