

## Follow the Principles of Food Security

**NO DOUBT**-*No doubt when the next meal or snack will be served*

*Plus*

**NO HOPE**-*No hope to obtain unauthorized food*

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**NO DISAPPOINTMENT**-*That unauthorized food is not available*

\*concept created by Janice Forster, M.D. and Linda Gourash, M.D. of *The Pittsburgh Partnership Specialists in PWS*

### **NO DOUBT**

*No doubt when the next meal or snack will be served*

- *Establish consistent routines for food consumption. Determine when food will be served (every 2 ½-3 hours) Breakfast / Morning Snack / Lunch / Afternoon Snack / Dinner*
- *Determine your response when asked for food before mealtime.*
- *Establish consistent rules for food consumption*
- *Food served on plates. No family-style bowls on table.*
- *No second helpings unless you ALWAYS do seconds.*
- *Serve food on smaller size plate. Cut food in small pieces, spread out to fill entire plate. Baggie of snack cut or cracked into multiple pieces looks like more.*
- **To someone with PWS, it's all about quantity.**

### **NO HOPE**

*No hope to obtain unauthorized food*

- If food is available, the individual with PWS can do little else but think of ways to get that food. Access to food creates hope. Hope creates anxiety. Anxiety creates the potential for unwanted behaviors. Eliminating access to food reduces behavior problems.
- Restrict access to food by using locks on the refrigerator, food pantry, kitchen, medicine cabinet, liquor cabinet, etc.
- Establish rules for type, quantity of food prior to attending parties, restaurants, etc.
  - Put a lock on the food puts a lock on the thought that unauthorized food is available.

- **NO DISAPPOINTMENT**

**Life is good when there's no disappointment!**