

MENU PLANNING IN CHILD CARE CENTRES



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INTRODUCTION

Healthy eating helps children learn, play, grow and develop. The eating habits children learn carry over into adulthood. What you do in your child care setting will influence their eating habits and how they feel about food.

This booklet has been designed to assist you in planning nutritious menus for your child care facility that meet the Child Care and Early Years Act (CCEYA) from 2014 and follow Eating Well with Canada's Food Guide released in 2011.

If you have any questions about this booklet or if you would like more information about healthy eating for infants, toddlers, and preschoolers, contact a Public Health Dietitian from the Maternal and Child Health Team of the Haldimand-Norfolk Health Unit. Call (519) 426-6170 or (905) 318-6623 or visit www.hnhu.org/childcare.



Adapted with permission by City of Hamilton, Public Health Services

NUTRITION REQUIREMENTS OF THE CHILD CARE AND EARLY YEARS Act (CCEYA)

The regulations under the Nutrition Requirements of the CCEYA mandate that all infants and children attending child care centres in Ontario are provided with enough safe and nutritious food to meet their individual energy and nutrient requirements.

According to the CCEYA, operators shall ensure that:

- Parents provide written feeding instructions for all children less than one year of age.
- Parents provide written instructions for all children with special dietary needs. Food or drink provided by parents must be clearly labeled with the child's name and the date the food was sent to the centre.
- Food or drink is stored in a manner that maximizes its nutritive value and minimizes the risk of contamination or spoilage.
- A list of children with food allergies and the specifics of the allergy is posted in clear view in both the cooking and serving areas of the child care centre.
- Complete menus are posted in an obvious and visible location for the current and following week.
- Menus are kept for 30 days following the last day that it was applicable.
- The above points are just part of the nutrition section of the CCEYA. See the complete nutrition section of the CCEYA here: <http://www.ontario.ca/laws/statute/14c11>.

NUTRITION FOR HEALTHY TERM INFANTS (FOR 6-24 MONTHS)

These recommendations are put out by Health Canada to help raise healthy infants and young children from 6 to 24 months. The principles and recommendations are:

- Iron rich meat, meat alternatives, and iron fortified cereal as the first complementary foods. Progress to introduce a variety of nutritious foods.
- Offer a variety of textures starting at 6 months (e.g. lumpy, mashed, pureed, minced, soft finger foods).
- Feed infants until 12 months on demand based on their hunger and satiety cues. After 1 year of age, feed children based on a regular schedule of meals and snacks.
- Promote finger foods to encourage self-feeding.
- Encourage use of an open cup.
- Limit fruit juice and sweetened beverages. Offer water instead.
- Offer foods with little or no added salt or sugar.
- Do not give honey (including in cooked foods) until after 1 year of age.
- Infants and young children must always be supervised during feeding.

For more information on Nutrition for Healthy Term Infants, see www.healthcanada.gc.ca/infantnutrition. For more information on using expressed breast milk in child care centres, visit www.hnhu.org/childcare.

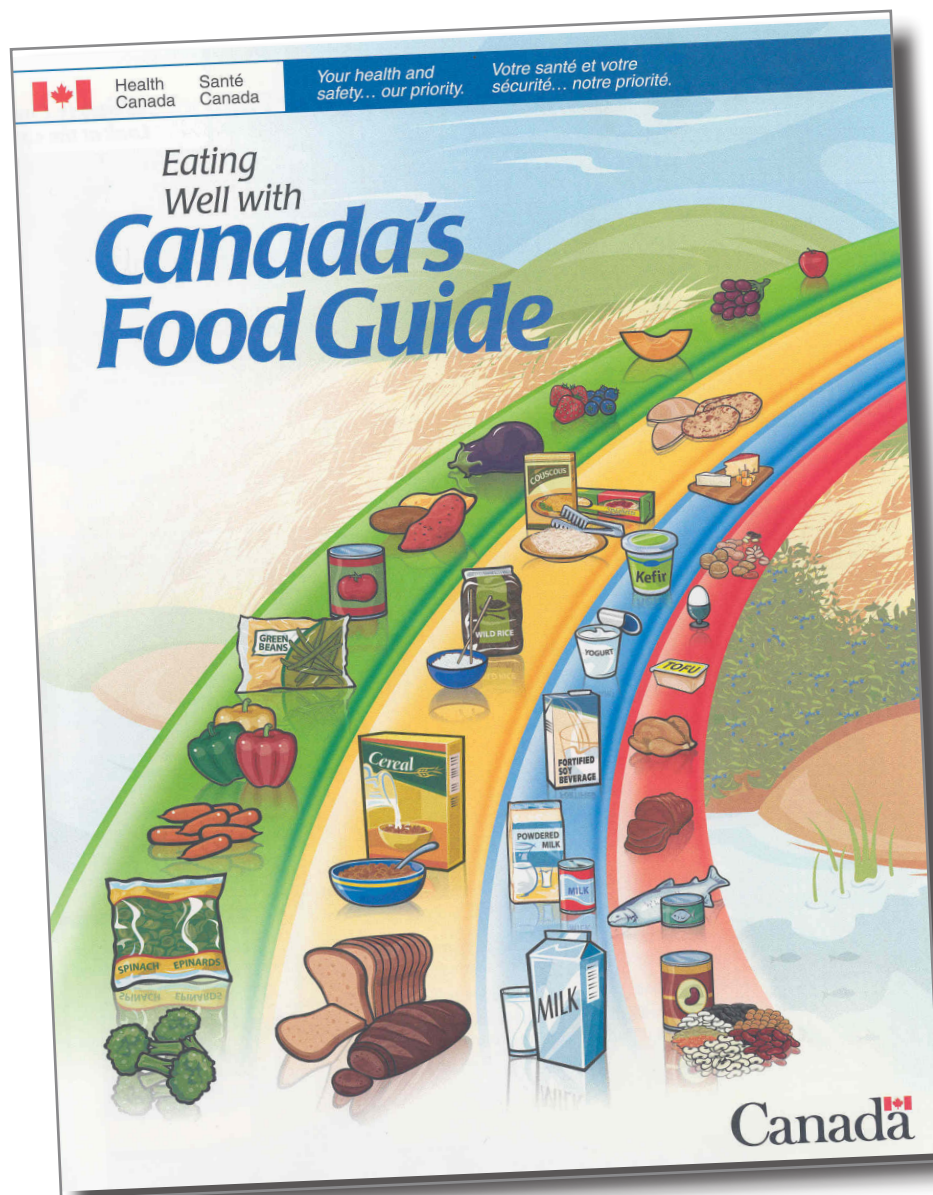
EATING WELL WITH CANADA'S FOOD GUIDE

(FOR AGES 2 YEARS AND OLDER)

Eating Well with Canada's Food Guide gives recommendations for the amount and types of food required each day. It has been developed to help Canadians ages two years and older meet their nutrient requirements at every stage of life.

Different children need different amounts of food. In general, younger children require smaller portions than older children. It's better to start with smaller portions and provide more food if the child asks for more.





For more information on Canada's Food Guide, see www.canadasfoodguide.org.



WHAT IS A FOOD GUIDE SERVING?

Canada's Food Guide has four food groups: vegetables and fruit, grain products, milk and alternatives, and meat and alternatives. **The main meal at your child care facility should have foods from all four food groups, with two different types of vegetables or fruit** (e.g. carrots and cauliflower, or broccoli and peaches). **The snacks at your facility should have foods from at least two different food groups.**

A food guide serving is a reference amount. It helps you understand how much food is recommended from each of the four food groups. The following are examples of food guide servings according to Canada's Food Guide.

