



Healthy Food Choices for Children in a Child Care Setting

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Outline

- ✓ Importance of Your Work
- ✓ Nutrition Requirements of the Day Nurseries Act
- ✓ Eating Well with Canada's Food Guide
- ✓ Menu Planning for Young Children
- ✓ Healthy Feeding Relationship





Importance of Your Work

- ◆ Children spend a large part of their day in your care
 - ◆ children in attendance > six hours receive at least half their daily nutrition from you!
- ◆ You have real impact on overall nutritional status of children by providing:
 - ◆ a pleasant meal environment
 - ◆ regular meals and snacks
 - ◆ nutritious foods to promote growth and development and healthy immune systems





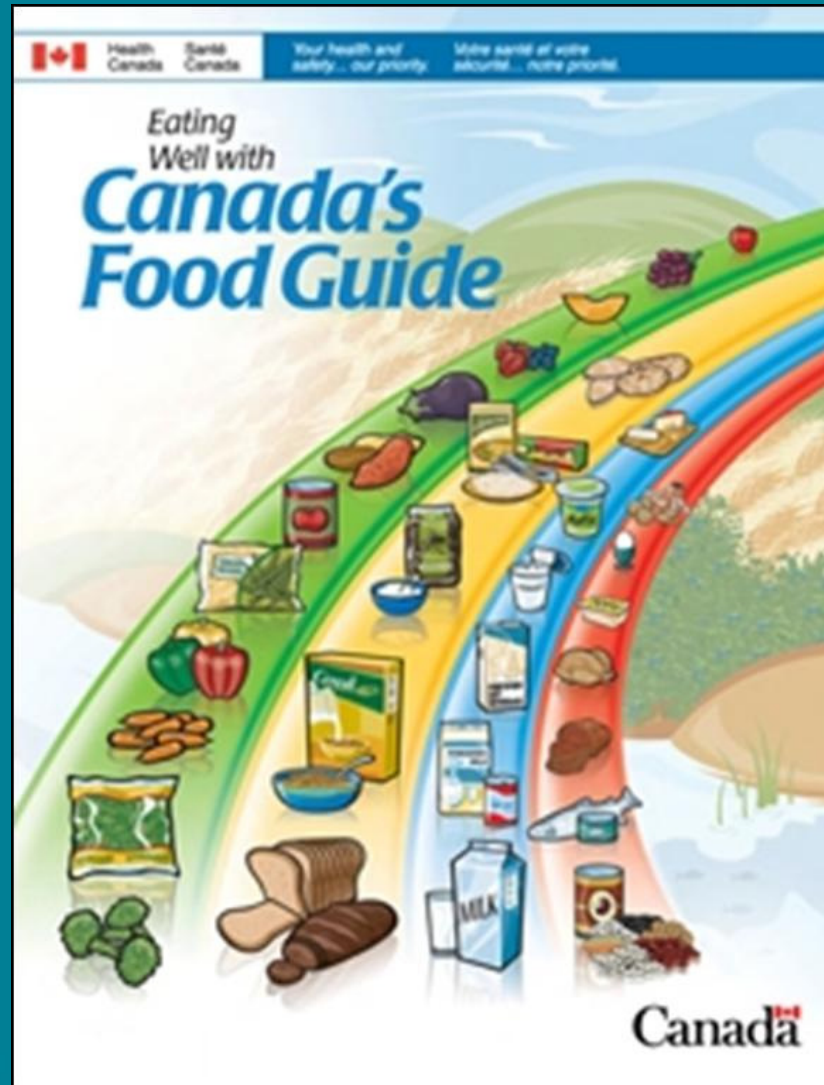
Nutrition Requirements of the Day Nurseries Act 8.1.95-100

Regulations are intended to:

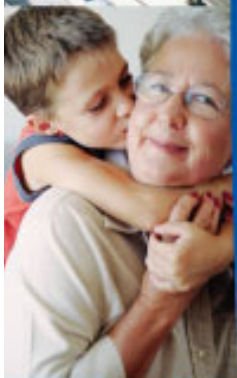
- ◆ ensure all infants and children attending day nurseries (child care centres) in Ontario are provided with enough safe and nutritious food to meet energy and nutrient requirements
- ◆ to protect the health of children (e.g. food safety, food allergies, dental caries, etc.)
- ◆ to promote eating practices that encourage and support a lifetime of healthy eating and well-being



