

FUN WITH FOOD

Child Care Nutrition Manual





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Introduction

Your influence as a child care provider is very important. Children spend a large part of their day in your care. Children in attendance for more than six hours receive at least half of their daily nutrition from you! You have the opportunity to shape children's eating habits to be as healthy as possible. You can do this by role modeling healthy eating habits, having a healthy attitude towards food, and providing healthy meals and snacks.

This nutrition manual is meant to help you meet the nutrition requirements of the Ontario *Child Care and Early Years Act, 2014 Regulation 137/15*, and help you plan nutritious menus that will provide important vitamins, minerals and energy for growing children at your child care facility.



The Importance of Healthy Eating For Infants and Preschoolers

Food is more than just something to eat! Food is important for children because:

- Children grow and develop more rapidly during the first three years than at any other time of life.
- As children learn to feed themselves, they are developing motor skills.
- Eating food provides learning opportunities. Where does food come from? How is it made?
- Variety is the spice of life! Young children are curious and want to try new foods. Studies show that children who have experienced a variety of food tastes, textures and colours when they are young are better eaters and are better nourished.
- Mealtimes provide a good opportunity for children and staff to communicate in a family-style setting, and provide pleasure and satisfaction for children in a relaxed atmosphere. Children acquire attitudes towards food from their caregivers.
- Good eating habits learned in the early years can last a lifetime.

Nutrition Requirements of the Child Care and Early Years Act

Regulation 137/15, specifically sections 42-44, of the Child Care and Early Years Act (CCEYA) is intended to ensure all children attending home and licensed child care centres receive foods that are safe and nutritious, and meet current nutrition recommendations for infants, toddlers, preschoolers and older children.

All meals, snacks and drinks served by child care providers must meet the recommendations of Eating Well with Canada's Food Guide (or Eating Well with Canada's Food Guide – First Nations, Inuit and Métis) or Nutrition for Healthy Term Infants.

According to the CCEYA, child care providers should ensure that:

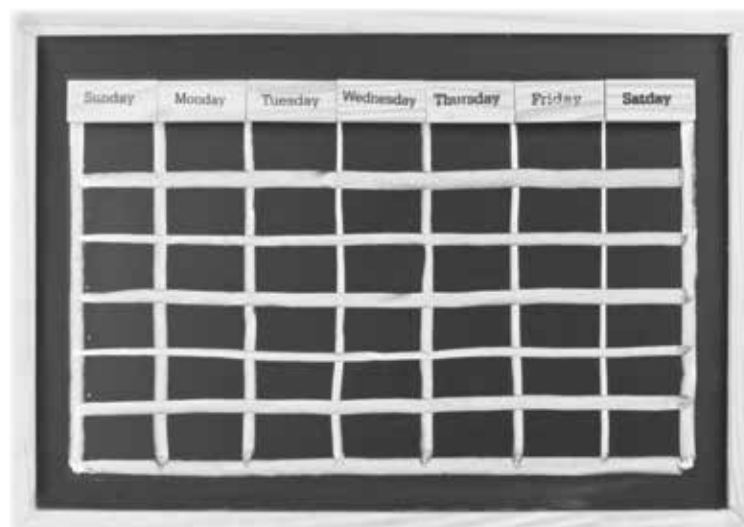
- Parents are providing written feeding instructions for all children less than one year of age.
- Parents are providing written instructions for all children with special dietary needs.
- Food or drink provided by parents must be clearly labeled with the child's name and the date the food was sent to the centre.
- Food or drink is stored in a manner that maximizes their nutritive value and minimizes the risk of contamination or spoilage.
- A list of children with food allergies or restrictions and the specifics of the allergy or restriction is posted in clear view in:
 - Each cooking and serving area
 - Each play area or play room
 - In any other area where children may be present.
- Complete menus are posted in an obvious and visible location for the current and following week. Any substitutions must be written on the posted menu.
- Menus are kept for 30 days following the last day that it was applicable.