	<p>Vegetables and Fruit</p> <ul style="list-style-type: none"> <input type="checkbox"/> 125 mL (½ cup) fresh, frozen or canned vegetable or fruit or 100% juice <input type="checkbox"/> 250 mL (1 cup) leafy raw vegetables or salad <input type="checkbox"/> 1 medium-sized piece of fruit
	<p>Grain Products</p> <ul style="list-style-type: none"> <input type="checkbox"/> 1 slice (35 g) bread or ½ bagel (45 g) <input type="checkbox"/> ½ pita (35 g) or ½ twelve inch tortilla (35 g) <input type="checkbox"/> 125 mL (½ cup) cooked rice, pasta, or couscous <input type="checkbox"/> 30 g cold cereal or 175 mL (¾ cup) hot cereal
	<p>Milk and Alternatives</p> <ul style="list-style-type: none"> <input type="checkbox"/> 250 mL (1 cup) milk or fortified soy beverage <input type="checkbox"/> 175 g (¾ cup) yogurt <input type="checkbox"/> 50 g (1 ½ oz) cheese
	<p>Meat and Alternatives</p> <ul style="list-style-type: none"> <input type="checkbox"/> 75 g (2 ½ oz)/125 mL (½ cup) cooked fish, shellfish, poultry or lean meat <input type="checkbox"/> 175 mL (¾ cup) cooked beans or tofu <input type="checkbox"/> 2 eggs <input type="checkbox"/> 30 mL (2 Tbsp) peanut butter or nut butters

SAMPLE DAY MENU

Morning Snack

Cereal with milk
Sliced peaches
.....

Main Meal

Fish, brown rice,
and green beans
Strawberries
Milk
.....

Afternoon Snack

Sliced carrot sticks
Whole grain
crackers

For more examples of food guide servings, see www.canadasfoodguide.org.

CHILD SIZE PORTIONS

Offer food in child size portions at the main meal and snacks. An appropriate child size portion is ½ a Canada's Food Guide serving. For example, one slice of bread is considered one Canada's Food Guide serving, so a child size portion is half a slice of bread. Offer small portions to start. Always have extra servings available if children ask for more if they are still hungry.

ADDITIONAL TIPS FOR A NUTRITIOUS MENU

MENU ASSESSMENT CHECKLIST

Child Care Setting:

Date:

Add a checkmark in the box for each requirement that is met.

	YES	NO
1. Whole grain choices are served at least half the time (barley, brown rice, oats, quinoa, couscous, pasta, tortilla, pitas, crackers, breads and oatmeal).		
2. Dark green vegetables (broccoli, romaine lettuce, asparagus, spinach) and orange vegetables or fruits (carrots, sweet potatoes, winter squash, pumpkin, apricots, cantaloupe, canned peaches, nectarines and mangoes) are served most of the time.		
3. Meat alternatives such as beans, eggs, soybeans, lentils and tofu (egg sandwich, baked beans, hummus/bean dips, pea soup, vegetarian chili) are served at least once a week.		
4. Fish is served at least once a week (salmon loaf, tuna casserole, tuna croquettes, fish burgers, fish fillets). For assistance in choosing types of fish, visit: www.hnhu.org/childcare .		
5. Foods high in calories, fat, sugar and salt such as cakes, pastries, cookies, ice cream, deep fried foods and hot dogs are limited or not served at all.		
6. The menu includes foods with different: <ul style="list-style-type: none"> • Colours • Shapes (shredded, in strips, cubes, slices of different sizes) • Temperatures and textures (cooked, raw, crispy, crunchy, chewy, smooth consistencies). 		
7. The menu includes: <ul style="list-style-type: none"> • Foods that are easy to eat and suited to the children's personal and cultural preferences. • Some finger foods. 		
8. The menu includes food choices that are safe to eat: <ul style="list-style-type: none"> • Foods that can cause choking such as peanuts, nuts, seeds, whole grapes, raw vegetables and chunky peanut butter are excluded from the menu for children under the age of 3. • Popcorn and hard candies are excluded from the menu for all children. 		
9. The menu excludes sticky, sweet foods such as dried fruit and candy, which can stick to the teeth and cause cavities (unless children brush their teeth right after or dried fruit is served with a piece of hard cheese).		
10. The menu limits juice to one serving per day, or none at all (125 mL or 4 oz). Juice is 100% unsweetened fruit juice.		

MENU PLANNING STEPS

To plan your menus, there are 10 steps which can help your centre meet the CCEYA and Canada's Food Guide. Below each step, there are ideas on how to serve different foods and menu suggestions.

For each day of the week:

1. Select the meat or meat alternative for each main meal.
2. Select a vegetable for each main meal.
3. Select one more vegetable or fruit for each main meal.
4. Select grain products for each main meal.
5. Select milk or a milk alternative for each main meal.
6. Plan morning and afternoon snacks to complement meals.
7. Use healthy oils and fats.
8. If you offer dessert, it can be chosen from one of the four food groups.
9. Plan beverages for main meal and snack.
10. Additional things to consider for menu for your menu.

1. Select the meat or meat alternative for each main meal for each day of the week.

Cook's Tip: For breading fish, use a small amount of mayonnaise or milk and then coat with breading such as bread crumbs or crushed dry cereal. Serve with lemon slices.

- Choose a different food from the Meat and Alternatives group (e.g., fish, poultry, beef, pork, eggs, tofu and legumes such as black beans, split peas, or lentils) for each day.
- Serve fish at least 1 time per week.
- Include meat alternatives such as legumes (kidney beans, chick peas, lentils) and tofu at least once a week.
- Choose lean meat and alternatives prepared with little or no added fat or salt (e.g., remove chicken skin, avoiding deep-fried food).
- Add or purée legumes into sauces (e.g., pasta, pizza), chili, dips and soups.

Cook's Tips: For macaroni and cheese, blend lentils and add to cheese sauce. Another idea: mix puréed cooked red lentils or beans into pasta sauce – use leftovers as pizza sauce.

2. Select a vegetable for each main meal for each day of the week.

- Provide dark green vegetables (e.g. asparagus, green beans, bok choy, broccoli, brussel sprouts, lettuce, green pepper) and orange vegetables (e.g. carrots, squash, pumpkin, sweet potato) often.
- Choose vegetables prepared with little or no added fat, sugar, and salt. Include a variety of cooked and raw vegetables throughout the week.
- Use different textures and shapes, such as grated, chopped, mashed, sliced, cubed, sticks, wedges. Serve a variety of vegetables in many different colours.
- Consider growing some of your own vegetables on site. Involve children in selecting, planting and caring for a variety of vegetables and fruits. Carrots, beans, tomatoes, cucumbers, squash and pumpkins grow well and children enjoy them.
- Use them in baked products. Try adding carrots, zucchini, pineapple or bananas to breads or muffins.
- Serve low-sodium vegetable soups. Add puréed or grated vegetables to soups, sauces and casseroles.

Cook's Tip: Offer one hot/cooked and one cold/raw vegetable at lunch.

3. Select one more vegetable or fruit for each main meal for each day of the week.

- Serve vegetables or fruit prepared with little or no added fat, sugar and salt.
- Frozen and canned vegetables or fruit (in water or its own juice) are healthy options.
- Choose fruit more often than fruit juice.
- Cut in shapes (e.g., for a kiwifruit, cut in slices, or cut in half and let kids scoop it out).
- Serve vegetables and fruits that are in season and locally grown. Freeze batches of seasonal produce if this is an option for your facility.

