From the Cook

- Food will be available at mealtime and snack-time. Other than that, the kitchen is closed.
- You do not have to eat anything you do not want to.
- You do have to say "yes, please," and "no, thank you."
- You will not say "yuck."
- There will always be bread, and you may eat as much of it as you want.
- When I make something new, I will also make something you generally enjoy.
- Sometimes I will make one person's favorite. Another time, someone else will get lucky.
- Any disputes will be settled by the cook.

Copyright © 2011 by Ellyn Satter. For more information see www.EllynSatter.com or read Ellyn Satter's Secrets of Feeding a Healthy Family. Rights to reproduce: As long as you leave it unchanged, you don't charge for it, and you include the entire copyright statement, you may reproduce this piece.