

Nutrition Handbook

for Early Learning
and Child Care



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Introduction

Early learning and child care facilities can have a positive effect on children's health by:

- making sure young children are offered nutritious foods
- influencing food choices and attitudes
- supporting children's growth and development
- providing resources to help support families

By working with families, and focusing on creating a healthy eating environment in your facility, you can also have a positive effect on children's home lives. You have the opportunity to influence children's learning ability and growth, and improve their present and future health.

About this manual

The Best Practices Licensing Manuals for Early Learning and Child Care Centres and Homes outline licensing regulations, guidelines and best practices.

This handbook supports the Best Practices Licensing Manuals by providing practical advice that can be adapted to meet the individual needs of each facility.

This handbook will help you to:

- build relationships with families
- learn more about the nutrition challenges you face
- provide children with healthy, nutritious food choices
- create a healthy eating environment

Acknowledgments

Thank you to all the registered dietitians and those in the early learning and child care field who contributed their knowledge, experience and ideas to this handbook.



Allergy disclaimer

The snack and meal suggestions in this handbook do not leave out common food allergens (ex: peanuts, tree nuts, eggs, milk, seafood, mustard, soy, wheat, sulphites). If a child in your care has a known food allergy, consult with the child's family. The list of resources below will help you keep these children safe while in your care.

- Allergy/Asthma Information Association: www.aaia.ca/en/index.htm
- Anaphylaxis Canada: www.anaphylaxis.ca/
- Government of Manitoba. Caring for our children with anaphylaxis in a child care program: www.gov.mb.ca/fs/childcare/pubs/anaphylaxis_booklet.pdf
- Health Canada: www.hc-sc.gc.ca/hl-vs/iyh-vsv/food-aliment/allerg-eng.php

NOTE: *Information on protecting children with food allergies can also be found on page 14 of this handbook.*

Research shows it is not necessary for families to wait before giving fish, eggs or other foods to babies/children – it will not reduce or prevent allergies to these foods. (*Feeding Your Baby: 6 months-1 year, Healthy Child Manitoba, 2014*)

Licensed child care providers in Manitoba must NOT serve food containing known peanut products to children younger than three years of age.

Child care providers must only serve foods that children have already eaten at home. Therefore, it is important to talk to families regularly about which new foods their children have been introduced to.

Using the appendix

Throughout this handbook, you will find references to an appendix. It is located near the end of the handbook.

Listed in the appendix are ideas and materials that will support what you've learned in the handbook. Use these materials to put that knowledge into practice (ex: blank forms, snack and lunch ideas, recipes). Photocopy pages, when needed, for use in your child care facility or as handouts for families.

***All materials in this handbook can be photocopied for use.**



Building Relationships with Families

Families face many different challenges, including busy schedules, difficult financial situations and limited help and support. As a child care provider, it's important that you build a relationship with families. This will help you to better understand their circumstances and provide the best possible nutritional care for their children.

When you work with families, you have an opportunity to:

- encourage healthy eating in their homes
- provide children with positive messages about nutrition and their eating environment
- learn from each other, so you can best meet the needs of the children under your care

Here are some ways to strengthen, and build on, relationships with families:

Learn about families' needs

- Ask families about their children's food preferences, and whether there are foods they must not eat due to allergies, or medical conditions (ex: celiac disease or diabetes).
- Learn about families' cultural and religious practices that concern food (ex: food restrictions, mealtime customs/rituals, recipes for their favorite family dishes).

- Use the list of food and nutrition questions for families in the appendix to gather information. The questions can be included in the enrollment forms, or collected after the children are accepted into your care. Use the information you receive to plan menus.

Support families

- Create opportunities for families to share snack and meal ideas. Distribute through newsletters or a website.
- Organize a nutrition information event.
- Help families access affordable, healthy foods.
- Share tips for menu planning on a budget (see pages 24-25).

Share nutrition information with families

- Share all changes in menus, schedules, policies, food allergies as well as restrictions on food brought from home.
- Share your facility's food and nutrition policy (if you have one).
- Share nutrition information and other helpful resources.
- Share snack and lunch ideas (see appendix).

Involve families in facility activities

- Ask families to share their children's favourite recipes made from fresh, whole foods, and use them in your menus.
 - Invite families to drop in for lunch.
 - Plan field trips to places where food is grown or sold (ex: farm, farmer's market, grocery store) and invite families to come.
 - Start a gardening project. Invite families to take part by providing seeds or plants, or by taking home seedlings the children have grown.
 - Allow children to share things like stories about special family members they like to cook with or food and their heritage. They could also share favorite family recipes, photos, or vegetables and fruit from family gardens.
- Ask children to bring in photos or drawings of themselves and their families sharing a meal, or doing activities that involve food. Post these on a bulletin board to share with the other children and their families.
 - Ask families for their opinions when making changes to your nutrition policy or menus, and give them time to adjust to any changes.



Inform families about foods their children are eating

- Keep menus posted so families are aware of the foods their children are being offered.
- Keep track of what children are eating at your facility. This will promote well-rounded diets, which are important for their overall health and well-being.
- Let families know what their children have eaten while in your care, by telling them, or providing them with a written food journal.

Food journal for infants

- Provide a written journal for all infants, that families can take home daily.
- Record food, milk and water intake, naps and diaper changes so families can plan for the rest of the day.
- See appendix for a food journal for infants you can photocopy and use in your facility.

Food journal for children

- Food journals for children would likely be used temporarily – when challenges arise.
- Food journals can be helpful when working with “picky” eaters or children with food allergies. They are also useful when children are ill.
- Knowing what their children have eaten while in your care will help families to balance their food intake at home.
- You could consider printing out your menu for the day to communicate to parents how much of each food their children have eaten, or photocopy the form in the appendix and use it in your facility.

Talk with families about sensitive food issues

- Listen to families’ concerns right away, in a private setting.
- Be sensitive to families’ circumstances, cultural practices and religious beliefs.
- Be respectful when suggesting different ideas and options.
- Be realistic about families’ busy schedules and the realities of parenting.
- See page 34 for tips to improve lunches and snacks coming from home.
- Contact your child care co-ordinator or local public health office for help, if needed.
- Get help from a registered dietitian.

Food and Nutrition: What You Need to Know

Important facts about nutrition and children

- Follow *Canada's Food Guide* when planning meals and snacks, for children 2 years and older (see appendix, under Helpful Websites/Resources, for link to *Canada's Food Guide*).
- Children need good role models to develop a taste for healthy foods and a healthy attitude about food.
- Children's growing bodies need healthy fat found naturally in foods like higher-fat milk, cheese, nuts and vegetable oils.
- Children need healthy, nutritionally balanced breakfasts to give them the energy they need to learn and play.
- Children need variety, including:
 - choices from each food group
 - foods with a variety of colour, texture (ex: crunchy, soft, chewy) and temperature
- Limit foods high in added sugar, salt and fat, such as sweetened cereal, packaged baked goods, candy, sweetened drinks, deep-fried foods and processed deli meats. These foods will fill a child's stomach, making them less hungry for nutrient rich food and drinks.

Portion sizes

In healthy children, portion size will increase with age.

A *Canada's Food Guide* serving may be larger than a young child can eat at one time. Start with $\frac{1}{3}$ to $\frac{1}{2}$ of a *Canada's Food Guide* serving. If a child is still hungry, allow them to have more.

For example:

Children between two and eight years of age need one *Canada's Food Guide* serving from the meat and alternatives group per day.

This could mean:

1 egg OR 1 Tbsp nut butter, at lunch
($\frac{1}{2}$ *Canada's Food Guide* serving)

AND

40 grams (1 $\frac{1}{4}$ ounce) fish, poultry or meat,
at supper ($\frac{1}{2}$ *Canada's Food Guide* serving)

Keep in mind that a large portion of a child's daily food intake is eaten at home.

DID YOU KNOW?

Canned **light tuna** contains types of tuna that are low in mercury, so no safety guidelines are necessary. Also, it is usually lower in cost.

Canned **white tuna** is not the same as canned **light tuna**.

Limit the amount of **white tuna** to:

- 75 grams a week (or one *Canada's Food Guide* serving, about half a 170-gram can) for children ages one to four years.
- 150 grams a week (or two *Canada's Food Guide* servings, about one 170-gram can) for children ages 5 to 11.

Infant feeding (ages 0 - 2)

Daily communication with families can help an infant's overall health and well-being. Ask families about their feeding preferences; work with them to develop a feeding plan for their infants; and discuss which foods have been introduced at home.

Breastfeeding

Breastfeeding is the ideal way to feed a baby. Health Canada recommends breast milk as the only food babies should consume until they are six months old, with continued breastfeeding for two years, or longer.

Support breastfeeding mothers and their children by:

- welcoming breastfeeding mothers into your facility
- offering them a quiet and comfortable place to sit and feed their children
- encouraging them to send expressed breast milk from home, if possible

Formula feeding

For mothers who are not breastfeeding, iron-fortified infant formula is the next best choice. Infants who are fed formula should continue to have formula until they are nine months to one-year old, at which time they may be ready for whole cow's milk (3.25% MF).

DID YOU KNOW?

You should NEVER give any type of honey to infants 12 months old and younger.

Feeding babies honey before they are one year old has been linked to a rare, but serious, form of food poisoning called Infant Botulism.



Introducing solid foods

When infants are six months old, they are usually ready to start eating small amounts of solid foods containing iron. Solid foods provide nutrients and textures needed for healthy growth and development. At this time, breast milk and/or formula with iron should still be baby's main food.

SIGNS AN INFANT IS READY FOR SOLID FOODS

They:

- sit up with very little help
- hold their head up
- open their mouth when food is offered
- turn their head to refuse food

Feeding tips

- Choose foods and textures that suit baby's skills and age.
- It is important to try different textures. This helps baby to learn to chew, swallow and enjoy the same food other children are eating.
- Babies do not need to have teeth to eat solid foods.
- If using store-bought baby food, check the expiry date on the jar or package. Do not use past the expiry date.