4. Select grain products for each main meal for each day of the week.

- Offer at least half of the grain products as whole grain each day. Examples include whole grain breads, whole grain pastas, and brown rice.
- Include a variety of other grain products such as oats, barley, couscous, quinoa, bagels, english muffins, pitas, tortillas, roti, chapatti, and bannock.
- Choose grain products that are lower in fat, sugar and salt.

Cook's Tip: Use whole grain bread to make French toast to get a serving of grains and meat and alternatives.

5. Select milk or a milk alternative for each main meal for each day of the week.

- Offer 1% or 2% milk each day for children age 2 years and older. Serve whole milk (3.25% milk fat) for children less than 2 years of age.
- Cow's milk is the milk of choice, unless otherwise specified by the parent.
- Offer milk at lunch.
- Milk, yogurt or cheese can be served at snack times.
- Serve milk-based soups and smoothies.
- Add grated cheese to foods when appropriate.

Cook's Tip: Use yogurt in dips for vegetables and fruit.

6. Plan morning and afternoon snacks to complement main meal.

- Offer food from at least **two food groups** of Canada's Food Guide at each snack.
- Include foods from the vegetables and fruit food group in at least one snack each day.
- Choose snacks that are both nutritious and promote good dental health (i.e., limit sweet and sticky foods).
- Serve snacks around 2 hours before the next meal so children are hungry for the meal.
- See list of Snack Ideas in this booklet (p. 22-25).

7. Healthy fat is good for children's growing bodies. Use some healthy fats throughout the menu.

Some examples of healthy fats include:

- Vegetable oils (e.g., canola, olive and soybean)
- Soft margarines made from non-hydrogenated oil (look for margarines with no trans fat)
- Mayonnaise
- Salad dressings
- Avocado

8. If you offer dessert, it can be chosen from one of the four food groups.

- Some nutritious dessert ideas are fresh, frozen or canned fruit, yogurt, homemade milk puddings, homemade applesauce and homemade fruit crisp.
- It is not necessary to plan desserts such as cake or ice cream.

9. Plan beverages for each main meal and snack.

- Provide milk at each main meal.
- Provide water at each snack. Also have water available throughout the rest of the day.
- If juice is served, limit to 125 mL (1/2 cup or 4 oz) per day. Choose 100% fruit juice. Do not serve fruit punches, drinks, cocktails, beverages, sports drinks, pop/soft drinks, and energy drinks.

You may have to remind children to drink water, especially when it is hot outside and when they are doing a lot of physical activity.

10. Additional things to consider for menu:

- Use at least a three or four week menu cycle.
- Introduce at least one new food during the menu cycle. Include new foods one at a time in small quantities. Serve them with foods that are well-liked.
- Avoid having the same menu item always falling on the same day of the week (i.e., pasta every Monday).
- Celebrate different cultures by introducing food choices that represent the ethnic diversity of your child care centre. Involve parents in helping you plan some new menu choices.
- Provide child-sized utensils, bowls, and plates.
- Do not serve honey (or use in cooking) for children under one.

Foods to limit or avoid:

- Hard margarine (contains trans fats), shortening, lard and butter
- Accompaniments, dips, and sauces such as ketchup, mustard, relish, creamy salad dressing, gravies, jams, jellies, cream cheese, sour cream and syrup
- High fat baked products like pastries, danishes, cakes, pies, donuts, tarts, cookies
- Ice cream, sherbert, popsicles
- Sugary cereals
- Chocolate
- Marshmallows
- Chips, cheese puffs, fries
- Cured and processed meats such as hotdogs, sausages, pepperoni, bacon, and salami
- Beverages other than water, milk or juice such as fruit punch, milkshakes, hot chocolate, etc

REDUCING CHOKING HAZARDS

Since any food can cause choking, always watch children while they are eating. Have children sit down to eat and provide a calm eating environment.

How to reduce the risk of choking:

- Do not offer popcorn or hard round candies.
- Cut grapes in half or quarters.
- Grate hard vegetables such as carrots or cut them into narrow strips.
- Spread peanut butter, nut butter or soy butter thinly. Never serve it right off a spoon.
- If served, cut hot dogs and sausages into long strips, and then into bite-size pieces.

Two WEEKLY SAMPLE MENUS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	<ul style="list-style-type: none"> • Yogurt • Oranges 	<ul style="list-style-type: none"> • Whole grain cereal • Milk 	<ul style="list-style-type: none"> • Hard boiled egg • Whole wheat toast 	<ul style="list-style-type: none"> • Sliced cantaloupe • Bread sticks 	<ul style="list-style-type: none"> • Carrot bran muffins • Yogurt
LUNCH	<ul style="list-style-type: none"> • Homemade chicken noodle soup • Whole wheat bread • Cooked carrots and peas • Canned pears in juice • Milk 	<ul style="list-style-type: none"> • Mushroom and ham quiche • Broccoli • Sliced apples • Milk 	<ul style="list-style-type: none"> • Homemade chili with vegetables • Brown rice • Chopped cauliflower • Tangerine pieces • Milk 	<ul style="list-style-type: none"> • Homemade chicken fingers • Whole wheat bun • Salad • Kiwi • Milk 	<ul style="list-style-type: none"> • Tuna salad sandwiches on whole wheat bread • Sliced cucumbers • Banana • Milk
PM SNACK	<ul style="list-style-type: none"> • Baked pita crisps with melted cheese & salsa 	<ul style="list-style-type: none"> • Yogurt pops • Raw veggies and dip 	<ul style="list-style-type: none"> • Whole Wheat wraps with cucumber, green peppers, & hummus 	<ul style="list-style-type: none"> • Cereal • Thawed frozen fruit • Milk 	<ul style="list-style-type: none"> • Cheese and crackers • Sliced peaches

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
AM SNACK	<ul style="list-style-type: none"> • Whole wheat Melba toast • Cheddar cheese 	<ul style="list-style-type: none"> • Sliced cantaloupe • Cinnamon yogurt dip** 	<ul style="list-style-type: none"> • Pumpkin raisin muffins** • Orange juice 	<ul style="list-style-type: none"> • Whole wheat English muffins with cheese 	<ul style="list-style-type: none"> • Oatmeal • Thawed frozen blueberries
LUNCH	<ul style="list-style-type: none"> • Whole wheat chicken fajitas with red pepper strips • Sliced watermelon • Milk 	<ul style="list-style-type: none"> • Turkey on a whole wheat bun • Cucumber slices • Sliced grapes • Milk 	<ul style="list-style-type: none"> • Beef stir-fry with broccoli on brown rice • Pineapple • Milk 	<ul style="list-style-type: none"> • Homemade tomato soup • Salmon salad pita pockets** • Canned peaches in juice • Milk 	<ul style="list-style-type: none"> • Pasta with lentil tomato sauce • Spinach salad • Orange slices • Milk
PM SNACK	<ul style="list-style-type: none"> • Shredded wheat square cereal with milk • Bananas 	<ul style="list-style-type: none"> • Whole grain crackers • Cheese cubes 	<ul style="list-style-type: none"> • Fruit salad • Milk 	<ul style="list-style-type: none"> • Homemade banana bread • Sliced strawberries 	<ul style="list-style-type: none"> • Pita triangles • Hummus

For more menu ideas, go to www.hnhu.ca/childcare. **Recipes can be found in this booklet (p. 26-34)

INFORMATION ABOUT FOOD LABELS

Ingredient List - The ingredient list tells you what ingredients are in the packaged food. They are listed by weight from the most to the least. This list is a source of information for people with food allergies or health concerns.