Canada's Food Guide



Eating Well with Canada's Food Guide



Recommended Number of Food Guide Servings per Day

Age in Years	Children			Teens		Adults			
	2-3	4-8	9-13	14-18		19-50		51+	
	Girls and Boys			Females	Males	Females	Males	Females	Males
Vegetables and Fruit	4	5	6	7	8	7-8	8-10	7	7
Grain Products	3	4	6	6	7	6-7	8	6	7
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2	3	3
Meat and Alternatives	1	1	1-2	2	3	2	3	2	3



For More Information Visit Canada's Food Guide Online:

www.healthcanada.gc.ca/foodguide

Home > Food and Nutrition > Canada's Food Guide

Eating Well with
Canada's Food Guide

Get Your Copy

Take the Guided Tour

Food Guide Basics

Choosing Foods

Using the Food Guide

Maintaining Healthy Habits

Create My Food Guide

[Educators and Communicators](#)

[Background on the Food Guide](#)

[Frequently Asked Questions](#)

Canada Health Canada Santé Canada Your health and safety... our priority. Votre santé et votre sécurité... notre priorité.

My Food Guide

Name: _____

My Recommended Food Guide Servings per day

My Numbers	Woman aged 31 to 50	My Examples
Vegetables and Fruit	7	Each example represents 1 Food Guide Serving
<p>Get at least one dark green and one orange vegetable each day. Choose vegetables and fruit prepared with little or no added fat, sugar or salt. Have vegetables and fruit more often than pasta.</p>	<p>1/2 cup cooked 1/2 cup 1/2 cup 1/2 cup 1/2 cup 1/2 cup</p>	<p>1/2 cup cooked 1/2 cup 1/2 cup 1/2 cup 1/2 cup 1/2 cup</p>
Grain Products	6	
<p>Make at least half of your grain products whole grain each day. Choose grain products that are lower in fat, sugar or salt.</p>	<p>1/2 cup cooked 1/2 cup 1/2 cup 1/2 cup 1/2 cup 1/2 cup</p>	<p>1/2 cup cooked 1/2 cup 1/2 cup 1/2 cup 1/2 cup 1/2 cup</p>
Milk and Alternatives	2	
<p>Drink 1/2 liter or 2% milk each day. Select lower fat milk alternatives.</p>	<p>1/2 liter 1/2 liter 1/2 liter 1/2 liter 1/2 liter 1/2 liter</p>	<p>1/2 liter 1/2 liter 1/2 liter 1/2 liter 1/2 liter 1/2 liter</p>
Meat and Alternatives	2	
<p>Some meat alternatives such as beans, lentils and tofu are fat-free. Eat at least two Food Guide Servings of fish each week. Select fish and alternatives prepared with little or no added fat or salt.</p>	<p>1/2 cup 1/2 cup 1/2 cup 1/2 cup 1/2 cup 1/2 cup</p>	<p>1/2 cup 1/2 cup 1/2 cup 1/2 cup 1/2 cup 1/2 cup</p>

Build 30 to 60 minutes of physical activity into your day everyday

Use with Canada's Food Guide

Here are the examples you choose:

- Housework
- Tan On
- Marshall's
- Working
- Shopping
- Yoga

www.healthcanada.gc.ca/foodguide

Canada





AMOUNT and TYPE of Food

- ◆ Day Nurseries Act defines types and amounts of food that must be offered
- ◆ Based on Canada's Food Guide
- ◆ All foods to be selected from four food groups
 - ◆ Foods from all four food groups at meal time
 - ◆ Foods from two of the four food groups at snack time
- ◆ Children in attendance > six hours must be offered specified total amount of food from each food group