- Use a small bowl or plate for feeding baby. Do not feed babies from the jar.
- Any food left over should be thrown out as germs can spoil the food.
- When warming baby food, stir and test it to make sure it is not too hot.
- Put a small amount of food in front of baby and see what happens. They may play with it, taste it or not eat it at all.
- Start with one or two teaspoons of food and gradually increase according to baby's appetite. Let baby decide how much to eat.
- Start with one meal a day and gradually increase to three meals a day and snacks.
- Babies do not need sugar, sweeteners or salt added to food.
- Try only one new food at a time. Wait at least two days before trying another new food. This helps you find out if a food causes an allergic reaction. Talk to the family about what foods are being introduced at home.
- Work closely with families to create a plan for introducing new foods.

(adapted from Feeding your Baby: 6 Months to 1 Year, Healthy Child Manitoba www.gov.mb.ca/healthyliving/hlp/docs/nutrition/feeding.pdf)

Beverages

Milk

- Whole cow's milk (3.25% MF) can be introduced after nine months of age.
- Reduced-fat milk (2%, 1% or skim) and fortified soy beverages can be introduced after two years of age (discuss with family before changing the type of milk served).
- Children who drink more than 3 cups of milk a day may not be hungry for food and therefore may not be getting other nutrients their bodies need.



Water

- Once an infant is six months of age, water may be introduced as a beverage.
- Water given to infants (for drinking and/or preparing food and other beverages) must be clean and safe from contamination.
- Offer water to satisfy thirst.

DID YOU KNOW?

Infants over one year of age do not need to use a bottle or “sippy cup” (cup with a lid). A regular (open) cup is the best choice to encourage development of mature drinking skills, a healthy diet and good dental health.

Fruit juice

- Fruit juice is not recommended for infants under six months of age.
- Vegetables and fruit should be offered more often than juice.
- If juice is served to children or infants after six months of age:
 - offer only a small serving (about 60 - 125 ml or $\frac{1}{4}$ - $\frac{1}{2}$ cup)
 - the daily amount should not exceed 125 - 175 ml (or $\frac{1}{2}$ - $\frac{3}{4}$ cup); keep in mind that they may be drinking juice at home, too
 - offer in a cup, not a bottle
 - **only** offer as part of a meal, or snack
 - offer only 100% fruit juice
 - never serve un-pasteurized juice
- Do not serve beverages called “fruit cocktail,” “fruit punch” or “fruit drink.” They are not a food-group choice and are high in added sugar.
- Too much fruit juice will fill a child's stomach, making them less hungry for nutrient-rich breast milk, infant formula, milk and healthy foods.

Sweetened drinks

- Sugar-sweetened beverages like pop/soft drinks, fruit punch, flavoured water, iced tea, lemonade, sports drinks, and drinks sweetened with artificial sweetener, are not recommended for children.
- When children fill up on these beverages, there is little room left for nutritious food and drinks.

Choking hazards

As infants and young children learn to eat, they should always be supervised and seated in appropriate, child-sized chairs to reduce the risk of choking. Remember that children move through stages at their own rate. By watching children closely, you will be able to judge when they are ready for certain foods.

The foods below cause the greatest risk of choking for children ***under four years old***. Therefore, these foods should either be altered to a safer shape or texture, or avoided altogether.

Choking hazard	How to make it safer
Whole or large pieces of raw vegetables, fruit and bread Kabobs (on a skewer or toothpick)	Grate raw vegetables or fruit. Cook to soften. Remove pits and large seeds. Cut into very small pieces – about 1 cm (½ in) diameter. Cut up vegetables and fruit and serve them on a plate, rather than on a skewer or toothpick.
Grapes	Cut into quarters, lengthwise, and remove seeds.
Foods with fibrous or stringy textures such as celery or pineapple	Finely chop these foods.
Raisins and other dried fruit	Do not give to children under four years old.
Popcorn	Do not give to children under four years old.
Seed and nut butter spread thickly or served on a spoon	Spread thinly on a cracker or bread
Whole nuts and seeds	Do not give to children under four years old.
Fish with bones	Carefully remove all bones.
Wieners or sausages	Cut into quarters, lengthwise, then into bite-size pieces (or do not serve).
Gum, marshmallows, hard candy and cough drops	Do not give to children under four years old.

Provide first aid and call 911 if a child is choking.

Protecting children with food allergies

How will caring for children with food allergies affect the way I do things?

Caring for a child with a food allergy requires extra attention.

If your facility provides food:

- be sure all staff are aware of the food allergy, and what is being done to avoid exposure to the allergen (substances that can cause allergies in some children)

- pay very close attention to food labels when shopping (see appendix for more information on reading food labels)
- focus your menu on whole, fresh foods and homemade sauces, seasonings and dips, to help avoid allergens
- communicate with all families about food allergies present in the facility

If families are providing food for their children:

- make sure all families are aware of the food allergies at your facility
- inform families about how to avoid bringing food allergens into the child care facility, and what the possible risks are if the allergic child is exposed

Also keep food allergies in mind when:

- planning activities (ex: avoid using food for art)
- organizing special events and field trips

What steps can I take to protect a child who has food allergies?

If a child in your care has a known food allergy, there are many important steps you can take to help protect them:

1. Read food labels very carefully.

- Make sure you **check the label every time** you buy a product!
 - Manufacturers sometimes change the ingredients in products.
 - Different varieties and sizes of the same brand may contain different ingredients, so check the label on every product you buy.



- Most packaged food products must identify major food allergens on the label. Read ingredient lists and look for the following cautionary statements/warnings:
 - “contains...”
 - “may contain...”
 - “manufactured in a facility which also processes...”

Note: Less common food allergens do not have to be identified in a cautionary statement. Look for them in the ingredient list.

- Avoid buying food from bulk bins, as ingredient lists may not be available and there is a risk of cross-contamination between bins.

See appendix for more information on reading food labels.

2. Avoid cross-contamination

Cross-contamination happens when an allergen accidentally comes into contact with a food product that doesn't normally contain that allergen.

- Cautionary statements on food labels warn that foods could have accidentally been exposed to an allergen some time during the manufacturing process, and are not safe for those with food allergies.
- Even if a food does not contain the food allergen, it still might have been in contact with the allergen through things like utensils (ex: forks, knives) and cooking pans.
- To avoid cross-contamination in your facility, you could consider eliminating all foods containing the known allergen.

3. DO NOT take chances

When in doubt, don't serve it!

- Avoid serving food products that contain, or may contain, an allergen a child in your care is allergic to.
- Avoid serving food products that contain a warning statement naming an allergen of concern.
- Avoid serving food products that don't list their ingredients.

Where can I find more information about food allergies?

See the list of helpful websites on page 4.

DID YOU KNOW?

Substitutes for peanut butter include: soy butter (ex: WowButter™), pea butter, sunflower seed butter (ex: SunButter™) and nut butters (ex: almond, hazelnut). These products provide similar amounts of protein and fat as peanut butter, and have a similar taste and texture.

Before allowing these foods into your facility, check with families for allergies to the ingredients in them (ex: soy, nuts). Also, some of these foods may have come in contact with peanuts during processing. Be sure to read the food labels every time!

“Picky” eater at the table

Try not to label a child as a “picky” eater; they are simply learning to eat. Many children go through stages where they refuse to eat some, or all, of the food offered to them. Learning to be an adventurous eater takes time and patience.

Remember that if children are growing and sleeping well, and are happy and healthy, they are probably getting the food they need. If you have concerns, try some of these ideas:

1. Work closely with families.

- Communicate regularly about successes and challenges concerning food and eating.
- Work with families to apply the same strategies at home and at child care, to provide a consistent and reliable message.

- Try to have discussions about food and eating challenges when children are not present.

2. Create a positive eating environment.

- Be role models and encourage healthy eating habits. Children learn by imitation.
- Give children about 10 to 15 minutes notice before the meal or snack is going to start.
- Allow children as much time as they need to eat.
- Sit at the table with the children, and eat the same food (when possible).
- Allow children to serve themselves, when they can. Give them the opportunity to choose how much, or how little, of each food they would like. Allow them to have another helping if they are still hungry.
- Keep mealtimes as pleasant and relaxed as possible (ex: start up conversations).
- Limit distractions at the table. Children will focus better on eating without other things going on like the television, telephone, computer and toys.
- Avoid entertaining children during mealtime (ex: singing songs, reading books).

DID YOU KNOW?

It can take at least eight to ten exposures before children try a new food. Continue to offer a food even if it's not accepted the first time.



3. Try to make sure children come to the table feeling hungry.

- Offer only small snacks halfway between meals or, if possible, two hours before meals.
- Offer only water in between meals and snacks (ex: don't leave out a bowl of cut-up fruit, dry cereal or crackers for the children to munch on).
- Include physical activity throughout the day.

4. Other tips

- The amount of food eaten at each meal and snack will vary day to day, depending on the child's appetite, activity level, growth, and whether they are excited or tired. Trust children to know when they are hungry and when they are full.
- Try to serve food in a variety of different ways. For example:
 - Add vegetables to soups, casseroles and sauces; or try them raw, shredded, baked, mashed or with a dip.
 - Try adding meat (ex: beef, pork) or poultry (ex: chicken, turkey) – chopped into small, bite-size pieces – to a casserole, soup or sandwich. Also try ground meat or poultry in a sauce.
- Offer new foods with familiar foods.
- Be open about the ingredients in mixed food dishes (ex: spaghetti sauce, meatloaf). Don't try to hide or disguise vegetables or other ingredients. This can cause the child not to trust you.

- Involve children in meal planning and preparation, according to their abilities. When they have been involved in preparing the food, they are more likely to taste it. See pages 22 - 23 for information about involving children in food preparation.
- Make only one meal but try to include at least one food you know all the children will eat.
- Sit children together in small groups. They may be more likely to try new foods if their friends are eating them.