Check out the following food labeling websites for more information:

EatRight Ontario: www.eatrightontario.ca and search “Nutrition labelling” for 5 short videos and fact sheets on nutrition labelling.

CHOOSING A HEALTHY CEREAL

Cereal with milk can be a healthy balanced snack that contains a variety of vitamins and minerals and can be good source of fibre.

When choosing a cereal, look for one that has:

- A whole grain as the first item on the ingredient list
- ≤ 2 g of saturated fat per serving
- ≥ 2 g of fibre per serving

To choose an even healthier cereal, look for one that has ≥ 4 g of fibre and ≤ 240 mg of sodium per serving and lower amounts of sugar.

Cereals to try: Cooked rolled oats, multi grain squares, oat ring cereal, bran flakes, shredded wheat squares, frosted wheat squares

CHOOSING A HEALTHY CRACKER

When choosing crackers, look for those that have:

- ≤ 3 g of fat per serving
- ≤ 2 g of saturated fat per serving
- ≤ 240 mg sodium per serving

To choose an even healthier cracker, look for ones that have whole grain listed as the first ingredient and ≥ 2 g of fibre per serving.

*Criteria was taken from *Nutrition Tools for Schools* (www.nutritiontoolsforschools.ca), developed by the Ontario Society of Nutrition Professionals in Public Health (OSNPPH), accessed Sept. 13, 2012.

FIBRE AND GRAIN PRODUCTS

Fibre is a very important component of food. Fibre provides us with a feeling of fullness, promotes regular bowel movements, and can relieve constipation.

How to include more whole grains in your menu:

- For morning snack, offer whole grain toast or breakfast cereal.
- Use 100% whole grain bread for healthy and delicious sandwiches.
- Try whole grain pasta when planning dishes with spaghetti, macaroni or lasagna noodles.
- When making muffins or pancakes from scratch, substitute whole wheat flour for half of the white flour.
- Offer brown rice instead of white rice.
- Try recipes that use whole grain barley, kasha, bulgur, quinoa, millet and couscous.

Descriptive words in the product's name, such as stone-ground, multi-grain, 100% wheat, or bran, do not necessarily indicate that a product is whole grain. Words to look for include "100% whole grain," "whole rye," "whole oat or oatmeal," "100% whole wheat" or "whole grain whole wheat."

For more information on whole grains, including recipes, see EatRight Ontario's handout "Choosing Whole Grains" at <https://www.eatrightontario.ca/en/Articles/Food-guides/Choosing-Whole-Grains-FAQs.aspx#.VjEqUtIzbc>.

SODIUM (SALT)

Most Canadian children and adults consume too much sodium, the major component of salt, in foods they eat. Foods high in sodium include processed and convenience foods, processed meat, soups, and some snack foods.

How to reduce sodium in your menu:

- Use less processed and packaged foods.
- Make your own soups with water and/or low sodium broth.
- Avoid adding salt to cooking water.
- Season foods with fresh or dried herbs, garlic, ginger, lemon, lime, no-sodium seasoning mixes, and/or pepper.
- Buy unsalted or lower sodium foods when possible (e.g., lower sodium vegetable juice, broth, crackers).
- Avoid or limit high sodium foods and condiments such as pickles, olives, ketchup and soy sauce.
- Use quick cooking oats instead of instant hot cereals.
- Buy fresh or frozen vegetables. Rinse regular canned vegetables or look for ones with low or no sodium added.
- Choose lower sodium canned beans or dried beans, peas and lentils. Rinse canned beans.
- Choose unseasoned fresh or frozen fish, meat and poultry. Avoid high salt meats such as deli meats, hot dogs, sausages and pre-seasoned fish, meat and poultry.

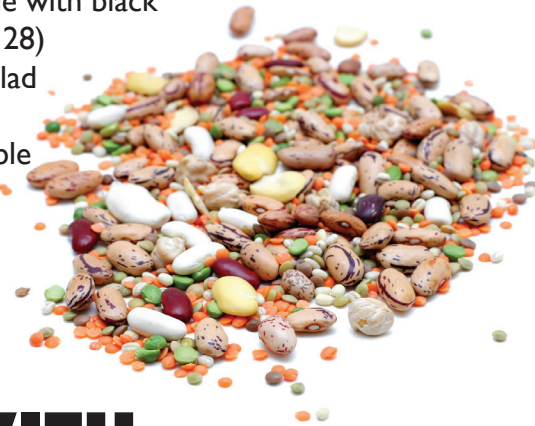
PLANNING FOR VEGETARIAN DIETS

There are many different types of vegetarian diets. Check out www.eatrightontario.ca and use the key word “vegetarian” to search for more information. Canada’s Food Guide (CFG) is suitable for vegetarians. Use parents as a resource when planning meals. Ask them what types of food they serve at home. When planning a vegetarian meal, the meat must be replaced with a meat alternative such as legumes (e.g., canned beans, lentils), eggs (if permitted), soy products (e.g., tofu, vegetarian meat substitutes), seed/nut butters (if permitted), or fish (if permitted).

VEGETARIAN IDEAS

The following examples are not whole meals, but ideas for replacing the meat portion of a menu item with a meat alternative. Always remember to include all four food groups with meals.

- Vegetable omelettes
- Vegetarian quiche or crustless quiche
- Baked beans on toast
- Lentil soup and bread
- Lentils and rice
- Nut butter sandwiches (e.g., peanut butter, almond butter, soy butter, cashew butter, etc.)
- Vegetarian chili or pasta sauce using textured vegetable protein (e.g. veggie ground round), tofu and/or beans
- Quesadillas made with black beans (see page 28)
- Bean or lentil salad
- Bean tacos
- Tofu and vegetable stir-fry with rice



PLANNING FOR CHILDREN WITH ALLERGIES

There are several steps you can take at your facility to prevent allergic reactions in the children:

- Receive written instructions from parent outlining child’s special dietary needs. Keep instructions in a handy place, while respecting the child’s privacy.
- Allow for substitutions in the menu to meet child’s special dietary needs or if not feasible encourage parents to supply their own substitutes and keep them clearly labelled in proper storage.
- Have all children and staff wash their hands with soap and water before and after eating. This helps prevent food from getting on toys, clothing, and other surfaces.
- Provide a specific eating area for children with food allergies to limit the exposure to allergens.
- Do not allow children to trade or share food, utensils or food containers.
- If you are not sure if a food is safe, do not offer it to the child.
- Read all labels carefully when grocery shopping.

For more information on food allergies, go to www.hnhu.org/childcare.

