

# Follow the Principles of Food Security

NO DOUBT + NO HOPE = NO DISAPPOINTMENT

\*Concept created by Janice Forster, M.D. and Linda Gourash, M.D. of The Pittsburgh Partnership

## NO DOUBT

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

Establish consistent routines for meals and snack times.

Determine when food will be served. Include meals and snack times on a daily schedule (breakfast, lunch, dinner, and all snack times)

Determine a consistent response when asked for food before meal / snack times, or when asked for more food. For example, "I know you want snack. Snack is after we finish our walk around the block."

Establish consistent rules for food consumption.

Food is served at a table.

Food is served on plates. No family-style bowls on table.

Snacks served on plates or in pre-portioned containers.

No second helpings unless you ALWAYS do seconds.

Serve food on smaller size plates.

Cut food into smaller pieces, spread food out on plate to make it look like more. **To someone with PWS, it is all about quantity.**

## NO HOPE

No hope to obtain unauthorized / additional 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 cabinets, medicine cabinet, liquor cabinet, etc. **Putting a lock on the food puts a lock in the thought that unauthorized / additional food is available.**

Establish rules for types and quantity of food prior to attending parties, restaurants, etc. Look up a menu before going to a restaurant to decide what will be ordered.

## NO DISAPPOINTMENT

Life is better when there's not disappointment!

When there are less disappointments in the life of individuals with PWS there will be less behaviors. This does not mean there will be no behavioral challenges.