DID YOU KNOW?

Eighty (80) per cent of five-year-old children are thought to be “picky” eaters, but by seven years of age, only 23 per cent remain “picky”. Be patient!

Culture, religion and food

Children in your care may come from a variety of cultural and religious backgrounds. Trying to understand and include children's cultural and religious food traditions or restrictions (foods they don't eat) will help them feel accepted and valued.

The role of food in cultural and religious practices is not simple – it varies among individuals and communities. It's not possible to know every cultural or religious tradition or celebration that involves food. The most important thing you can do is learn from the families of the children in your care. Here are some steps you can take to learn about, and support, all children in your care:

- Do not assume that all children from a particular culture or religion follow the same traditions. Ask children and their families to tell you about any cultural or religious food traditions or restrictions that they follow.
- Ask families to share a couple of their children's favourite cultural recipes with you. Learn how to cook them and include the ones made with whole, fresh food in your regular menus.
- Accept that some children may not want to try traditional Canadian foods, and others may not want to try foods from different cultures.
- Participate in some of the children's cultural celebrations by buying or preparing a special dish or snack.
- Always make sure there are suitable choices for all children.
- See the section called Helpful Websites/ Resources in appendix for recipe ideas from a variety of different cultures.



Vegetarian diets

The term “vegetarian” means different things to different people. Typically, vegetarians don’t eat animal foods, including meat, fish, seafood and poultry; however, they may eat dairy and eggs. Children and families follow vegetarian diets for a number of reasons – they include environmental, cultural, religious, ethical or personal choice. It is important to support children and families in their choices. Find out from families which foods can be included in their children’s diet.

Like all children, children following a vegetarian diet need to eat a variety of foods for growth and development. The nutritional needs of these children are the same as those of non-vegetarian children. Follow the recommendations in *Canada’s Food Guide*, using meat alternatives instead of meat.

Meat alternatives include:

- peanut butter and other nut butters
- nuts and seeds
- pulses (ex: dried or canned beans, peas, chickpeas or lentils)
- tofu
- soy-based meat substitutes (ex: meatless burgers, meatless ground round)
- fish *
- eggs *

*Some vegetarians do not eat fish or eggs. Check with the family before serving these foods to children who are vegetarian.

If possible, avoid making separate meals for vegetarian children. Instead, replace meat with alternatives or find vegetarian choices the whole group can enjoy.

What about vegan diets?

A vegan diet is the same as a vegetarian diet but does not include foods of animal origin (ex: meat, poultry, fish, eggs, milk, cheese, dairy products). A vegan diet can be healthy if foods are chosen wisely to support a child’s growth and development.

In addition to replacing meat with meat alternatives (listed here), for vegan diets you will also need to replace milk and milk products with alternatives such as fortified soy beverages. Talk to the family to find out what is served in the home.

Also, consult with families to determine which ingredients to be aware of when reading food labels and choosing acceptable packaged food products. See appendix for more information on reading food labels.



Food and Nutrition: Putting it into Practice

What is your role?

Child care providers play an important role in young children's experiences with food and eating. By setting a good example, creating a pleasant eating environment and providing nutritious choices, you can strongly influence children's overall health and well-being – now and into the future.

Here are some things you can do:

- Be role models for healthy eating. Children are more likely to enjoy a variety of food and try new foods if they see you doing it.
- Be aware of food allergies and what could trigger allergic reactions, and share the information with everyone who needs to know.
- Respect families' individual needs and personal choices (ex: medical – allergies, celiac disease; religious or cultural food restrictions; vegetarian diets).
- Create relaxed and pleasant mealtimes that provide an environment for social learning and positive interaction.
- Offer a variety of foods, including foods with different colours, textures, flavours, sizes, shapes and temperatures, as well as different ethnic choices.
- Hold infants during bottle feeding – look at them, talk to them and cuddle them.
- Actively involve children in mealtime activities (ex: setting the table, serving food, cleaning up).
- Sit with children in small groups during snack and mealtimes whenever possible and start conversations.
- Encourage communication and peer interaction between younger infants by arranging their chairs to face one another.
- Allow each child to decide if, and how much, they eat from the healthy choices that are served. Encourage children to eat but allow them to decide when they are finished.
- Do not use food as a reward or consequence.





Involving children in food preparation

Kids can cook!

Taking part in preparing meals is a great activity that can increase children's ability to follow instructions and co-operate with others. It is also a great way to encourage children to try a variety of foods, because they are more likely to eat foods they have helped prepare.

Here are some food preparation tasks you can try with children in your care.

Children under two

Children at this age are usually not able to actively participate in meal/snack preparation. You can involve them by:

- talking about what you are doing as you prepare meals and snacks
- naming kitchen utensils and foods
- talking about foods they like to eat
- allowing them to feed themselves (when ready)

Beginner (age two to six)

Young children learn through seeing, touching, smelling, hearing and tasting. With supervision, you may want to have them try:

- gathering ingredients and equipment
- helping with gardening tasks (ex: planting, watering, picking)
- washing vegetables and fruit
- peeling fruit (ex: bananas, oranges)
- opening packages
- rinsing
- stirring/whisking
- mashing soft vegetables and fruit
- greasing pans
- pouring cold liquids or batter
- spreading butter or spreads
- putting foods together (ex: sandwich, pizza, salad, yogurt parfait)
- arranging food on a serving plate
- setting and clearing the table

Intermediate (age six to nine)

Children at this stage can follow simple recipes that have few ingredients, and are able to share and take turns. In addition to the tasks listed above, try having them help with these supervised tasks:

- writing a grocery list
- measuring ingredients
- cutting with small, blunt knives or kitchen scissors
- opening cans
- cracking eggs
- grating (ex: cheese or carrots)
- serving

Advanced (age nine and older)

Children at this stage are usually more coordinated and able to understand how to use appliances safely. Have these children do the tasks listed above, and, if they are ready, have them try:

- planning a meal
- using small appliances (ex: microwave, food processor, blender, standing mixer)
- following simple recipes with few ingredients
- inventing and preparing simple recipes (ex: salad, smoothie)
- using a timer and thermometer
- storing food safely after grocery shopping or meal preparation
- reading and making sense of food labels to make healthy choices

Family-style dining

Family-style dining is when food is placed in serving dishes on the table and children are encouraged to serve themselves with, or without, help from an adult. Child care providers sit at the table with the children (and eat the same food, when possible). This creates a pleasant, social occasion for positive interaction. Staff can start conversations about the food, mealtime manners and the day's activities.

What are the benefits of family-style dining?

- Children learn and practise many social skills.
- Mealtime can become a teachable moment and an opportunity for discussion about where food comes from and basic nutrition.
- Children learn to serve themselves. They are allowed to take as much or as little as they want, and can have more if they are still hungry.
- Children often want to try new foods when they see other children and adults eating them.
- Children enjoy eating with adults and imitate their behaviours.
- Child care providers do not have to act as servers, so they can spend quality time with the children.

Menu-planning Tips

Creating a menu that includes a variety of healthy choices, while staying on budget, requires planning. Consider these tips when developing your menu:

Plan ahead

- Prepare parts of some meals ahead of time (ex: cook meat like ground chicken or roast beef and freeze it in packages for a later date).
- Try using a slow cooker or a crock pot.
- Make planned leftovers or double batches, freeze for a later date, and re-purpose in creative ways. For example, use leftover roast chicken in a noodle casserole or an omelet; use leftover tomato sauce as a pizza sauce; use extra rice in a rice pudding or in homemade soup.
- Develop a menu and try to stick to it – but allow for some flexibility to make use of seasonal foods and store sales. (Post all menu changes so families are aware.)

Include variety

- Include a variety of tastes, textures, colours and temperatures.
- Include a variety of foods from all four food groups (vegetables and fruit, grain products, milk and alternatives, meat and alternatives).

Consider cultural and dietary needs of all children

- Ask families for meal ideas or ask them to come in and teach children and staff about their culture's foods. Include the recipes that contain tasty, fresh, whole foods in your menu on a regular basis. See page 18 for more information about culture, religion and food.
- Be aware of allergies and other food restrictions when planning menus. See page 14 for more information about protecting children with food allergies.

Menu planning on a budget

Serving healthy foods does not have to cost more.

Try these ideas to keep your food costs down:

- Buy generic or store brands.
- Check advertisements and store flyers (online or in the store) for sales and coupons.
- Discuss with your local grocer, the possibility of receiving an incentive for your business (ex: a discount or free delivery).
- Get together with other facilities in your area to start a buying club. When you buy larger amounts of food, you can often get a better price.
- Buy large amounts of food and store or freeze what you don't use right away.
- Make meals from scratch using "whole" foods or basic ingredients.



- Serve tap water. Check with your municipality to determine the safety of your water for drinking.
- Stay away from recipes that call for “one-time only” ingredients that you’re not likely to use again.
- Buy vegetables and fruit that are in season or use frozen vegetables and fruit. When using canned varieties, rinse vegetables before eating and choose fruit canned in juice.
- Offer smaller portions so there is less waste (ex: cut up an apple and share it among two or three children instead of giving each child a whole apple, which they will likely not finish).
- Use these high-protein, low-cost meat and alternatives often: eggs, canned or dried beans, lentils, frozen edamame (soy beans), canned light tuna, ground meat/poultry, whole chicken, roast beef or pork.
 - Use eggs to make an omelet, frittata or egg salad for lunch; add chopped boiled eggs to salads; offer a boiled egg as part of a snack.
 - Use canned light tuna or salmon in sandwiches, pasta and salad.
 - Add canned beans or frozen edamame to quesadillas, burritos, soups or pasta salad.
 - Cook a beef or pork roast, or a whole chicken, and use it for sandwiches, soups or casseroles.

DID YOU KNOW?

