

Do:

- Try new foods! Politely tell your family if there is a food item that you do not like. Try a small amount of a new food in case you do not like it.
- Ask about the foods that are available to you. The family will tell you which foods you can help yourself to and which ones they have plans for.
- Offer to help in the kitchen either preparing for a meal or cleaning up afterwards.
- Go shopping for groceries together with your host family – help carry the bags too!
- Let your family know if you are not going to be home for a meal. You should plan ahead and let them know the night before if you are not going to be home for dinner.
- You need to purchase your own special snacks and foods required for fitness programs (sport drinks, protein supplements, etc.).

Don't:

- Don't expect your family to cook only foods that you like. They cook for the whole family and you are expected to join them. It is part of your experience to try new things.
- Don't expect that foods will be the same as home. You will need to learn to eat foods that are available to you here.
- Don't be surprised if you are expected to get your own breakfast in the morning and to make your own lunch. You will need to learn how to do this and what foods are available to you and don't be afraid to ask.
- Don't take food in your room. Leftover foods are invitations to bugs and mice. All meals should be in the eating/dining area and no food or dishes should be in your room.
- The families will provide 3 meals a day and reasonable snacks.