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.

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.

☐ 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”.

☐ [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!

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