Nutrition is not about “good” food and “bad” food. It is about moderation, balance and choosing a variety of foods that are tasty, nutritious and affordable.

Menu ideas: meal by meal

BREAKFAST

- Prepare and freeze muffins such as raisin bran, blueberry oatmeal or whole-wheat banana. Thaw and serve for a quick and healthy breakfast.
- Keep a variety of breakfast cereals on hand (such as whole wheat or oat squares or toasted oat 'O's). Choose the ones that have less sugar and more fibre. Add milk and some sliced bananas.
- Make a double batch of whole-wheat pancakes or waffles. Freeze half and toast them for breakfast. Add some fresh fruit or frozen berries and a yogurt drink.
- Serve oatmeal mixed with nut or seed butter, and sliced strawberries or bananas.
- Spread multigrain toast (thinly) with nut or seed butter, such as almond, peanut, sunflower seed or soy butter. Serve with unsweetened apple sauce and a glass of milk.

MORNING SNACK

- Offer a variety of cut-up fruit, such as strawberries, pineapple, cantaloupe or apple, with yogurt for dipping.
- Make colourful snack platters (ex: orange cheese, sliced purple grapes, brown bread, yellow peppers and green cucumber).
- Spread nut or seed butter (thinly) on whole-grain crackers. Top them with banana slices and a chocolate chip or two.

LUNCH

- Make your own macaroni and cheese. Add frozen peas when boiling your macaroni.
- Try this recipe for pita pizza. Use pita bread as your crust. Spread with pizza sauce and add toppings (ex: pineapple, bell peppers, mushrooms, ground beef, shredded chicken). Sprinkle with shredded cheese and bake in the oven. Get the children to help and call it a pizza party.
- Offer variety in your sandwiches by using different types of flat breads, buns, tortillas, pitas or bagels.
- Eggs don't just have to be for breakfast. They are an economical and easy source of protein. Try them scrambled with toast and sliced tomatoes; in french toast with berries and yogurt; or in a frittata – just add vegetables and cheese.
- Nut or seed butter, with bananas or fresh strawberries, can make the standard peanut butter and jelly sandwich a little more interesting.
- Serve whole-wheat naan bread with mild curry chickpeas, cooked vegetables and plain yogurt.
- Spaghetti with meat sauce or meat balls is usually a hit with children. Try different shapes of whole wheat pasta.
- Try making vegetarian chili and serve with whole grain buns.
- Make baked quesadillas. Spread some mild salsa, chopped peppers, black beans and shredded cheddar cheese on a whole-wheat tortilla, fold in half and toast in the oven until cheese is melted.

AFTERNOON SNACK

- Serve yogurt parfaits: yogurt sprinkled with granola and berries.
- Prepare a plate of colourful vegetables (ex: carrots, red peppers, snap peas), and serve with a Greek yogurt dip.
- Serve whole grain crackers and cheese with sliced cherry tomatoes. Choose lower salt (sodium) versions of crackers.
- Make oatmeal raisin cookies and serve with pear slices.
- Offer raw or steamed broccoli and cauliflower with hummus dip.
- Make a frozen fruit salad (ex: slice and freeze grapes, bananas, blueberries or strawberries) and serve with a yogurt drink.
- Try this recipe for Crunchy Chickpeas: Mix one can of chickpeas (drained and rinsed) with 30 ml (2 tbsp) vegetable oil and seasonings of your choice (ex: dill, paprika, chili powder, garlic powder, cinnamon). Spread on a baking sheet and roast for 30 to 45 minutes in a 400° F (200° C) oven. Stir half-way through to ensure even cooking.



Healthy snacks

Snacks are a necessary part of eating for young children. Children have small stomachs that tend to fill up quickly. Small, healthy meals and snacks during the day will give them the nutrition they need to grow healthy minds and bodies. Children will need larger portions as they grow.

For the best nutritional value, offer a variety of choices from different food groups. Allow children to choose what they want to eat.

Remember that snacks should be served in small portions and spaced out between meals. If children fill up on snacks, they will not be hungry for their meals. When possible, provide snacks at least two hours before a meal.

Children will develop eating skills at their own rate. Observing children as they eat will help you learn where they are in the range of eating ability. As they become more skilled eaters, you can introduce different foods and more textures.

	BEGINNER	INTERMEDIATE	EXPERIENCED
<p>Vegetables and fruit</p> <p>Fresh, frozen or canned are all healthy choices.</p> <p>Choose canned fruit in juice.</p> <p>Rinse canned vegetables before serving.</p> <p>Try to include a variety different colored vegetables and fruit each week.</p>	<p>Cooked, soft, ripe or puréed vegetables and fruit, such as carrots, sweet potato, squash, broccoli, avocado, green peas, pears, melon, bananas or berries</p> <p>Unsweetened applesauce or other unsweetened puréed fruit</p> <p>Fruit blended into a smoothie</p>	<p>Bite-size pieces of vegetables like cucumber, tomato or bell peppers</p> <p>Cut-up fruit like grapes, strawberries or kiwi</p>	<p>Cut up vegetables like broccoli, turnip, celery, carrots or snap peas</p> <p>Whole or sliced apple, pear or orange</p> <p>Frozen grapes, blueberries or raspberries</p> <p>Dried fruit</p>
<p>Grain products</p> <p>Choose whole grains most often.</p> <p>Choose products that are lower in added fat, sugar and salt.</p>	<p>Fortified infant cereal</p> <p>Hot cereals like oatmeal, quinoa or Cream of Wheat™</p> <p>Cold cereals like oat 'O's or whole wheat squares or flakes</p> <p>Baby rice crackers</p>	<p>Mini bran or oatmeal muffins</p> <p>Whole wheat toast, pita wedges, bagels, naan bread, roti or tortillas</p> <p>Whole wheat baked bannock</p> <p>Whole grain crackers or unsalted pretzels</p>	<p>Air-popped popcorn</p>

	BEGINNER	INTERMEDIATE	EXPERIENCED
<p>Milk and alternatives</p> <p>Serve whole milk (3.25% MF) until two years of age.</p> <p>Reduced-fat milks (2%, 1% or skim) and fortified soy beverages can be introduced after two years of age.</p>	<p>Whole milk</p> <p>Yogurt (cups, tubes or drinks)</p> <p>Cottage cheese</p> <p>Grated hard cheese</p> <p>Kefir (a fermented milk drink found in the dairy section of the grocery store)</p>	<p>2%, 1% or skim milk, fortified soy beverage or chocolate milk</p> <p>Sliced or cubed hard cheese</p> <p>String cheese</p>	
<p>Meat and alternatives</p> <p>Serve meat alternatives, such as beans, lentils and tofu, often.</p> <p>Choose meat and alternatives with little or no added salt.</p>	<p>Soft or partially mashed beans, chickpeas or lentils</p> <p>Soft pieces of cooked tofu</p> <p>Hummus or bean dips</p> <p>Scrambled eggs</p> <p>Nut or seed butter, spread thinly</p> <p>Canned tuna or salmon (without bones)</p>	<p>Hard-cooked eggs cut into small pieces</p> <p>Bite-size pieces of roast chicken, beef or pork</p>	<p>Nuts or seeds</p>

DID YOU KNOW?

Children should brush their teeth after eating foods that are sweet and sticky, such as dried fruit (ex: raisins, cranberries, apricots). If they are not able to brush their teeth, you can serve a small piece of cheese, a glass of milk or a glass of water after they eat the sticky food. By doing this, they will be less likely to develop cavities.

Pre-prepared foods

Meeting the needs of children can leave little time to shop and prepare meals. This is why people may serve pre-prepared foods and meals made outside the child care setting.

Some types of pre-prepared foods can be convenient and healthy, such as frozen or canned vegetables, fruit, beans or fish. Using these products can save on preparation time

and are often economical. However, sometimes processing involves adding salt, fat and sugar to a food, making it a less healthy option.

With a little planning and practice, you can learn to cook delicious foods from scratch.

Here are some suggested substitutes for processed foods:

Instead of this...	Try this...
Boxed macaroni and cheese	Cooked pasta tossed with a simple sauce (made with milk and cheese) Pasta with tomato sauce and sprinkled with shredded cheese
Processed cheese slices	Sliced hard cheese
Processed cheese spread	Nut, seed or soy butter
Ramen noodle soup or canned soup	Low-sodium (low-salt) chicken broth with whole wheat, egg or soba noodles, frozen vegetables and pulses (such as dried or canned beans, peas, chickpeas or lentils)
Sugar-sweetened cereal	Oatmeal, shredded wheat squares, puffed wheat, unsweetened oat 'O's
Granola bars	Homemade granola bars or whole grain muffins
White bread	100% whole-wheat or whole-grain bread
Fruit leathers, gummies or roll-ups	Unsweetened dried fruit (ex: apricots, raisins) or cut-up fresh fruit
Juice	Fresh, frozen or canned (in juice) fruit
Frozen french fries	Sliced potatoes or sweet potatoes, baked in the oven with vegetable oil
Hot dogs, sausage, deli-meat, frozen chicken nuggets or fish sticks	Cooked lean ground beef or turkey, sliced roast chicken, beef or pork, canned light tuna or salmon

Dips, sauces and condiments

Using dips, sauces and condiments (ex: mustard, salsa) can be a great way to add flavour to a meal or snack. Many children love to dip their food, and may be more likely to eat the food, when served with a dip. However, some popular condiments can be high in salt or sugar.

When buying and serving dips, sauces and condiments in your facility:

- Compare the Nutrition Facts tables on different products, and choose the product with lower sodium (salt) and lower sugar. For information on reading food labels see appendix.
- Serve small portions (ex: 15 ml or 1 tbsp).

