

Montana Department of Public Health and Human Services	Policy
	MT CACFP 2015-1
Child and Adult Care Food Program	Section: All Institutions
	Subject: Ellyn Satter Institute Models
	Date: 5/1/2021

### **ELLYN SATTER INSTITUTE MODELS**

The state agency recognizes and recommends The Satter Eating Competency Model (copyright ecSatter) and The Satter Feeding Dynamics Model (copyright fdSatter) described by Ellyn Satter MSW, RD of the Ellyn Satter Institute ([www.ellynsatterinstitute.org](http://www.ellynsatterinstitute.org)) for use in the Child and Adult Care Food Program. The nutrition science and evidence-based research that supports these models is located at <http://ellynsatterinstitute.org/res/articles.php>

#### **THE SATTER EATING COMPETENCY MODEL (ecSatter)**

This model is an intra-individual approach to eating and food-related attitudes and behaviors that entrains positive bio-psychosocial outcomes. ecSatter addresses eating attitudes and behaviors, internal regulation of intake, food acceptance, and skills related to selecting food, preparing, and planning meals.” E. Satter

Resources: <http://ellynsatterinstitute.org/hte/eatingcompetence.php>

#### **THE SATTER FEEDING DYNAMICS MODEL (fdSatter)**

This model describes a division of responsibility for adults and children in the feeding relationship. This model meets the federal regulation for family style meals.

#### **Resources:**

<http://www.ellynsatterinstitute.org/other/fdsatter.php>

<http://www.ellynsatterinstitute.org/hf/howtofeed.php>

<http://dphhs.mt.gov/Portals/85/hcsd/documents/ChildCare/cacfp/FeedingPosterEllynSatter.pdf>

**References:** 7CFR226.20 (n)(1), (2) & (3); MT CACFP 2011-1 Family Style Meals

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