CREATING A SUPPORTIVE MEAL AND SNACK TIME ENVIRONMENT

Children need a pleasant environment to eat in to make eating a positive experience. These factors can help to build healthy eating habits in children. Listed below are the best practices to follow:

- Involve children in snack and meal preparation whenever possible and appropriate.
- Include foods that are easy for children to eat. Not all children have the same level of feeding skills, so offer foods that are easier to eat (e.g., finger foods, foods that can be eaten easily with their hands).
- Have the children serve themselves with appropriate serving utensils (i.e., family style serving – pass each dish around and children scoop out the amount of food they would like). Second helpings can be available for those who want more.
- Ensure children are given enough time to eat. Provide 30 minutes for meals and 20 minutes for snacks.
- Encourage use of an open cup for all beverages.
- Remove all screens, toys, books and other distractions while eating.
- Remember, you are a role model for the children. Eat with children the foods they are eating. Do not eat foods that they cannot eat. Do not make comments about your children's weight or your own weight or diets.
- Respect the Division of Responsibility (see side bar). The Division of Responsibility helps children develop positive feelings about food and mealtimes. Let the child decide how much to eat, even if that means leaving food on the plate, not eating at all or asking for more food. This helps children listen to their hunger and fullness cues.
- Avoid pressuring children to eat their food. This can have negative consequences leading to some children eating less, and some children eating more to please their parents or caregivers. Avoid comments such as:
 - “Just take one more bite”
 - “No dessert until you eat your meat”
 - “Good boy. You ate all your peas”
 - “No more bread until you eat some meat”
 - “Finish your milk. It's good for you”
 - “How do you know you don't like it unless you try it?”

DIVISION OF RESPONSIBILITY

The adult's or caregiver's responsibilities are to decide:

- **What** food is offered
- **When** it is offered, and
- **Where** it is offered.

The child's responsibilities are to decide:

- **Whether** or not to eat, and
- **How much** to eat.

For more information on the topic, please see www.ellynsatter.com.



See page 38 for a Healthy Eating Environment Checklist.

HEALTHY CELEBRATIONS

Make the mood, not the food, the focus of the celebrations. Focusing on healthy foods and beverages teaches students that healthy food can be fun. Some ideas for your next classroom celebration include:

- School supplies like pencils, erasers, bookmarks or stickers.
- Plan extra activity time outside or in the gym.
- Have a glow in the dark dance party.
- Fruit kebobs.
- Make your own yogurt parfaits.
- Pizza on whole wheat crust with vegetable and lean meat toppings.

HEALTHY CELEBRATIONS INSPIRATION

BIRTHDAY PANCAKES



ASPARAGUS BIRTHDAY CROWN



VALENTINE'S DAY HEART



HALLOWEEN PUMPKINS AND GHOSTS



FRUIT CANDY CANE



FRUIT FACE



HEALTHY FUNDRAISING

Choose activities to raise money that are unrelated to food, or that offer the healthiest food and beverages. These activities can be just as profitable and popular as the more traditional healthier food sales.

Some examples for healthy food fundraising include:

- Beans and bean soup mixes
- Bread making kits
- Cheese
- Chicken/poultry
- Local fruit baskets

Some examples for non-food fundraising include:

- Collect donated items for a garage sale or a penny sale
- Produce and sell an annual school calendar
- Sell raffle tickets for a donated prize
- Evening events (e.g. family movies, trivia, bingo)
- Books and magazines



FOOD SAFETY

TEST YOUR FOOD SAFETY IQ BY TAKING THIS QUIZ.

QUIZ: TRUE OR FALSE?

It's okay to thaw perishable food like frozen chicken and beef on the kitchen counter or in the sink.	True	False
Foods should be put away in the fridge or freezer within two hours.	True	False
Milk and eggs can be stored in the refrigerator door.	True	False
One of the best ways to prevent contaminating foods is to wash your hands.	True	False
You can tell if food is still safe to eat by smelling it.	True	False
Keep raw foods and cooked foods separate.	True	False
Fruits and vegetables should be washed, even if you are peeling them.	True	False
The temperature at which you cook leftovers doesn't matter because it's already cooked.	True	False
Infants are at greater risk of developing foodborne illness.	True	False

ANSWERS:

It's okay to thaw perishable food like frozen chicken and beef on the kitchen counter or in the sink.

FALSE. Perishable food should **not** be thawed at room temperature because the outside of the food may reach the danger zone (above 4°F) before the inside of the food is thawed. There are 3 safe ways to defrost food:

- In the refrigerator
- In cold water
- In the microwave

Foods should be put away in the fridge or freezer within two hours.

TRUE. This slows down growth of any bacteria or bacterial spores that might be present.

Milk and eggs can be stored in the refrigerator door.

FALSE. Store milk and eggs on refrigerator shelves.

One of the best ways to prevent contaminating foods is to wash your hands.

TRUE. Wash your hands before handling food, after handling raw meat and seafood, after using the washroom, after changing diapers, after blowing your nose, coughing or sneezing. Rub your hands together using soap and warm water for at least 20 seconds and dry hands thoroughly, preferably with a single use towel.

You can tell if food is still safe to eat by smelling it.

FALSE. You can't tell if a food is contaminated by looking at it, smelling it, or tasting it. When in doubt, throw it out!

Keep raw foods and cooked foods separate.

TRUE. Use separate utensils and cutting boards for handling raw foods and cooked foods to prevent cross contamination.

Fruits and vegetables should be washed, even if you are peeling them.

TRUE. This helps prevent the spread of bacteria from the surface to your hands to the inside of the fruit and vegetables.

The temperature at which you cook leftovers doesn't matter because it's already cooked.

FALSE. You should reheat leftovers to a temperature of 74°C.

Infants are at greater risk of developing foodborne illness.

TRUE. Ensure meats, poultry, fish and shellfish are cooked to a safe internal temperature.

It is important for all staff to have their Food Safety Certification Course. You can sign up for it through the health unit website by searching "Food Safety Course" at www.hnhu.org or by calling the health unit at 519-426-6170 or 905-318-6623.



INSPIRATIONS FOR MENU PLANNING

PLAN SNACKS THAT OFFER FOODS FROM TWO OR MORE FOOD GROUPS.

VEGETABLES AND FRUIT

- Celery sticks with peanut butter* or almond butter*
- Raw vegetables (carrots, broccoli, cauliflower, peppers, sugar snap peas, cucumbers) with tzatziki (yogurt, grated cucumber, garlic)
- Cooked broccoli sprinkled with parmesan cheese
- Edamame and thin sliced carrots with rice noodles
- Fruit and cheese platter
- Canned peaches on oatmeal
- Fruit chunks (banana, mango, pineapple, kiwi, strawberries) with yogurt dip
- Apple wedges and peanut* or soy butter*
- Apple slices with grated cheddar and a sprinkle of cinnamon - microwave until melted
- Kale chips - remove large vein, cut kale in pieces, spray lightly with canola oil. Bake at 350°F for 10 minutes or until crisp.

GRAIN PRODUCTS

- Baked tortilla crisps with fresh salsa
- Toasted whole wheat bagel with peanut butter* and banana slices
- Rice crackers spread with pesto and diced tomato
- Cereal parfaits - layer yogurt, chopped fruit, and bran cereal in a clear cup
- French toast with puréed strawberries
- Quesadilla (whole wheat tortillas, apple slices, shredded cheddar cheese), cut into triangles
- Pumpkin pancakes (add one cup of canned pumpkin purée, 1 tsp of allspice, 1 tsp cinnamon, and ½ tsp ginger to your regular pancake recipe)
- Veggie pizza on naan bread
- English muffin topped with cottage cheese mixed with a little cinnamon and vanilla (broiled)
- Oatmeal with grated apple and cinnamon or thawed frozen fruit
- Banana bread with honeydew cubes

MILK AND MILK ALTERNATIVES

- Lemon yogurt mousse (blend Greek yogurt with lemon juice and lemon zest in a blender), with fruit to dip
- Cottage cheese with pear or banana slices
- Homemade fruit and yogurt popsicles (blend together yogurt and fruit and freeze in popsicle holders)
- Cheddar cheese and fruit pieces
- Chocolate milk and a banana
- Homemade milk pudding topped with banana slices and coconut
- Pumpkin parfait (layer pumpkin pie filling with vanilla yogurt and granola)

MEAT AND MEAT ALTERNATIVES

- Hard boiled egg with toast and orange wedges
- Hummus (chickpea dip) and pita wedges
- Salmon salad mixed with grated cucumber and carrot stuffed into mini pita pockets
- Tofu and apricot pudding (process silken tofu with fresh apricots until smooth)
- Lentil salad (mix lentils, green onions, chopped tomatoes and parsley, add a little Italian seasoning and mix)
- Bean salsa (mix 1 can of black beans, 3 diced tomatoes, 1 small red onion finely chopped, 1 tbsp olive oil, and 1 tbsp of lime juice) with whole wheat pita crisps

ROLL IT!