Use some of the suggestions below as healthy alternatives:

Instead of	Try
dipping food in: Ketchup Sweet chili sauce Prepackaged creamy dip Honey dill dip	Homemade yogurt and herb dip* Canned or homemade salsa* Hummus*
topping toast and bagels with: Honey Jam, jelly or marmalade Processed cheese spread	Nut, seed or soy butters Unsweetened apple or fruit sauces, crushed pineapple, sliced bananas or strawberries A slice of cheddar cheese Butter or non-hydrogenated margarine
flavouring casseroles, soups and stir-fries with: Table salt, seasoning salt, onion salt, garlic salt, celery salt, seasoning mixes containing salt Powdered soup-base Soy sauce, teriyaki sauce or pre-made stir-fry sauces	Onion powder, garlic powder, ginger, horseradish, pepper, salt-free herbs and spices Low-sodium chicken or vegetable broth Homemade stir-fry sauce: whisk together garlic, ginger, orange or pineapple juice, low-sodium broth or low-sodium soy sauce and corn starch
seasoning salads or vegetables with: Pre-made salad dressing Processed cheese sauce	Homemade salad dressing* Pepper, herbs and spices Vinegar, lime juice, lemon juice or orange juice Melted butter or non-hydrogenated margarine
topping sandwiches, wraps and burgers with: BBQ sauce Ketchup Relish Pickles	Avocado or guacamole (avocado based dip)* Slices of hard cheese Mustard Butter or non-hydrogenated margarine A variety of vegetables (tomato, onion, lettuce, cucumber, bell peppers) Hummus * Tzatziki *

*see recipes on pages 32-32

Recipes

YOGURT DIP



Start with 250-500ml (1-2 cups) of plain yogurt (depending on how flavourful your children like their dip), mix in any of the following seasonings and serve. Use plain Greek yogurt if you prefer a thicker texture.

Garlic and Dill: 5 ml (1 tsp) garlic powder, 2.5-5 ml ($\frac{1}{2}$ -1 tsp) dried dill, 15 ml (1 tbsp) lemon juice, 1 ml ($\frac{1}{4}$ tsp) pepper, 1 ml ($\frac{1}{4}$ tsp) salt (optional)

Italian: 5 ml (1 tsp) dried oregano, 5 ml (1 tsp) dried basil, 5 ml (1 tsp) dried thyme, 1 ml ($\frac{1}{4}$ tsp) pepper, 2.5 ml ($\frac{1}{2}$ tsp) garlic powder

Ranch: 2.5 ml ($\frac{1}{2}$ tsp) dried dill, 5 ml (1 tsp) garlic powder, 5 ml (1 tsp) onion powder, 5 ml (1 tsp) dried onion flakes (or minced fresh onion), 1 ml ($\frac{1}{4}$ tsp) pepper, 1 ml ($\frac{1}{4}$ tsp) salt (optional)

Tzatziki: 250 ml (1 cup) cucumber (peeled, seeded and grated), 15 ml (1 tbsp) olive oil, 30 ml (2 tbsp) lemon juice, 1 ml ($\frac{1}{4}$ tsp) pepper, 1 ml ($\frac{1}{4}$ tsp) salt (optional), 1 clove minced garlic (optional), 30 ml (2 tbsp) fresh chopped dill (optional)

Fruit: 125 ml ($\frac{1}{2}$ cup) thawed frozen berries (mashed with its own juices), 15 ml (1 tbsp) maple syrup or liquid honey
Refrigerate for up to 5 days.

FRESH SALSA (PICO DE GALLO)

500 ml (2 cups) firm tomatoes, diced (fresh or canned; choose low-sodium varieties, when possible)

60 ml ($\frac{1}{4}$ cup) finely diced onion

45 ml (3 tbsp) chopped fresh cilantro (optional)

$\frac{1}{2}$ lime, juiced (or 30-45 ml (2-3 tbsp)) lime juice)

1 ml ($\frac{1}{4}$ tsp) salt (optional – if using regular canned tomatoes, don't use salt)

Mix all ingredients together and serve.

HUMMUS

1 – 540 ml (19 oz) can chick peas (garbanzo beans) - drained and rinsed

60 ml ($\frac{1}{4}$ cup) oil (canola, olive or vegetable)

30 ml (2 tbsp) lemon juice

1 clove garlic (optional)

60 ml ($\frac{1}{4}$ cup) tahini (sesame paste) or 5 ml (1 tsp) sesame oil (optional)

Add all ingredients to a food processor or blender and blend until smooth (you may need to add a little water).

Refrigerate for up to 5 days.

HOMEMADE SALAD DRESSING

125 ml (½ cup) vinegar (any variety)
250 ml (1 cup) oil (vegetable, canola or olive)

15 ml (1 tbsp) Dijon or honey Dijon mustard*

Mix all ingredients together and whisk in one of these seasoning combinations (or create your own).

Garlic and Dill: 2.5 ml (½ tsp) garlic powder, 2.5-5 ml (½ -1 tsp) dried dill, 15 ml (1 tbsp) lemon juice, 1 ml (¼ tsp) pepper, 1 ml (¼ tsp) salt (optional)

Italian: 5 ml (1 tsp) dried oregano, 5 ml (1 tsp) dried basil, 5 ml (1 tsp) dried thyme, 1 ml (¼ tsp) pepper, 1 ml (¼ tsp) garlic powder

Ranch: 125 ml (½ cup) plain yogurt, 2.5 ml (½ tsp) dried dill, 5 ml (1 tsp) garlic powder, 5 ml (1 tsp) onion powder, 5 ml (1 tsp) dried onion flakes (or minced fresh onion), 1 ml (¼ tsp) pepper, 1 ml (¼ tsp) salt (optional).

* Mustard helps keep the salad dressing from separating. If a mustard allergy is a concern, you can leave it out but you will need to mix the dressing before serving.

Refrigerate for up to 5 days.

GUACAMOLE



Peel and mash one ripe avocado and mix in the following ingredients.

30 ml (2 tbsp) prepared salsa

10 ml (2 tsp) lemon or lime juice

1 ml (¼ tsp) garlic powder (optional)

1 ml (¼ tsp) salt (optional)

Chopped cilantro, chopped onion (optional)

Throw out any leftovers, as they will go brown very quickly.

Lunches and snacks from home

Some child care facilities do not provide food; instead, children bring their own food from home.

Here are some tips for you to help families pack lunches and/or snacks:

- Be sure families are aware of facility policies and guidelines for food allowed in the child care facility.
- Provide suggestions for suitable food choices (see Snack Ideas and Lunch Ideas in appendix).
- Offer an information event, a newsletter and other opportunities for families to gather and share ideas for healthy lunches and snacks (in-person or online).

If you notice that the food coming from home is not meeting a child's nutritional needs on a regular basis, try these steps when working with families:

1. You can try sitting the child beside another child who enjoys a variety of foods for lunches and snacks. Children learn from their peers and usually want to eat what their friends are eating.

You can also try sharing print information as a handout, on a bulletin board or in a newsletter (ex: information from this handbook, a collection of healthy snack and lunch ideas).

2. If you do not notice any changes, try doing a taste test or cooking a recipe with children in your facility. This could be part of a special event or as part of your curriculum. Focus the food activity on the issue that you are experiencing (ex: no vegetables in a child's lunch – try a vegetable-based recipe or a vegetable dip). Send a note home to all families about the activity. Tell them the foods their children tried, and include the recipe for all families.

3. If you still haven't noticed any changes, have a private conversation with the family. Ask about the child's eating patterns at home and share with them what happens at child care (ex: Is their child interested in what their peers are eating? Have they tried any new foods on special occasions?). Turn to the food and nutrition questions for families (in appendix) to help guide your conversation with the family.
4. If you have tried all the above suggestions, and still see no improvements in the food coming from the child's home, you'll need to accept that things may not change. Be sensitive, because most families try to do the best they can. You can continue to share information (if, and when, the time is right), and occasionally cook recipes at your facility to encourage healthy eating behaviours.

Additional foods may be needed to supplement the child's diet. If possible, try to keep some basic healthy foods on hand, like milk, fruit, whole grain crackers and cereal.



Special occasions and celebrations

Food often plays a significant role in celebrating many special occasions. It is okay to change the way we celebrate these occasions. Here are some ideas:

- If parents want to send a treat for their child's birthday, ask them to send non-food items such as stickers, pencils or notepads.
 - Decorate the room.
 - Sing songs or read special books.
 - Play games.
 - Find out about how children from other cultures celebrate, and include these traditions in your celebrations (ex: a cultural dance or song).
- Celebrate birthdays only once a month.
 - Healthy snack ideas:
 - serve homemade muffins (respect all food allergies)
 - offer the children's favourite vegetable or fruit
 - allow children to choose a lunch or snack item on their birthday (from a selection of healthy choices)
 - prepare a fruit spritzer (mix 125 ml (1/2 cup) of 100% fruit juice with sparkling water)



Appendix

The materials in the appendix are designed to help you carry out the strategies presented in this handbook. Some of these materials are suitable as handouts for families, and others may be useful tools for your facility. Photocopy these pages, when needed, and use them to support your nutrition projects.



Food and Nutrition Questions for Families

To serve your family better, we would like to learn more about your child's food tastes, family customs and routines around food and eating. Please take a moment to answer the following questions:

1. What are your child's food preferences (likes)?

2. Does your child have any food allergies? Please list.

If yes, what signs indicate your child is having an allergic reaction and what do you do about it?

3. Does your family follow any religious or cultural food restrictions (foods you do not eat) or other food-related practises or customs? Please explain.

4. Are there any other food restrictions that your family practises? Please list.

5. Does your child have any other special nutritional needs? Please explain.

6. Are there any special feeding instructions for your child that we should be aware of?

7. Please add any other comments or concerns you have about food or nutrition related to your child.

Food Journal for Infants

Name:						Date:		
Fluids		A.M. Snack		Lunch		P.M. Snack		Naps
Time	Fluid Served/ Quantity	Food Served	Quantity Eaten	Food Served	Quantity Eaten	Food Served	Quantity Eaten	Time:
								Time:
								Time:

Diapering				
Time:	Time:	Time:	Time:	Time:
W D BM	W D BM	W D BM	W D BM	W D BM
Activities, comments, messages:				

[W = Wet/Pee D = Dry BM = Bowel Movement/Poop]

Reading Food Labels

You can learn to make healthy food choices by using nutrition labelling information while shopping. Nutrition information found on packaged foods includes: the Nutrition Facts table, the ingredient list and the nutrition claims. These give you information about the nutritional value of a food.