Meal Planning Guidelines

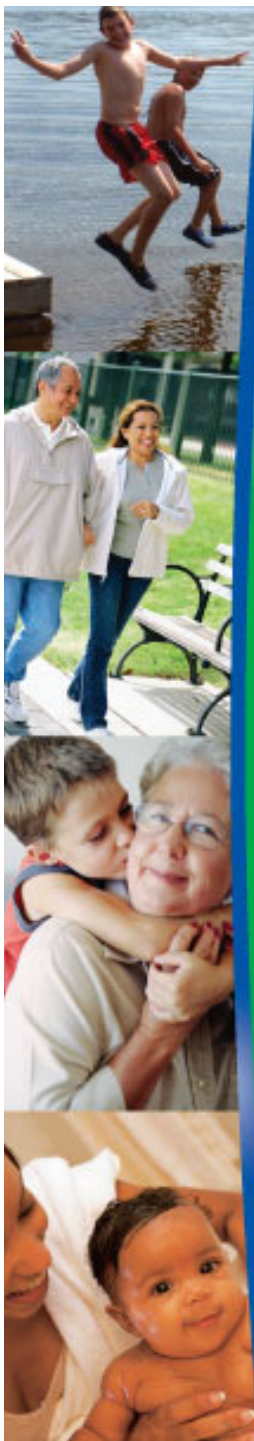
Food Group	Minimum amounts to be offered to each child in attendance >6 hrs
Vegetables & Fruit	2-2.5 Food Guide Servings
Grain Products	1.5-2.5 Food Guide Servings
Milk and Alternatives	1-1.5 Food Guide Servings
Meat and Alternatives	1 Food Guide Servings



Sample Menu

- ◆ AM Snack:
 - ◆ 1 Grain + ½ Milk
- ◆ Lunch
 - ◆ 1 M/A + 1 Grain + ½ Milk + 1½ V/F
- ◆ PM Snack
 - ◆ 1 V/F + ½ Milk

Total		Required # of Food Good Servings	
V/F	2.5	V/F	2-2.5
G	2	G	1.5-2.5
Milk	1.5	Milk	1-1.5
M/A	1	M/A	1





Meal Planning Tips for Young Children

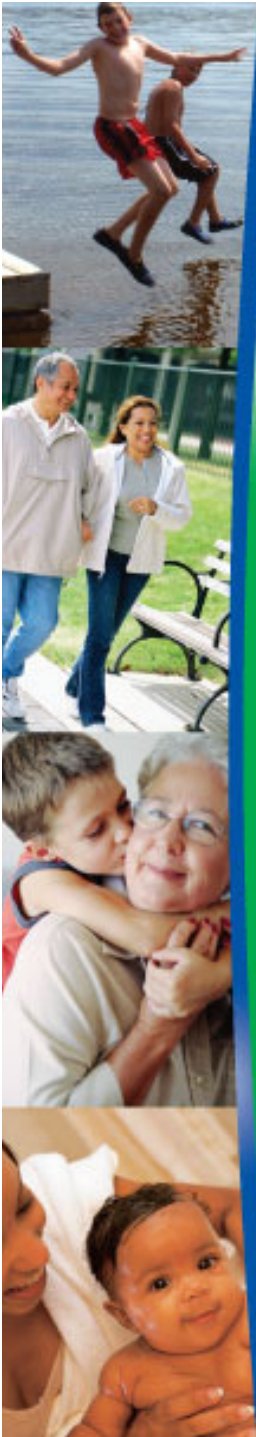
- ◆ Prepare meals that include a variety of foods from each of the four food groups
- ◆ **Select the meat or alternative for each day of the week**
 - ◆ Consider serving fish twice a week.
 - ◆ Choose lean meat and alternatives prepared with little or no added fat or salt.
 - ◆ Choose a different meat or alternative for each day: beef, pork, fish, poultry, baked beans, peas, lentils, eggs, peanut butter (if allowed).



Meal Planning Tips for Young Children

- ◆ **Select a vegetable for each day of the week**
 - ◆ Provide at least one dark green and one orange vegetable each day.
 - ◆ Choose vegetables prepared with little or no added fat, sugar or salt.
 - ◆ Include a variety of cooked and raw vegetables throughout the week.

- ◆ **Select a fruit or 100% fruit juice for each day of the week**
 - ◆ Serve fruit prepared with little or no added fat, sugar or salt.
 - ◆ Have fruit more often than fruit juice for added fibre.



Meal Planning Tips for Young Children

- ◆ **Select a grain product for each day of the week**
 - ◆ Make at least half of grain products whole grain each day.
 - ◆ Consider serving whole-grain breads, oatmeal or whole-wheat pasta.
 - ◆ Include a variety of other grain products such as pasta, rice, bulgur, couscous, bagels and pitas.
 - ◆ Choose grain products that are lower in fat, sugar or salt.





