

Food and Nutrition



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Introduction

We are pleased to provide this manual to assist in implementing the *Standards for Food and Nutrition in Regulated Child Care Settings*. The standards were developed by the Food and Nutrition Support for Licensed Child Care Centres (FNSLCC) Advisory Group and are effective on July 1, 2011.

The FNSLCC Advisory Group was established in 2007 and was co-chaired by representatives from the Departments of Community Services and Health and Wellness (formerly Health Promotion and Protection). Membership included various representatives from government, Public Health Services, training institutions and the child care sector.

In March 2010, the FNSLCC Advisory Group held public consultations on the draft Food and Nutrition Policy. Over 500 participants took part in these consultation sessions and the feedback received has shaped the final policy which is now known as the *Standards for Food and Nutrition in Regulated Child Care Settings*.

The *Standards for Food and Nutrition in Regulated Child Care Settings* identify the expectations for the provision of food and nutrition practices in regulated child care settings. Compliance with each of the standards is required by all child care facilities and approved family day care homes as per Regulations 25 and 27 in the *Day Care Regulations*.

As of July 1, 2011, it will be the responsibility of licensees to ensure that child care facilities and family home day care programs follow the standards and develop menus that meet the Food and Beverage Criteria. The information in this manual will assist in making informed decisions regarding the foods served to children.

This manual will support regulated child care settings in the development and implementation of menus that will follow the Food and Beverage Criteria. Each menu posted in a child care facility or family day care home must be signed by the licensee (or delegate) to indicate that the menu meets the Food and Beverage Criteria.

How to use this Manual

This document includes the following sections:

Standards for Food and Nutrition in Regulated Child Care Settings

Requirements that must be followed by child care facilities and family home day care providers.

Guidelines

Suggestions for recommended courses of action in regulated child care settings. They are based on evidence and best practices.

Food and Beverage Criteria for Regulated Child Care Settings

Tools and criteria, including a step-by-step menu checklist. Includes specific information on foods to serve, foods which may be served if they meet specific nutritional requirements, foods not to serve, as well as tips on preparing healthy meals and snacks.

Background for the Food and Beverage Criteria

Information on the specific nutrients of focus and why criteria are in place.

Healthy Substitutions

Suggestions for healthy substitutions to use in cooking and baking.

Resources and Tools

Sample documents, including an Infant Feeding Plan and menu development template.

Thank You

We wish to thank the members of the FNSLCC Advisory Group, the child care sector and all those whose work has influenced the development of these standards and the information included in this manual. This commitment to healthy eating and nutrition has provided for the development of resources and tools that will assist child care settings in meeting children's nutritional requirements.

For more information, please contact a local Public Health Nutritionist or Early Childhood Development Consultant.