- Veggie roll ups (whole wheat tortilla spread with hummus and grated vegetables [carrots, cucumber, peppers], roll and slice on an angle)
- Whole grain tortilla spread with nut* butter, rolled around a banana and sliced
- Tuna rolls (use light canned tuna, rice and veggies and roll in a tortilla)
- Egg salad with finely chopped celery and green onions rolled in a chapati



DIP IT IN!

- Raw veggie and pretzel sticks dipped in hummus
- Yogurt dip (tzatziki) with green peppers and cucumbers
- Bean dip (purée a can of white beans, a garlic clove, 1 tbsp olive oil, 1 ½ tbsp lime juice, a sprinkle of basil, thyme, salt and pepper) with veggies and roti wedges
- Sweet potato and chickpea dip** with flatbread



BLEND IT UP!

- Fruit smoothie (frozen fruit, yogurt, milk)
- Chocolate monkey smoothie (chocolate milk, banana and crushed ice whirled together in the blender)
- Frozen fruit sorbet (blend 4 cups of a variety of frozen berries or melon and mix with ½ cup orange juice until smooth)



* Note: Some centres may be peanut/nut free due to allergies. ** See recipes (page 24 - 32)

RECIPES FOR MEALS AND SNACKS

SOY BUTTER YOGURT DIP

Makes ½ cup (125 mL)

Ingredients:

- ¼ cup soy butter - 60 mL
- ¼ cup plain yogurt - 60 mL
- 2 tsp honey* - 10 mL

Directions:

1. Mix all ingredients together. Serve with fruit.

Nutrition information per 30 mL serving:

Calories: 131 kcal

Fat: 8 g

Saturated Fat: 1.6 g

Trans fat: 0.0 g

Sodium: 81.3 mg

Carbohydrate: 9.2 g

Fibre: 1.0 g

Protein: 5.2 g

* Do not serve honey or any foods sweetened with honey to children less than one year of age.



CINNAMON YOGURT DIP

Makes 8 (30 mL) servings

Ingredients:

- 1 cup plain yogurt - 250 mL
- 1-2 tsp cinnamon - 5-10 mL
- 2 tbsp brown sugar - 30 mL

Directions:

1. Combine all ingredients together. Serve.
2. Refrigerate dip if not serving immediately.

Nutrition information per 30 mL serving:

Calories: 33.7 kcal

Fat: 0.5 g

Saturated Fat: 0.3 g

Trans Fat: 0.0 g

Sodium: 22.5 mg

Carbohydrate: 6.0 g

Fibre : 0.3 g

Protein: 1.6 g

RECIPES FOR MEALS AND SNACKS

SWEET POTATO & CHICKPEA DIP

Makes 12 (60 mL) portions

Ingredients:

- 1 can (19 oz.) chick peas, drained and rinsed 540 mL
- ¼ cup water - 60 mL
- 1 small sweet potato - 1
- 3-5 tbsp lemon juice - 45-75 mL
- 1 ½ tbsp brown sugar - 20 mL
- 1-2 cloves garlic, crushed - 1-2 cloves
- 3 tbsp olive oil - 45 mL

Directions:

1. Microwave sweet potato for 3-4 minutes. Scoop out potato from skin and blend or process with other ingredients until smooth and creamy.
2. Serve with vegetables, crackers or pita bread.

Nutrition Information per 60 mL portion:

Calories: 83 kcal Fat: 3.7 g
Saturated fat: 0.5 g Trans fat: 0.0 g
Sodium: 85.4 mg Carbohydrate: 10.0 g
Fibre: 0.2 g Protein: 2.6 g

Food Guide Servings per 60 mL portion:

Vegetables and Fruit: 0.0 Grain Products: 0.0
Milk and Alternatives: 0.0 Meat and Alternatives: 0.3



RECIPES FOR MEALS AND SNACKS

BROCCOLI SALAD

Makes 8 (½ cup) portions

Ingredients:

- 80 mL plain Yogurt, 1% - 2% m.f. - 2 ½ oz.
- 30 mL mayonnaise (reduced fat) - 2 tbsp
- 30 mL lemon juice - 2 tbsp
- 2 mL paprika - ½ tsp
- 750 mL broccoli florets - 1 lb
- 80 mL onions, chopped - 1 small
- 3 tomatoes, chopped - 3
- 1 mL salt (optional) - A pinch
- 2 mL black Pepper - ½ tsp

Directions:

1. In a large bowl, mix the yogurt with the mayonnaise, lemon juice and paprika.
2. Add the remaining ingredients, stir well and let stand a few minutes before serving.

Serve fresh bread or grilled pita.

Optional:

Add a can of chickpeas (drained and rinsed) and sunflower seeds.

Nutrition information per ½ cup portion:

Calories: 43.3 kcal

Fat: 1.7 g

Saturated fat: 0.3 g

Trans fat: 0.0 g

Sodium: 107.7 mg

Carbohydrate: 6.2 g

Fibre: 1.5 g

Protein: 2.1 g

Food Guide Servings per ½ cup portion:

Vegetables and Fruit 1.2

Grain Products 0

Milk and Alternatives 0.05

Milk and Alternatives 0



Adapted from dairygoodness.ca

RECIPES FOR MEALS AND SNACKS

SALMON SALAD PITA POCKETS

Makes 4 portions

Serve this as a snack or a light lunch.

Ingredients:

- 1 can (213 g) salmon, drained (low sodium) - 1
- 2 tbsp light mayonnaise - 25 mL
- 1 tbsp lemon juice - 15 mL
- ½ cup grated carrot - 125 mL
- ½ cup diced cucumber - 125 mL
- 1 green onion, sliced - 1
- to taste ground black pepper - to taste
- ½ cup Romaine lettuce, chopped - 125 mL
- ½ cup grated cheddar cheese - 125 mL
- 2 whole wheat pitas - 2

Directions:

1. In a small bowl, mix, salmon, mayonnaise, lemon juice, carrot, cucumber, green onion and pepper.
2. Cut the two whole wheat pitas in half. Stuff the pitas with lettuce, cheese and salmon mixture.
3. Serve and enjoy!