The **Nutrition Facts** table gives you information about:

- calories
- 13 nutrients
- % Daily Value (DV) of nutrients

All the information in the Nutrition Facts table is based on an amount of food. This amount is called the serving size, and is always found at the top of the Nutrition Facts table (see example on next page). Make sure you are comparing the same serving size. Also keep in mind that children do not always eat an entire serving at one time and other times they may eat more than a serving.

You can use the % DV to compare two different food products. This allows you to choose products that are higher in the nutrients you want more of, and lower in the nutrients you want less of. If a product has less than 5% DV of a certain nutrient, it has a little of that nutrient. If a product has more than 15% DV of a nutrient, then it has a lot of that nutrient.

Nutrients you may want less of are: fat, saturated and trans fats, sugar, sodium:

- 5% DV or less is a little.

Nutrients you may want more of are: fiber, vitamin A, calcium, iron:

- 15% DV or more is a lot.

DID YOU KNOW?

Children do not need to limit nutritious foods that contain fat, but they should limit foods that are high in fat and low in nutrition, such as potato chips, french fries and processed baked goods.

The **ingredient list** shows product ingredients from most to least. This means the food contains more of the ingredients at the beginning of the list and less of the ingredients at the end of the list.

A **nutrient content claim** (a claim the product contains certain nutrients, usually written in large letters on the package) can help you choose foods that contain a nutrient you may want more of. Look for words such as:

- source (*ex: source of fibre*)
- high or good source (*ex: high in vitamin A; a good source of iron*)
- very high or excellent source (*ex: excellent source of calcium*)

A nutrient content claim can also help you choose foods that contain a nutrient you may want less of. Look for words such as:

- free (*ex: sodium free; trans fat free*)
- reduced (*ex: sodium-reduced*)

A **health claim** can help you choose foods you may want to include as part of a healthy diet, to reduce the risk of chronic diseases. An example of a health claim is: *a healthy diet rich in a variety of vegetables and fruit, may help reduce the risk of some types of cancer.*

Nutrient claims and health claims are optional (don't have to be on the package), and they only highlight one nutrient. You will need to refer to the Nutrition Facts table to make good food choices for children.

Reading Nutrition Labels

Nutrition Facts 1			
Per 4 crackers (20 g) 2 3			
Amount	% Daily Value		
Calories 90			
Fat 3 g	5 %		
Saturated Fat 0.5 g + Trans Fat 1 g	8 %		
Cholesterol 0 mg			
Sodium 130 mg	5 %		
Carbohydrate 14 g	5 %		
Fibre 2 g	8 %		
Sugars 2 g			
Protein 2 g			
Vitamin A 0 %	Vitamin C 0 %		
Calcium 0 %	Iron 4 %		

4

5

Ingredients: Whole wheat, vegetable oil shortening, salt

6

Low fat, cholesterol-free, source of fibre

1. Nutrition Facts table
2. Serving size (specific amount of food)
3. % Daily Value
4. Calories and core nutrients
5. Ingredient list
6. Nutrient content claim

Snack Ideas

Snacks are an important source of nutrition for children. Young children have small stomachs that tend to fill up quickly. Providing nutritious snacks throughout the day gives their bodies energy to support growth and development.

Here are some ideas to get you started:

Vegetables and fruit

- Fresh: snap peas, broccoli, cauliflower, bell peppers, cucumbers, carrots, celery, cherry tomatoes, lettuce wraps (wrap shredded carrot, cucumber and cheese or hummus in a lettuce leaf), orange slices, mandarin oranges, berries, melon, pineapple, mango, bananas, kiwi (cut in half and use a spoon to scoop out), plums, peaches, nectarines, sliced apples (tossed with a sprinkle of lemon or orange juice, or cinnamon sugar to keep from browning)
- Cut-up fruit is more likely to be eaten than whole fruit.
- Canned: unsweetened applesauce or other unsweetened fruit purees, any canned fruit in juice
- Frozen: all frozen vegetables (without sauce) and fruit (unsweetened) are a great choice
- Dip: hummus, bean dip, guacamole or yogurt-based dip, for dipping vegetables and fruit

Grain products

- Dry, whole grain cereal (ex: toasted oat 'O's,' wheat squares or flakes)
- Whole grain crackers (choose lower sodium varieties)
- Whole wheat pita wedges, naan bread or roti with hummus, bean dip or guacamole
- Homemade snack mix: dried whole grain cereal, unsalted pretzels, dried fruit, sunflower seeds, pumpkin seeds or dry roasted soy beans
- Multi-grain or baked tortilla chips with salsa

- Homemade mini muffins (make with whole wheat flour and/or oats and fruit like banana, blueberry, pumpkin or apple)
- Air-popped popcorn (plain or with a small amount of melted margarine/butter). Do not give popcorn to children under four years of age.

Milk and alternatives

- Yogurt: small yogurt cups, yogurt tubes, yogurt drinks, frozen yogurt pops, yogurt fruit parfait (yogurt, fruit and granola or dry cereal)
- Cheese: any hard cheese, string cheese, cottage cheese
- Kefir (a fermented milk drink found in the dairy section of the grocery store)
- Milk or fortified soy beverage
NOTE: Serve whole or homogenized milk (3.25% MF) until two years of age. Reduced fat milks (2%, 1% or skim) and fortified soy beverages can be introduced after two years of age.

Meat and alternatives

- Boiled egg or egg salad
- Hummus or bean dip
- Bean salad
- Baked beans in tomato sauce
- Cut-up pieces of roast chicken, beef or pork, in a sandwich or on their own, with mustard for dipping
- Half or one-quarter of a tuna or salmon-salad sandwich
- Nut or seed butter (ex: peanut butter, almond butter, pea butter, SunButter™, Wowbutter™), spread thinly on mini bagels, brown rice cakes, whole grain crackers or toast

**Limit processed meats such as bacon, wieners, salami, bologna or sausages because they are high in salt, and low in nutrition.*

Be aware of food allergies and child care facility policies. Choose age-appropriate foods. Remember that children under four years of age are at high risk for choking.

Lunch Ideas

LUNCH BOX BASICS

insulated lunch bag
insulated food container
reusable spoons and forks

small ice packs
containers with lids (various sizes)
reusable water bottle

1. tuna noodle salad with red pepper slices
2. minestrone or lentil soup with whole grain crackers and a yogurt
3. roast beef, chicken or turkey sandwich with cherry tomatoes, cantaloupe and an oatmeal raisin cookie
4. mini pizza (homemade pizza cooked on an English muffin or pita bread) with carrot sticks and a container of cut-up strawberries
5. homemade “snackable” lunch box with: fresh vegetables and/or fruit; cheese cubes, roast meat or chicken; mini bagels or whole grain crackers (use muffin liners or small plastic containers to separate different items)
6. couscous or quinoa salad with chickpeas, shredded carrot and sliced snap peas, and milk to drink
7. spaghetti and meat sauce with kiwi slices
8. yogurt parfait (yogurt, fruit and granola or dried cereal) with a slice of homemade, whole wheat banana bread
9. whole grain crackers with hummus, cheese, mini carrots and pineapple chunks
10. taco salad with taco-seasoned meat or beans, lettuce, tomato, salsa, shredded cheese topped with crumbled whole grain tortilla chips or rice
11. cold cereal with milk and a banana
12. leftover stir fry with rice, and milk to drink
13. tuna or salmon salad sandwich with cucumber slices, tomato and lettuce, and a fruit cup
14. pasta salad with cheese, beans, bell peppers and tomatoes and a container of fresh or frozen blueberries
15. bean wrap (kidney beans or black beans, corn, grated cheddar cheese, guacamole, salsa and sour cream wrapped up in a whole wheat flour tortilla) with a mandarin orange
16. pita pocket with hummus, lettuce, shredded carrots, cucumber slices and cheese, and a tube of yogurt
17. leftover beef stew or chili with a slice of whole wheat bread and orange wedges
18. toasted multi-grain bagel with nut or seed butter and jam, with yogurt and melon slices
19. egg salad sandwich topped with lettuce and tomato slices, a container of fresh or frozen raspberries, and milk to drink
20. nut or seed butter and a banana, rolled up into a whole wheat tortilla or on a whole wheat hot dog bun and a yogurt drink
21. salad shaker – mix of salad ingredients (ex: lettuce, cucumber, bell peppers, tomato, shredded carrots, dried cranberries, shredded cheese, nuts, seeds, roasted chicken) in a container with a lid; a separate container with dressing, and a whole wheat crusty roll
22. raisin bran muffin with string cheese and a banana
23. chicken salad sandwich on whole wheat bread and a container of mango slices
24. cottage cheese with a fruit cup, a slice of whole grain bread and an oatmeal raisin cookie
25. pieces of roast chicken with honey mustard for dipping, snap peas, and a homemade muffin or biscuit

A note about peanut butter alternatives

Substitutes for peanut butter include: soy butter (ex: WowButter™), golden pea butter, sunflower seed butter (ex: SunButter™) and nut butters (ex: almond, hazelnut). These products provide similar amounts of protein and fat as peanut butter, and have a similar taste and texture.