Meal Planning Tips for Young Children

- ◆ **Select milk or a milk product for each day of the week**
 - ◆ Serve 1% or 2% milk each day (for children age 2 and over).
 - ◆ Serve milk as a beverage at lunch or snack.
 - ◆ Serve milk products, like yogurt and cheese for snacks or desserts.
 - ◆ Include milk products in the ingredients used to prepare desserts or for toppings.



Meal Planning Tips for Young Children

- ◆ Be a positive role model
- ◆ Offer child-size portions
- ◆ Include a variety of colours, textures, sizes, shapes, temperatures and flavours
- ◆ Make Food Fun!



Meal Planning Tips for Young Children

- ◆ Include at least one new food in each menu cycle
- ◆ Serve food in forms that are easy to manage
- ◆ Allow for substitutions for children with allergies and special diets
- ◆ Celebrate different cultures





Menu Planning Tips for Young Children

- ◆ Do not restrict nutritious foods because of their fat content
- ◆ Watch out for foods that are easy to choke on (nuts and raw carrots)
- ◆ Use sound dental practices
- ◆ Include the children in meal planning



Introducing New Foods To Children

- ◆ Present foods in appealing ways
- ◆ Offer small portions of a new food
- ◆ Offer new foods along with a familiar one
- ◆ Don't pressure a child to eat a new food
- ◆ Be patient - offer the food again another time





How to Increase Vegetables & Fruit

- ◆ Serve wide variety of colourful veggies and fruit
- ◆ Role model - eat YOUR vegetables
- ◆ Serve with a dip
- ◆ Add to soups, sauces and casseroles
- ◆ Get children involved
- ◆ Encourage children to eat their fruits and vegetables as opposed to drinking them
- ◆ Eat together
- ◆ Make it fun!





Snacking Tips for Young Children

- ◆ Snacks contribute in a significant way to a child's overall energy and nutrient intake
- ◆ Choose snacks according to Canada's Food Guide
- ◆ Include at least 2 Food Groups
- ◆ Add variety
- ◆ Serve snacks at least 2 hours before next meal
- ◆ Keep portion sizes small
- ◆ Choose snacks that are healthy for teeth
- ◆ Avoid high sugar and salt and trans fat





Healthy Snack Ideas

- ◆ banana sandwich
- ◆ vanilla yogurt and fruit
- ◆ apples and cheese
- ◆ unsweetened cereal and milk
- ◆ vegetable sticks and yogurt dip
- ◆ smoothie (yogurt + fruit + milk)
- ◆ Small whole grain muffin and vegetable juice
- ◆ pineapple/peach with cottage cheese
- ◆ fruit juice and yogurt popsicle
- ◆ yogurt drink and small oatmeal muffin
- ◆ whole-wheat tortilla or pita triangles with hummus
- ◆ hard boiled egg and milk
- ◆ pancakes and fruit
- ◆ cheese and whole grain crackers





A Healthy Feeding Relationship





Division of Responsibility

Parent/Child Care Provider Role

To decide:

- WHAT** foods to serve
- WHEN** to serve meals and snacks
- WHERE** the child will eat



Division of Responsibility

Child's Role

- ◆ **HOW** much they eat
- ◆ **WHETHER** or not they will eat





Adults decide... what food to serve

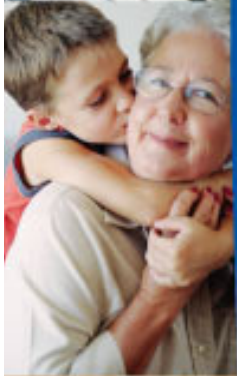
- ◆ You decide what foods get brought into the home and what foods get served
 - ◆ Choose foods from Canada's Food Guide
- ◆ **Involve the children** in deciding what food you will serve
 - ◆ Ask children what they would like to eat when planning meals
- ◆ **Serve meals that are appealing to children**
 - ◆ Serve foods the children enjoy
 - ◆ Have an alternative, simple standby if they don't want to eat the food that is served (like cereal and milk or bread and peanut butter) but don't be a short order cook!
- ◆ **Try new foods**
 - ◆ Present them alongside a familiar food.
 - ◆ It may take 10-15 times for a child to accept a new food
- ◆ Remember, children will not like a food if they are forced to eat it.



