

# FOOD SECURITY Checklist for the Family

## NO DOUBT

- My child has a menu posted. He/she always knows what he/she is eating for the next meal.
- My child takes his/her lunch to school/work.
- My child is rarely disappointed about food./ he always gets exactly what he is expecting. 😊
- My child sometimes corrects others about his/her diet. 😊
- My child knows when he/she is going to get a treat well in advance. There are no surprises.
- My child never receives unplanned treats
- My child rarely asks about what he/she will be eating. He/she already knows. 😊
- My child knows when his/her meals are scheduled during the day. 😊
- I never threaten my child that a meal will be delayed or changed in any way.
- My child has scheduled zero calorie treats built into his /her daily schedule.
- My child knows that if his usual menu is disrupted for any reason he can always count on the same “alternate”.

## NO HOPE

- My child does not have free access to calorie free foods or beverages other than water.
- During meal preparation another member of the family is assigned responsibility for watching my child with PWS.
- My child rarely argues/tantrums about food. 😊
- When we go to a buffet at a restaurant or party my child knows that I will be preparing his/her plate.
- My child has someone assigned to be with him/her during lunch at school/work.
- My child does not keep his/her own money.
- At this moment there is no unlocked food anywhere in my home.
- [As far as I know] My child has not successfully stolen extra food in the last 2 weeks. 😊
- We have a plan for every special occasion and my child knows what the plan will be well in advance.
- Even though my child knows and expects his/her diet, I know that he cannot be trusted to maintain it him/herself. 😊
- My child never prepares his/her own plate.
- When we “dine out” or “order out”, we get the menu in advance so that my child knows exactly what he/she may order.
- My relatives/neighbors never offer my child food. I have successfully explained to them why they must never do this. 😊

😊 = signs of success. If you have all of these signs of success your food security is complete!

# FOOD SECURITY Checklist for the School/ Workplace

## NO DOUBT

- This student/worker has a menu posted. He/she always knows what he/she is eating for the next meal.
- OR
- This student/worker brings his/her lunch to school/work.
- During any food preparation another member of the team is assigned responsibility for watching this student/worker with PWS.
- This student/worker is rarely disappointed about food; he/she always gets exactly what he/she is expecting. 😊
- This student/worker sometimes corrects others about his/her diet. 😊
- This student/worker knows when he/she is going to get a treat well in advance. There are no surprises.
- This student/worker knows that if his usual menu is disrupted for any reason he/she can always count on the same “alternate”.
- This student/worker rarely asks about what he/she will be eating. He/she already knows. 😊
- This student/worker knows his/her schedule every day.
- This student/worker knows when his/her meals are scheduled during the day.

## NO HOPE

- This student/worker is never offered food that is not planned in advance and cleared with his/her family or residence.
- I never threaten this student/worker that a meal will be delayed or changed in any way.
- This student/worker has scheduled zero calorie treats built into his /her daily schedule.
- This student/worker has no access to calorie free foods or beverages other than water.
- This student/worker rarely argues about food. 😊
- This student/worker has someone assigned to be with him during lunch at school/work.
- This student/worker has no opportunity to get food during transitions or transportation. He/she is continuously supervised or the food is stored out of reach.
- At this moment there is no unlocked food anywhere in the areas where this student/ worker is permitted.
- This student/worker does not have access to money or to vending machines.
- We have a plan for every special occasion such as birthdays or holiday celebrations and this student/worker knows what the plan will be well in advance.
- Even though this student/worker knows and expects his diet, the entire team understands that he/she cannot be trusted to maintain it him/herself. 😊
- This student/worker has not successfully stolen extra food in the last 2 weeks. 😊
- The other students/workers never offer this student/worker food. Our team has successfully explained to them why they must never do this. 😊
- Our team never uses treats as unplanned rewards

😊 = signs of success. If you have all of these signs of success your food security is complete!