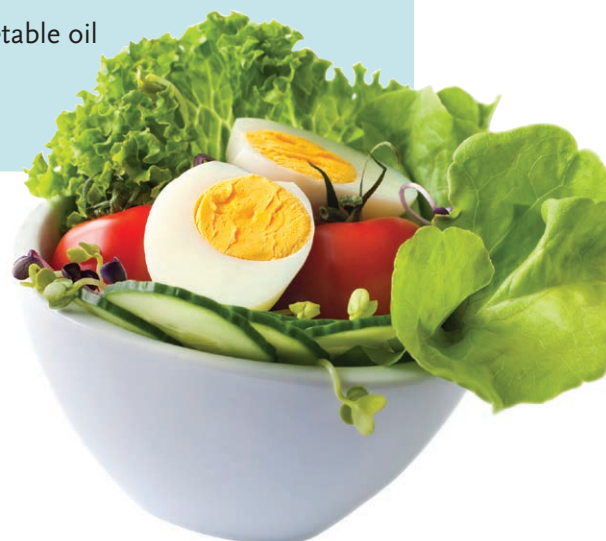
Be aware of food allergies and child care facility policies. Choose age-appropriate foods. Remember that children under four years of age are at high risk for choking.

Tasty Tips To Transform Your Recipes

Here are some common menu items served in early learning and child care. Try some of these tips to make your meals and snacks nutritious and exciting. Find a new idea and make it your own.

DISH	TRY THIS...
Pizza	<ul style="list-style-type: none"> • Try making your own pizza dough. Replace half of the white flour with whole wheat flour. Kneading dough is a fun activity for children. • Try some easy alternatives for pizza crust, like whole wheat pita bread, English muffins, buns, bagels, flat breads or baked bannock. • Try making your own sauce with a can of crushed tomatoes, two garlic cloves, 15 ml (1 tbsp) dried oregano and one bay leaf. Cover and simmer for half an hour. Use reduced sodium tomatoes when possible. Remove bay leaf before using. You could also try adding extra vegetables such as carrots, onion, celery, peppers, mushrooms or zucchini. Leftover sauce can be frozen for later use. • Use fewer meat toppings and more vegetable toppings. • Experiment with different types of cheese like cheddar, gouda, parmesan or feta. • Have a “Make-Your-Own-Pizza Party” – allow children to put together their own mini pizzas. • If you serve a pre-made frozen pizza – try adding extra vegetable toppings; serve it with a salad or vegetables and dip; choose the pizza with the lowest sodium and no trans fat – or serve it less often and in small portions.
Sandwiches	<ul style="list-style-type: none"> • Choose whole grain/whole wheat varieties of bread and buns. • If you usually serve sandwiches on white bread, try using one white and one whole wheat slice. • Offer lots of vegetable toppings (ex: lettuce, tomatoes, onions, cucumbers, peppers, shredded carrots). • Make your own hamburger or chicken burger patties and boost the nutritional value by adding shredded or pureed vegetables, such as onion, garlic, carrots, celery, peppers, zucchini or broccoli. • If buying pre-made hamburger or chicken patties choose the product with the lowest sodium and made with only ground meat, vegetables and spices. • Condiments can add a lot of unnecessary sodium and sugar. Compare labels to choose a better product and serve in small amounts. <p>NOTE: Hot dogs and frozen breaded chicken patties offer little nutrition for growing minds and bodies. Limit these foods on your menu.</p>

<p>Pasta</p>	<p>Find a simple recipe for homemade macaroni and cheese, using milk and cheddar cheese.</p> <p>Be sure to add lots of fresh, frozen or canned vegetables, such as tomatoes, bell peppers, onions, mushrooms, peas, carrots, parsnips, zucchini, eggplant, celery, broccoli, cauliflower or squash.</p> <p>Try adding different types of meat, poultry, fish and pulses (ex: ground chicken, turkey, canned tuna, black beans, chickpeas, tofu).</p> <p>If making a cream sauce, try using evaporated milk (not sweetened and condensed) or whole milk instead of cream to add nutritional value.</p> <p>Choose whole wheat pasta noodles (when possible).</p> <p>Make meat sauce by sautéing ground meat with vegetables then adding canned tomatoes and tomato paste. For lots of flavour, add herbs such as basil, oregano, parsley and bay leaf. Simmer until thickness is desired. Make a large batch and use the remainder for lasagna or freeze for another day.</p> <p>Add a layer of spinach, cottage cheese or ricotta cheese to lasagna.</p>
<p>Chicken Pieces</p>	<p>Try making your own chicken fingers by breading fresh boneless chicken and baking them in the oven.</p> <p>If serving pre-made chicken pieces – choose lower sodium options; be sure they are free of trans fat; bake in oven rather than deep fry; serve with lots of vegetables like salad, cooked vegetables, or homemade sweet potato fries; and serve them less often.</p>
<p>Fresh Vegetables and Salad</p>	<p>Many vegetables and fruit are available washed and pre-cut (ex: mini carrots, snap peas, lettuce mixes, fruit salads). These are good choices to save time.</p> <p>Try to limit the amount of high-sodium toppings such as bacon, croutons and deep fried chicken.</p> <p>Get creative with salads. Try different leafy greens, vegetables, fruit, nuts and seeds, beans, lentils, eggs, lean meat or fish.</p> <p>Make your own “house” dip using plain yogurt as your base.</p> <p>To make your own salad dressing, mix 2 parts vegetable oil (canola or olive oil) with 1 part vinegar (any type). Get creative and add herbs and spices, mustard or honey.</p>



<p>Soup</p>	<p>Add lots of vegetables to homemade soup and extra to pre-made soup...the more the better. Frozen vegetables are great for soup and are equally nutritious since they are packed at the peak of their freshness.</p> <p>Canned vegetables and pulses can also work well in soup. A can of diced tomatoes or a well-rinsed can of beans or lentils will taste great in many types of soup.</p> <p>If a recipe calls for a grain, choose a whole grain like brown or wild rice, whole wheat pasta or barley.</p> <p>Use herbs, spices or a splash of citrus or vinegar to boost flavor rather than using high-sodium soup broth or adding salt.</p> <p>If you are serving canned soup, read labels to choose a product with lower sodium.</p>
<p>Cultural Dishes</p>	<p>Be sure to add lots of vegetables, such as tomatoes (fresh or canned), avocado, peppers, green onions, garlic, mushrooms, beets, cabbage, carrots, zucchini, celery, peas or corn.</p> <p>Choose to serve ethnic dishes with brown or wild rice, quinoa or whole wheat couscous.</p> <p>Bake bannock with whole wheat flour and/or oatmeal.</p> <p>Include beans (ex: kidney beans, black beans), chickpeas or lentils or substitute them for meat to make a vegetarian dish (ex: vegetarian chili, bean burritos, chickpea curry, Spanish beans and rice, lentil dal).</p> <p>Choose salsa, fresh herbs, lemon or lime juice, guacamole, tzatziki, plain yogurt or sour cream for condiments.</p> <p>Make homemade tortilla chips, by cutting whole wheat pita bread or tortillas into triangles; brushing them with vegetable oil; sprinkling with chili powder; then toasting in the oven.</p> <p>Try serving soft tacos (using whole wheat tortillas) rather than hard-shell tacos.</p> <p>Try this recipe for taco or fajita seasoning: 30 ml (2 tbsp) chili powder, 15 ml (1 tbsp) ground cumin, 15 ml (1 tbsp) ground coriander (optional). Adjust recipe based on quantity required.</p>

Recipes

APPLE CINNAMON MUFFINS

Makes 24 muffins

Ingredients

2 large eggs

440 ml (1 $\frac{3}{4}$) cups buttermilk*

185 ml ($\frac{3}{4}$ cup) canola oil

250 ml (1 cup) granulated sugar

5 ml (1 tsp) vanilla extract

4 apples, cored and diced (not peeled)

500 ml (2 cups) whole wheat flour

250 ml (1 cup) all-purpose flour

10 ml (2 tsp) ground cinnamon

10 ml (2 tsp) baking powder

2.5 ml ($\frac{1}{2}$ tsp) salt

Directions

Preheat oven to 190°C (375°F).

In a large mixing bowl, whisk together eggs, milk, oil, sugar and vanilla.

Mix in apples.

Sift in flour, cinnamon, baking powder and salt.

Mix until just combined (do not over-mix).

Spoon batter into 2 greased or paper-lined 12 cup-muffin pans. Fill $\frac{3}{4}$ full.

Bake for 20-25 minutes or until golden brown and toothpick comes out clean.

TIPS

You can easily turn these into blueberry muffins by replacing the apples with 2-3 cups of frozen or fresh blueberries.

*If you do not have buttermilk try this recipe to sour your own milk:

1. To make 250 mL (1 cup) of sour milk, mix 15 mL (1 tbsp) of vinegar or lemon juice and enough milk to equal 250 mL (1 cup).
2. Stir and let stand for 5 minutes before using.



FROZEN FRUIT SMOOTHIE

Serves 8

Ingredients

1 fresh or frozen banana
500 ml (2 cups) frozen fruit (ex: blueberries, raspberries, strawberries, mango)
375 ml (1 ½) cups yogurt (of your choice)
250 ml (1 cup) milk
125 ml (½ cup) 100% fruit juice of your choice

Directions

1. Put all ingredients into a blender.
2. Blend until smooth.
3. Serve immediately.

OATMEAL RAISIN COOKIES

Makes 4 dozen

Ingredients:

185 ml (¾ cup) brown sugar
185 ml (¾ cup) white sugar
250 ml (1 cup) margarine (or butter)
2 large eggs
5 ml (1 tsp) vanilla
250 ml (1 cup) unsweetened coconut
500 ml (2 cups) oatmeal
250 ml (1 cup) all-purpose flour
250 ml (1 cup) whole wheat flour
5 ml (1 tsp) baking soda
5 ml (1 tsp) baking powder
5 ml (1 tsp) salt
250 ml (1 cup) raisins
250 ml (1 cup) chopped walnuts or sunflower seeds (optional)

Directions

1. Preheat oven to 190°C (375°F).
2. With an electric mixer, cream sugars, margarine, eggs and vanilla in a large mixing bowl.
3. Stir in remaining ingredients.
4. Spoon onto a baking sheet.
5. Bake for 10-12 minutes (until slightly brown).



