

Sarah's Food Philosophy

I want parents to feel a sense of relief, peace of mind, community and support when it comes to feeding their children. My nutrition philosophy is rooted in Ellyn Satter's Division of Responsibility in Feeding, The Intuitive Eating Approach, and the Health at Every Size (HAES) approach. Simply put, I have dedicated my career to combating diet culture and to helping parents feel supported to raise children who trust their bodies, enjoy a variety of foods mindfully and who have a positive relationship with food and body long term, so they can fully bloom in all areas of life.

How Sarah Helps Kepler Academy Families

I am thrilled to be the lead consulting dietitian for Kepler Academy. It is an honour to be a part of shaping your child's food journey (and maybe even your own!) in some way. Here are some of the ways I offer support to families of Kepler Academy:

Quarterly Workshops

I provide **quarterly live workshops** to parents and caregivers. In these sessions, I answer all your burning questions about hot-button topics such as picky eating, meal planning and so much more.

Private Resources Page

To help you on your feeding journey, I've created a **private resource page** exclusively for Kepler. Here you will find my tried-and-true menu plans, kid-approved recipes, and handy printables for snack ideas, lunches and more. I also share my most helpful blog posts on all things picky eating. This is also where you can find the recordings to the live workshops to access at any time. Access the private resource page here: <https://www.sarahremmer.com/kepler-academy-nutrition-resources/>

Lesson Plans

Have you noticed your child buzzing about the food activities they did or the food they explored? Well, that's because each week, I've created fun and engaging food exploration lesson plans that the lovely staff facilitate with your little one. From Apricots to Zucchini, your child is given the opportunity to explore food in a non-judgmental, pressure-free, and—most importantly—a fun way! These are the ingredients needed to help children learn about food in a meaningful way.

Social Media

If you follow Kepler Academy on social media, you may have noticed yours truly contribute helpful food and nutrition tips every week. Feel free to engage and ask questions!

Menu Planning

It's no surprise that as a dietitian, I love food. I plan the meal and snack menus for Kepler Academy to ensure they offer a wide variety and balance of foods to keep tummies satisfied.

More Help with Feeding Your Family

Helping families with feeding is my passion. But this feeding gig is hard! If you require more guidance or have questions, please contact my team and I at The Centre For Family Nutrition.

<https://www.sarahremmer.com/contact/>