Adults decide... when to serve the food

- Children need the routine of regular meals and snacks to grow well
 - need to eat often - every 2-3 hours
 - need 3 meals plus 2-3 snacks a day
- No food or drinks except water between meal and snack times
 - Helps ensure child comes to the table hungry, takes an interest in food, eats until satisfied, and stops eating knowing another meal or snack is coming
- Children need enough time to eat
 - Don't rush but don't make them sit for too long if they have lost interest





Adults decide... where to serve the food

- ◆ Children should be seated at the table and supervised
- ◆ Children should be comfortable
- ◆ Make mealtime relaxed and pleasant
- ◆ Be a role model
 - ◆ sit and eat with the children
- ◆ Avoid distractions such as TV, phone



Children decide... if they will eat or not

- ◆ Children's appetites change from day to day. Some days children will not eat much, others days they seem to eat too much – this is normal
- ◆ If you put food on the table, let the children serve themselves
- ◆ If you serve the food, ask the children to tell you or indicate how much to put on their plate
- ◆ Be positive. Forcing a child to eat will cause problems
- ◆ It's okay if a child does not wish to eat a food or even an entire meal



Children's appetites vary from meal to meal and day to day



Children decide... how much to eat

- ◆ Children know when they are hungry and when they are full
 - ◆ Allow them to respond to their own hunger and fullness cues
 - ◆ Try not to pressure child to finish his plate or eat just one more bite
- ◆ Remember children's portion sizes tend to be smaller than adult's



Food should not be used...

- ◆ As a reward
- ◆ When a child is bored
- ◆ To get cooperation



The picky eater

- ◆ Pickiness is normal
- ◆ Division of responsibility works wonders
- ◆ If a picky eater does not seem to be healthy or growing normally, talk to a doctor





Menu Planning Resources for Child Care Workers

SMDHU website section for childcare workers:

<http://www.simcoemuskokahealth.org/JFY/ChildcareWorkers/nutritionphysicalactivity.aspx>

SMDHU website section on menu planning:

<http://www.simcoemuskokahealth.org/Topics/HealthyEating/FoodSkills/MenuPlanning.aspx>

Eating Well with Canada's Food Guide

www.hc-sc.gc.ca/fn-an/food-guide-aliment/index_e.html

Health Canada - Planning Meals

<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/using-utiliser/plan-eng.php>

Dietitians of Canada - Eating Well Together Meal Planner

<http://www.dietitians.ca/getattachment/587a425a-3b17-4b23-94b2-3ddb64b46052/FactSheet---Eating-well-together-planner.pdf.aspx>

Dietitians of Canada - Let's Make a Meal

http://www2.dietitians.ca/public/content/eat_well_live_well/english/menuplanner/Overview.asp

Egg Farmers of Ontario - Meal Planning Made Easy

<http://www.getcracking.ca/mealplanningmadeeasy/PDF/MealPlanningMadeEasy-EN.pdf>

Eat Right Ontario Menu Planning

<http://www.eatrightontario.ca/en/MenuPlanner.aspx>





SMDHU website section for childcare workers





- For Childcare Workers**
- Manuals ▶
- Infection Prevention ▶
- Outbreak Management ▶
- Illnesses & Conditions ▶
- Oral Health ▶
- Growth & Development ▶
- Healthy Eating & Active Play ▶**
- Safety & Injury Prevention ▶

[Just For You](#) → [Childcare Workers](#) → [Healthy Eating & Active Play](#) → Healthy Eating

Healthy Eating

[Resource Manual: Infant and Child Nutrition](#)

[Eating Well with Canada's Food Guide](#)

[Busy Bodies: Food & Play Ideas \(3-5 years\)](#)

[Eat Right Be Active \(3-5 years\)](#)

[Day Nurseries Act: Meals & Nutrition](#)

[Nutrition for Young Children Guidelines](#)

[Parents & Parents-To-Be: Nutrition Information](#)

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Have questions? Contact Your Health Connection: (705) 721-7520 or 1-877-721-7520 or Email .
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Key Takeaways

- ◆ Your work is important!
- ◆ Follow Eating Well with Canada's Food Guide when planning meals and snacks
- ◆ Integrate some of the meal planning tips we've discussed today
- ◆ Achieve and maintain a healthy feeding relationship with children in your care





Further Information.....



**simcoe
muskoka**

DISTRICT HEALTH UNIT

Your Health Connection

Tel: 721-7520

Toll free: 1-877-721-7520

www.simcoemuskokahealth.org

Mon. to Fri.: 8:30 am to 6:00 pm





Thank you!



Any Questions?

