

Family Newsletter:

Mental Health and Well-being for Learning



PRAIRIE SPIRIT
SCHOOL DIVISION

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Food Neutrality: Supporting Healthy Relationships with Eating

As families, we want our children to grow up healthy and confident. One way to support this is by fostering a positive, balanced relationship with food. Food neutrality means removing moral labels like “good” or “bad” from foods and focusing instead on nourishment, variety, and enjoyment. This approach helps children develop lifelong habits that support both physical and mental well-being.

What is Food Neutrality?

Food neutrality is the idea that all foods can fit into a healthy lifestyle. Instead of labeling foods as “healthy” or “junk,” we teach children that:

- Food is fuel and enjoyment – it gives us energy and can be part of celebrations.
- No food is inherently “bad” – balance and moderation matter more than restriction.
- Our bodies send signals – learning to listen to hunger and fullness cues builds trust in ourselves.

Why It Matters for Families

When foods are labeled as “bad,” children may feel guilt or shame when eating them, which can lead to unhealthy patterns like overeating or hiding food. A neutral approach encourages confidence, reduces stress around eating, and supports emotional resilience.

Simple Ways to Practice Food Neutrality Together

- Avoid moral language: Instead of saying “You’ve been good, so you can have dessert,” try “Dessert is part of the meal.”
- Offer variety without pressure: Include fruits, vegetables, proteins, and chips or cookies without making some foods a reward.
- Model balance: Show that enjoying a cookie and eating vegetables can both be part of a healthy day.
- Talk about how food helps us: “Carrots help our eyes see well!” or “Bread gives us energy to play.”
- Respect hunger cues: Encourage kids to listen to their bodies rather than forcing them to “clean their plate.”

Family Activities to Promote Food Neutrality

- Grocery Store Scavenger Hunt: Let children pick out a new or interesting fruit or vegetable to try.
- Kitchen Helper: Involve children in washing, chopping, and mixing ingredients.
- Food Literacy Games: Play games like “Food Group Bingo” or “Fruit/Veggie Memory”
- Menu Planning & Shopping: Let children pick one new item in the produce section and help plan a family meal, giving them autonomy over their choices.



Mental Health Supports

Rapid Access Counselling (RAC)

Family Service Saskatchewan's [Rapid Access Counselling Program](#) is delivered through a partnership of member agencies in communities across Saskatchewan.

Counselling sessions are available to children, youth, adults, and families in Saskatchewan. Virtual counselling is available to support families.



For more information and to book an appointment: www.counsellingconnectsk.ca

Kids Help Phone (KHP)

[Kids Help Phone](#) (KHP) is always here for young people in Saskatchewan and across Canada – any day, any time, day or night. KHP's e-mental health services are free, multilingual and confidential. If you know a young person who is struggling with a problem, big or small, you can encourage them to contact KHP for support - by calling, texting or going online (see details in graphic below).

KHP offers support without obstacles, help with any hardship and support in any moment of need. The following links provide more KHP information:

- KHP helps kids understand [mental health](#).
- In 2023, over 50 Canadian musicians created a song in support of KHP's [Feel Out Loud](#) mental health movement.

A graphic with a light blue background. At the top left is the KHP logo: 'KHP' in large, bold, red letters, with 'KIDS HELP PHONE' in smaller white letters inside the 'H', and a small 'TM' symbol. To the right of the logo is the text 'Feel Out Loud' in bold, red, stacked vertically. Below the logo and text is the website 'KidsHelpPhone.ca' in red. At the bottom, there are three columns of contact information: 'Call. 1 800 668 6868', 'Text. 686868', and 'Online Message. KidsHelpPhone.ca', all in red text.

Sask Ag Matters

[Sask Ag Matters](#) offers free mental health support services for Saskatchewan agriculture producers. This program offers free mental health support services for Saskatchewan agriculture producers, their family members and agricultural workers.

Each individual is financially covered for six hours of therapy per year with trained and registered mental health professionals that have a background in farm culture.