Nutrition information per portion:

Calories: 250 kcal

Fat: 11.6 g

Saturated fat: 4.4 g

Trans fat: 0.0 g

Sodium: 361.5 mg

Carbohydrate: 21.4 g

Fibre: 3.1 g

Protein: 16.1 g

Calcium: 228.4 mg

Iron: 1.8 mg

Vitamin D: 8.0 micrograms

Food Groups per portion:

Vegetables and Fruit 0.6

Grain Products 0.9

Milk and Alternatives 0.6

Milk and Alternatives 0.3



Adapted from: Healthy Eating for a Healthy Baby, 2009, p. 20

RECIPES FOR MEALS AND SNACKS

BEAN AND CHEESE QUESADILLAS

Makes 8 (½ 10-inch tortilla) portions

Ingredients:

- 4 large (10-inch) whole wheat flour tortillas - 4
- ¼ cup chopped green onions - 60 mL
- 1 cup shredded part-skim mozzarella cheese - 250 mL
- ¼ cup chopped green pepper - 60 mL
- 1 tomato, finely chopped and drained - 1
- 1 can (19 oz.) black beans, rinsed and drained - 19 ounce
- 2 cups salsa - 500 mL

Directions:

1. Heat oven to 350°F.
2. Sprinkle half of each tortilla with beans, cheese, green onions, green pepper and tomato. Fold tortillas in half and press edges together.
3. Place tortillas on a baking sheet and bake at 350°F for 10 minutes or until crisp.
4. Remove from oven and cut into 2 wedges.
5. Serve with salsa on the side.

Nutrition information per portion:

Calories 240 kcal

Fat 5.3 g

Saturated fat 2.2 g

Trans fat 0.0 g

Sodium 848 mg

Carbohydrate 37 g

Fibre 7.2 g

Protein 12.0 g

Food groups per

portion:

Vegetables and Fruit 0.7

Grain Products 1.0

Milk and alternatives 0.3

Meat and alternatives 0.4



CRISPY OVEN-BAKED FISH FILLETS

Makes 12 portions

Ingredients:

- 2 lb fish fillets (tilapia, pollock, sole) - 1 kg
- 2 eggs, beaten - 2
- salt and pepper, just a pinch of each
- 1 cup whole wheat bread crumbs - 250 mL
- 2 tsp vegetable oil - 10 mL

Directions:

1. Preheat oven to 350°F (180°C). Lightly grease baking sheets with vegetable oil.
2. Add salt and pepper to eggs. Dip in fillets.
3. In a separate bowl, dip fillets into bread crumbs.
4. Place on prepared baking sheet. Bake in preheated oven for 10 minutes or until fish is opaque and flakes easily with a fork.
5. Serve with wedges of lemon or yogurt dill dip.

Nutrition information per 1 portion:

Calories 133 kcal

Sodium 208 mg

Fat 3.1 g Carbohydrate 7.0 g

Saturated fat 0.7 g Fibre 0.4 g

Trans fat 0 g Protein 18.0 g

RECIPES FOR MEALS AND SNACKS

BLACK BEAN BURGERS

Makes 12 patties

Ingredients:

- 3 hamburger buns, torn into pieces (or 3 cups of bread crumbs)
- 12 tbsp olive oil, divided
- 6 tsp chopped garlic
- 3 cans black beans, rinsed and drained
- 3 tsp grated lime rind
- 2 tsp chili powder
- 1 ½ tsp chopped fresh oregano
- ¾ tsp salt
- 3 large eggs, lightly beaten
- 3 large egg whites, lightly beaten

Directions:

1. If using hamburger buns instead of bread crumbs, place buns in a food processor and process into crumbs. Transfer to a bowl.
2. Combine 1 tbsp oil, garlic, and beans in processor; pulse until beans make a thick paste. Scrape bean mixture into bowl with breadcrumbs. Stir in rind and remaining ingredients. With moistened hands, divide bean mixture into 4 equal portions (about 1/3 cup mixture per portion), shaping each into a 3-inch patty.
3. Heat remaining 2 tbsp oil in a large nonstick skillet over medium-high heat. Add patties to pan; reduce heat to medium, and cook 4 minutes or until bottom edges are browned. Carefully turn patties over; cook 3 minutes or until bottom edges are done.

Nutritional information for 1 patty:

Calories: 182

Fat: 12.3 g

Saturated fat: 1.3 g

Protein: 6.6 g

Carbohydrate: 15.6 g

Fiber: 4.6 g

Cholesterol: 53 g

Iron: 2 mg

Sodium: 448 g

Calcium: 103 g



RECIPES FOR MEALS AND SNACKS

BROCCOLI AND CHEDDAR MINI QUICHES

Makes 12 mini quiches

Ingredients:

- 3 cups broccoli florets
- 2 ½ cup milk
- 5 large eggs
- 1 ½ cup grated cheddar
- ½ tsp salt
- ½ tsp pepper

Directions:

1. Preheat oven to 350oF. Grease 12 muffins cups and set aside.
2. Pour 1 inch of water into a large saucepan and put a steamer basket in. Place broccoli in steamer basket, cover pot, turn heat to high and let cook until broccoli is just tender, 5 to 6 m minutes. Let broccoli cool slightly, then chop into small pieces.
3. In a medium bowl, whisk together milk and eggs. Stir in cheese, salt, and pepper. Add chopped broccoli.

4. Ladle egg mixture into prepared muffin cups. Bake until lightly browned and no longer jiggle in center, about 25 minutes. Let cool slightly, then run a knife around each quiche. Put a clean baking sheet on top of muffin pan and invert to unmold quiches. Serve warm or at room temperature.

Chef's tip: You can make these ahead of time and heat up before serving.

Nutritional information for 1 mini quiche:

Calories: 215
Fat: 20 g
Saturated fat: 11 g
Protein: 8 g
Carbohydrate: 3.5 g
Cholesterol: 165 mg
Sodium: 535 mg



RECIPES FOR MEALS AND SNACKS

PUMPKIN RAISIN MUFFINS

Makes 24 muffins

Ingredients:

- 2 cups whole-wheat flour - 500 mL
- 1 ½ cups all-purpose flour - 375 mL
- 1 cup granulated sugar - 250 mL
- 4 tsp baking powder - 20 mL
- 1 tsp baking soda - 5 mL
- 1 tbsp ground cinnamon - 15 mL
- 1 tsp ground nutmeg - 5 mL
- 1 tsp ground ginger - 5 mL
- ¼ tsp salt - 1 mL
- 1 ½ cups raisins - 375 mL
- 1 can (14 oz/398 mL) pumpkin purée (not pie filling) - 1 can
- ½ cup vegetable oil - 125 mL
- 2 cups buttermilk or sour milk (see tip below) - 500 mL
- 3 eggs - 3

Directions:

1. Preheat oven to 375°F (190°C).
2. Grease or line two 12-cup muffin tins.
3. In a large bowl, combine whole-wheat flour, all-purpose flour, sugar, baking powder, baking soda, cinnamon, nutmeg, ginger, salt and raisins.

4. In a separate bowl, blend together pumpkin, oil, buttermilk and eggs.
5. Make a large well in center of dry ingredients; pour in wet ingredients all at once. Gently fold together until just combined.
6. Spoon batter into muffin tins. Bake in preheated oven for 18 to 22 minutes or until firm to the touch.

Tips:

- These muffins freeze well, so make up an extra batch and store in an airtight container or freezer bag.
- Sour milk can be used instead of buttermilk. To prepare, combine 4 tsp (20 mL) lemon juice or vinegar with 2 cups (500 mL) milk and let stand for 5 minutes.

