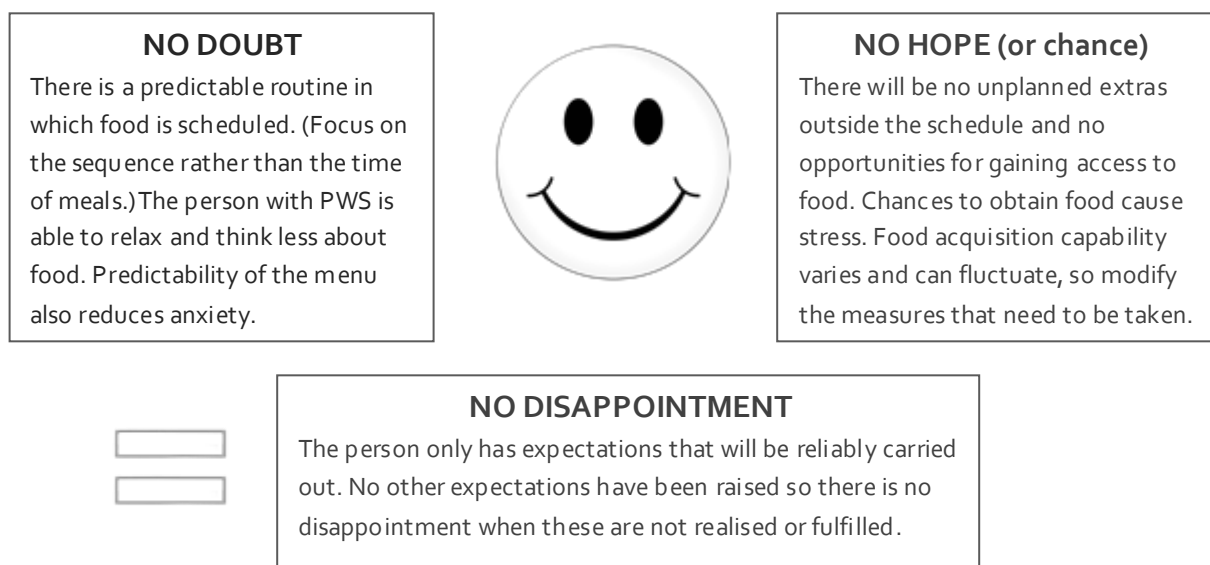


## Food Security for PWS

Food security is not just about keeping food out of reach – it is also about keeping food out of sight and mind. **Removing temptation to take food also removes the thought of food** which is preoccupying all thought. By taking that thought away, an individual is able to focus on other things. Many older children with PWS actually ask for food to be locked away because it relieves the pressure of resisting urges and they want to follow their diet.

Keeping food out of mind requires more than just storing it out of sight. Food security is achieved by ensuring there is **no uncertainty about what and when food will be available and there is no hope of any extras outside the schedule**. No doubt and no hope leads to no disappointments - this method is taught by Drs Forster and Gourash at The Pittsburgh Partnership who coined the phrase 'Food Security' for PWS.



### Tips for achieving food security

- ✓ The individual is aware of the schedule and where eating food fits within the schedule.
- ✓ The individual has clear knowledge of the rules surrounding mealtimes.
- ✓ The individual knows which food is for which snack or meal if they have a packed lunch.
- ✓ The individual is forewarned and reassured if the schedule is disrupted for any reason.
- ✓ There are no suggestions or promises of extras, and no surprises.
- ✓ Peers, staff and involved community members know not to offer unplanned food to the individual with PWS.
- ✓ Treats are not used as incentives or unplanned rewards.
- ✓ Food is not used as a consequence, i.e. the withdrawing or delaying of food.
- ✓ Supervision is provided during travel and transitions if required and around food sources.
- ✓ Opportunities for access to food are eliminated. This may require an inaccessible or lockable area for food storage.
- ✓ The individual cannot gain unpermitted access to money or have an opportunity to buy unpermitted food.
- ✓ Plans are in place for any special occasions and celebrations involving food and the individual is aware of the plan in advance.
- ✓ The individual is supported with making appropriate food choices when this is allowed.
- ✓ There are no consequences if food is stolen – encourage the sharing of what was eaten.