EASY PIZZAS

Ingredients

Crust: ex: whole wheat pita bread, English muffins, naan bread, roti or baked bannock

Pizza sauce

Toppings: ex: bell peppers, tomatoes, mushrooms, olives, onions, pineapple, cooked chicken or beef

Shredded mozzarella and/or cheddar cheese

Directions

1. Prepare toppings and shred cheese.
2. Assemble pizza: spread sauce, add toppings, sprinkle with cheese.
3. Bake in 200°C (400°F) oven until cheese is melted and pizza is warmed through (approximately 12 minutes).



PASTA SALAD

Ingredients

Fun-shaped pasta (ex: tricolor rotini, fusilli, bowtie).

Choose whole wheat when possible.

Vegetables of your choice (ex: broccoli, cauliflower, bell peppers, green onions, shredded carrots, celery, spinach, peas)

Cheese, shredded or cubed (ex: cheddar, mozzarella, marble, gouda)

Other ingredients (ex: black beans, kidney beans, chickpeas, roast chicken, tuna, salmon, nuts, seeds)

Dressing:

125 ml (½ cup) vegetable oil (canola or olive)

60 ml (¼ cup) vinegar (any type)

5 ml (1 tsp) Dijon or honey Dijon mustard

5 ml (1 tsp) sugar

Directions

1. Cook pasta according to package instructions.
2. Choose salad ingredients.
3. Cut vegetables into bite-size pieces, shred cheese and prepare other salad ingredients (drain and rinse canned beans).
4. Pour dressing ingredients into a jar or container with a tight fitting lid. Shake until combined.
5. Add salad dressing to taste and mix to combine.

Consider allowing children to assemble their own salads with ingredients of their choice.

Nutrition Policies

Writing a nutrition policy for your early learning or child care facility

You may be ready to develop a nutrition policy for your facility. If so, use your Best Practices Licensing Manual and the information in this handbook to help you create your policy. Having a nutrition policy can help support nutrition-related actions and give a clear direction of what you hope to accomplish. Use this information to get you started.

A food and nutrition policy could include the following sections:

Vision

This is a general statement about your facility's purpose, meant to inspire staff and to encourage families to want to be a part of your facility.

Think about your ultimate goal and how you plan to achieve it. Also consider what families value most and include this as part of your vision.

Example 1: *"We give the children we care for energy to grow, develop, play and learn by providing fresh, healthy and safe food every day."*

Example 2: *"Children attending our facility will thrive cognitively, physically and behaviourally through the provision of a variety of nutritious foods and a relaxed and calm eating environment every day."*

Example 3: *"Staff at our facility are committed to the well-being of the children in their care. This includes ensuring that all children are offered a variety of nutritious foods and are exposed to a positive eating environment on a daily basis."*

Accountability

To make sure the policy is followed and is sustainable (lasting), identify who is/are accountable for putting together and monitoring the nutrition policy.

Procedure and protocol

These are the specific topics and criteria/standards that form the majority of your nutrition policy. Include topics and criteria that best address nutrition concerns faced in your child care facility. Here are some topics you may wish to include:

- How you plan to work with families on food and nutrition matters
- Basic nutrition principles followed at your facility
- Menus: who writes the menus; how often they are changed; the nutrition guidelines followed; how menus are shared and how changes are communicated
- How you plan to meet the food needs of children from different cultures, children with food restrictions and children following vegetarian diets
- Strategies used for working with "picky" eaters
- How you plan to minimize processed foods and serve healthier products
- Guidelines for food served at special occasions and celebrations
- Guidelines for avoiding choking hazards
- Eating environment: style of dining used (ex: family-style dining); how a pleasant eating environment is created; how staff models healthy behaviours
- Food allergies: how you communicate with families and share information among staff; the guidelines you follow to prevent allergic reactions

Monitoring and evaluation

Monitoring (or keeping track of) the effectiveness of your policy, will help you know if your efforts are making a difference. Establish a plan for monitoring at the start.

Helpful Websites/ Resources

Call toll free to get assistance from the
Child Care Nutrition Support Team (1-888-547-0535)
or visit our website at manitoba.ca/healthyliving/foodinchildcare

Nutrition information

Calgary Health Region: *Snacktivity Box*:

www.nscr.bc.ca/childcare/resource-pdf/DaycareToolkit.pdf

Dairy Farmers of Manitoba: www.milk.mb.ca

Dietitians of Canada: www.dietitians.ca

Ellyn Satter Institute: www.ellynsatterinstitute.org/index.php

Fruits and Veggies! Half Your Plate: www.5to10aday.com

Health Canada. *Eating Well With Canada's Food Guide*:

www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php

Nutrition for Kids: <http://nutritionforkids.com/>

Nutri-eSTEP. Nutrition Screening Tool for Toddlers and Preschoolers: www.nutritionscreen.ca/

Ontario Public Health Association. Nutrition Resource Centre: www.nutritionrc.ca/

PEI Healthy Eating Alliance: www.healthyeatingpei.ca/

* For general nutrition information contact Dial-a-Dietitian at 1-877-830-2892
(call 204-788-8248 in Winnipeg)

Infant nutrition

Dietitians of Canada. Infant Feeding: www.dietitians.ca/Dietitians-Views/Prenatal-and-Infant/Infant-Feeding.aspx

Health Canada. Infant Feeding: www.hc-sc.gc.ca/fn-an/nutrition/infant-nourisson/index-eng.php

Manitoba Healthy Living and Seniors. Healthy Eating for Infants and Children:
www.gov.mb.ca/healthyliving/hlp/nutrition/children.html

Nutrition for Healthy Term Infants: Recommendations from Six to 24 Months:

www.hc-sc.gc.ca/fn-an/nutrition/infant-nourisson/recom/index-eng.php

Allergies

Anaphylaxis Canada: www.anaphylaxis.ca/

Allergy/Asthma Information Association: www.aaia.ca/en/index.htm

Government of Manitoba. *Caring for our children with anaphylaxis in a child care program*:
www.gov.mb.ca/fs/childcare/pubs/anaphylaxis_booklet.pdf

Health Canada. Food Allergies: www.hc-sc.gc.ca/hl-vs/iyh-vsv/food-aliment/allerg-eng.php

Recipes and cooking

BC Healthy Living Alliance. *Bake Better Bites: Recipes and Tips for Healthier Baked Goods*:
<http://www.bchealthyliving.ca/bake-better-bites-recipes-and-tips-for-healthier-baked-goods/>

Eat Right Ontario. *Healthier choices for Multicultural Cuisines*:
www.eatrightontario.ca/en/Articles/Dining-Out/Healthier-choices-for-Multicultural-Cuisines.aspx#.UqdrWrCx5Vc

Government of Manitoba. Healthy Child Manitoba. *Family Favourite Foods: Recipes from the Healthy Baby Program*: www.gov.mb.ca/healthychild/healthybaby/hb_cookbook.pdf

Government of Ontario. *Bake it Up – Tasty treats for healthier school bake sales*:
www.eatrightontario.ca/EatRightOntario/media/ERO_PDF/en/School/Bake_It_Up_final.pdf

Kids in the Kitchen: How to set up your kids cooking club:
www.milk.mb.ca/product-category/for-a-fee-resources/page/2/

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- Dietitians of Canada. *Knowledge Pathway – Should fruit juice be introduced to an infant’s diet? If so, when and how?* 2012-08-13. Available from: www.pennutrition.com. Access only by subscription.
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- Dietitians of Canada. PEN handout – *Food Safety in Children Older than 1 Year. Practice-based Evidence in Nutrition*. 2013-10-31. Available from: www.pennutrition.com. Access only by subscription.
- Dietitians of Canada. PEN handout – *Healthy Eating for Children Aged 5-11. Practice-based Evidence in Nutrition*. 2011-03-24. Available from: www.pennutrition.com. Access only by subscription.
- Government of Canada. Food Labels. 2013
www.healthycanadians.gc.ca/eating-nutrition/label-etiquetage/index-eng.php
- Government of Canada. Food Labels – Interactive tool: interactive nutrition label. 2012
- Government of Canada. Infant Botulism. 2013
www.healthycanadians.gc.ca/eating-nutrition/safety-salubrite/infant-botulism-botulisme-eng.php
- Government of Canada. Tips For Avoiding Common Food Allergens. 2011
www.healthycanadians.gc.ca/eating-nutrition/allergies/allergen-allergenes-eng.php
- Government of Manitoba. Feeding Your Baby 6 Months to 1 Year. 2014
www.gov.mb.ca/healthyliving/hlp/nutrition/children.html
- Government of Manitoba. Feeding Your Breastfed Baby 6 Months to 1 Year. 2014
www.gov.mb.ca/healthyliving/hlp/nutrition/children.html
- Government of Manitoba. Healthy Food in Schools. School Lunch Ideas. 2012
www.gov.mb.ca/healthyschools/foodinschools/resources/hl.html#.UnqmnLH4DIU
- Government of Manitoba. Infant Formula with Iron. 2012
www.gov.mb.ca/healthyliving/hlp/nutrition/children.html
- Health Canada. Eating Well with Canada’s Food Guide. 2007
www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php
- Health Canada. Food Allergies: Information for Consumers. 2013
www.hc-sc.gc.ca/fn-an/securit/allerg/fa-aa/index-eng.php
- Ontario Society of Nutrition Professionals in Public Health. Cooking Matters... Developing Food Skills. 2013 <http://nutritiontoolsforschools.ca/guide/Cooking-Matters>
- PEI Healthy Eating Alliance. Healthy Eating Toolkit for Early Years: A toolkit for parents, early childhood educators and caregivers of young children. 2012
www.healthyeatingpei.ca/pdf/HealthyEatingToolkit-for-EarlyYears.pdf