Nutrition information for 1 muffin:

Calories 191 Protein 2 g
Fat 6.0 g Carbohydrate 32 g
Saturated Fat 0.9 g Fibre 4 g
Sodium 155 mg

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RECIPES FOR MEALS AND SNACKS

MAKING HOMEMADE SOUP

1. Make the broth. Broth can be made by boiling bones from beef, poultry, ham, or by dissolving low-sodium bouillon cubes in water. If you don't have bones to work with, broth can be made with water, garlic, and onion. Bring broth to a boil and add two to four different seasonings, such as a bay leaf, oregano, parsley, onion powder, paprika, garlic, marjoram, thyme, or cumin. You can also buy pre-made broth, but remember to choose the low sodium version.
2. Add 2-4 vegetables and simmer (covered) for half an hour. Examples of vegetables include cabbage, carrots, celery, onion, potatoes, tomatoes, green beans, turnip, parsnips, broccoli, peas, or cauliflower. Vegetables can be added raw, frozen, or canned.
3. Add a grain product and simmer 30-45 minutes. Examples of grain products include whole wheat pasta noodles, rice, orzo, or barley.
4. Add a pre-cooked cubed meat or alternative. Simmer for twenty minutes. Enjoy!

Cook's Tip: Prepare veggies ahead and freeze so they can be added to a soup quickly.



LOOKING FOR MORE RECIPE IDEAS OR RESOURCES?

Go to www.hnhu.org/childcare for links to 6 week sample menus, lots of recipes, and many other resources!

Menu Template

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	FG1: FG2:	FG1: FG2:	FG1: FG2:	FG1: FG2:	FG1: FG2:
Lunch	V/F: V/F: G: Milk: M/A:	V/F: V/F: G: Milk: M/A:	V/F: V/F: G: Milk: M/A:	V/F: V/F: G: Milk: M/A:	V/F: V/F: G: Milk: M/A:
PM Snack	FG1: FG2:	FG1: FG2:	FG1: FG2:	FG1: FG2:	FG1: FG2:

LEGEND:

FG - FOOD GROUP • V/F - VEGETABLES AND FRUIT • G - GRAIN • MILK - MILK AND ALTERNATIVES • M/A - MEAT AND ALTERNATIVES

Menu Template

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack	FG1: FG2:	FG1: FG2:	FG1: FG2:	FG1: FG2:	FG1: FG2:
Lunch	V/F: V/F: G: Milk: M/A:	V/F: V/F: G: Milk: M/A:	V/F: V/F: G: Milk: M/A:	V/F: V/F: G: Milk: M/A:	V/F: V/F: G: Milk: M/A:
PM Snack	FG1: FG2:	FG1: FG2:	FG1: FG2:	FG1: FG2:	FG1: FG2:

LEGEND:

FG - FOOD GROUP • V/F - VEGETABLES AND FRUIT • G - GRAIN • MILK - MILK AND ALTERNATIVES • M/A - MEAT AND ALTERNATIVES

ADDITIONAL TIPS FOR A NUTRITIOUS MENU

MENU ASSESSMENT CHECKLIST

Child Care Setting: _____ Date: _____

Add a checkmark in the box for each requirement that is met.

	YES	NO
1. Whole grain choices are served at least half the time (barley, brown rice, oats, quinoa, couscous, pasta, tortilla, pitas, crackers, breads and oatmeal).		
2. Dark green vegetables (broccoli, romaine lettuce, asparagus, spinach) and orange vegetables or fruits (carrots, sweet potatoes, winter squash, pumpkin, apricots, cantaloupe, canned peaches, nectarines and mangoes) are served most of the time.		
3. Meat alternatives such as beans, eggs, soybeans, lentils and tofu (egg sandwich, baked beans, hummus/bean dips, pea soup, vegetarian chili) are served at least once a week.		
4. Fish is served at least once a week (salmon loaf, tuna casserole, tuna croquettes, fish burgers, fish fillets). For assistance in choosing types of fish, visit: www.hnhu.org/childcare .		
5. Foods high in calories, fat, sugar and salt such as cakes, pastries, cookies, ice cream, deep fried foods and hot dogs are limited or not served at all.		
6. The menu includes foods with different: <ul style="list-style-type: none"> • Colours. • Shapes (shredded, in strips, cubes, slices of different sizes). • Temperatures and textures (cooked, raw, crispy, crunchy, chewy, smooth consistencies). 		
7. The menu includes: <ul style="list-style-type: none"> • Foods that are easy to eat and suited to the children's personal and cultural preferences. • Some finger foods. 		
8. The menu includes food choices that are safe to eat: <ul style="list-style-type: none"> • Foods that can cause choking such as peanuts, nuts, seeds, whole grapes, raw vegetables and chunky peanut butter are excluded from the menu for children under the age of 3. • Popcorn and hard candies are excluded from the menu for all children. 		
9. The menu excludes sticky, sweet foods such as dried fruit and candy, which can stick to the teeth and cause cavities (unless children brush their teeth right after or dried fruit is served with a piece of hard cheese).		
10. The menu limits juice to one serving per day, or none at all (125 mL or 4 oz). Juice is 100% unsweetened fruit juice.		

Main Meal

The main meal (lunch) includes at least TWO servings of **Vegetables and Fruit (VF)**, ONE serving of **Grain Products (GP)**, ONE serving of **Milk and Alternatives (MILK)** and ONE serving of **Meat and Alternatives (MA)**. Check all that apply.

MEALS	SUN	MON	TUES	WED	THURS	FRI	SAT
Week 1	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA
Week 2	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA
Week 3	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA
Week 4	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA

Morning Snack (Breakfast)

The morning snack includes at least ONE serving from TWO different food groups (check only those that apply):

MEALS	SUN	MON	TUES	WED	THURS	FRI	SAT
Week 1	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA
Week 2	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA
Week 3	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA
Week 4	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA

Afternoon Snack

The afternoon snack includes at least ONE serving from TWO different food groups (check only those that apply):

MEALS	SUN	MON	TUES	WED	THURS	FRI	SAT
Week 1	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA
Week 2	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA
Week 3	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA
Week 4	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA

HEALTHY EATING ENVIRONMENT CHECKLIST

Creating a supportive healthy eating environment for children to eat in can be just as important, if not more important than the menu items offered. The environment children eat in can have lifelong impacts on their relationship with food.

Add a checkmark in the box for each guideline that is met.

	YES	NO	WORKING ON IT
1. Serve meals and snacks in a 'family-style' setting, when appropriate. This means that children can serve themselves the amount they want to eat.			
2. Foods are served on child-sized plates, bowls, cups and utensils.			
3. Remove all screens, toys, books or other distractions while eating.			
4. Give children enough time for meals and snacks. Allow for at least 20 minutes to eat a snack and at least 30 minutes to eat a meal.			
5. Food is neither given as a reward nor withheld as a punishment.			
6. Follow a Division of Responsibility model where the children are trusted to decide how much they want to eat. Staff refrain from making comments about their eating habits such as: "finish the plate", "take one bite" or "good boy, you ate all your peas".			
7. For children ages 1 and older who are developmentally ready, beverages are offered in an open, child-sized cup.			
8. Staff eat together with children. At least one staff member sits with the children and eats the same meal with them. Staff does not bring additional foods to meal time, doesn't eat outside of meal and snack times, and doesn't eat unhealthy foods in front of children.			
9. Staff incorporates healthy eating activities and messages into regular programming (e.g. planting a garden, making veggie art, etc).			
10. Staff remain updated about resources for promoting healthy eating for children and families.			
11. Celebrations are enjoyed with foods consistent with Canada's Food Guide or non-food items and/or activities.			
12. Fundraising activities use foods consistent with Canada's Food Guide or use non-food items.			