Nutrition for Healthy Term Infants: Six - 24 Months

The following nutrition recommendations are intended for children six - 24 months old:

- Support breastfeeding for up to two years or longer with appropriate complementary feedings.
- Introduce iron-rich meat, meat alternatives and iron-fortified cereal as the first complementary foods. Progress to introduce a variety of other nutritious foods.
- Offer a variety of textures from six months of age (e.g., lumpy, mashed, ground, minced, pureed).
- Offer finger foods to encourage self-feeding.
- Younger children should be fed on demand, based on their hunger and fullness cues. From one year of age, children should begin to follow a regular schedule of meals and snacks.
- Encourage children to use an open cup.
- Wait to introduce homogenized cow's milk until children are at least nine -12 months old and eating a variety of iron-rich foods.
- Do not serve honey (cooked and uncooked) to children under one year of age.
- Always supervise children when eating and drinking. Children should be sitting upright and free from distraction.

To learn more about Nutrition for Healthy Term Infants, visit: <http://www.hc-sc.gc.ca/fn-an/nutrition/infant-nourisson/index-eng.php>



Eating Well with Canada's Food Guide: 2 Years and Older

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

It is important to recognize that every child is an individual and the amount of food they require to meet their energy and nutrient needs will vary. In general, younger children require smaller serving sizes than older children. It's better to offer smaller portions initially and provide more food if the child is still hungry.

What is a Food Guide Serving?

Canada's Food Guide has 4 food groups: Vegetables and Fruit, Grain Products, Meat and Alternatives, and Milk and Alternatives. A food guide serving is a reference amount. It helps you understand how much food is recommended from each of the four food groups every day. The following are examples of food guide servings according to *Eating Well with Canada's Food Guide*.

Vegetables and Fruit

- 125mL ($\frac{1}{2}$ cup) fresh, frozen or canned vegetable or fruit
- 250 mL (1 cup) leafy raw vegetables or salad
- 1 piece of fruit

Grain Products

- 1 slice (35 g) bread or $\frac{1}{2}$ bagel (45 g)
- $\frac{1}{2}$ pita (35 g) or $\frac{1}{2}$ tortilla (35 g)
- 125 mL ($\frac{1}{2}$ cup) cooked rice, pasta, or couscous
- 30 g cold cereal or 175 mL ($\frac{3}{4}$ cup) hot cereal

Milk and Alternatives

- 250 mL (1 cup) milk or fortified soy beverage
- 175 g ($\frac{3}{4}$ cup) yogurt
- 50 g (1 $\frac{1}{2}$ oz.) cheese

Meat and Alternatives

- 75 g (2 $\frac{1}{2}$ oz.)/125 mL ($\frac{1}{2}$ cup) cooked fish, shellfish, poultry or lean meat
- 175 mL ($\frac{3}{4}$ cup) cooked beans
- 2 eggs
- 30 mL (2 Tbsp) nut butter

For more information on Eating Well with Canada's Food Guide, visit: <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>

Feeding Meals and Snacks To Children In Child Care Centres

The nutrition section of the CCEYA does not list the specific amounts of food that must be provided with each meal and snack. All foods given to children at child care centres should be foods from the four food groups in *Eating Well with Canada's Food Guide*. Basing meals and snacks on the Food Guide will provide plenty of vitamins, minerals and other nutrients that contribute to the nutritional needs and well-being of growing children. Use the following as a guideline for meals and snacks:

How Much in a Meal?*

Meals should include a variety of foods from all four food groups with two different types of vegetables or fruit offered. Each meal should include:

- 2 different vegetables or fruit
- 1 grain product
- 1 milk and alternative
- 1 meat and alternative

If a child is present at the child care centre or home over meal time, a meal must be served. Children who are present for more than six hours must be offered two snacks in addition to meals.

How Much in a Snack?*

Snacks should include foods from at least two of the four food groups. If more than one snack is offered per day, switch up the food groups offered in each snack. Include foods from the Vegetable and Fruit food group in at least one snack each day. Serve snacks at least two hours before meals.

** Children between the ages of one and two years can also follow these recommendations.*

Drinking water must be available at all times.

A Note about Child-Sized Servings

As a child care provider, you should offer food in child-size servings at the main meal and snacks. Offering small servings will allow children to feel like they can manage their food, making them more likely to eat it.

Child-sized servings are anywhere from one-half to the full size of the servings described in Canada's Food Guide on page 4. Servings can be divided into smaller amounts and served throughout the day. For example, one half of a vegetable or fruit serving may be served at two different snacks to add up to one full serving. Serving size usually increases with the age of the child.

Offer child-size servings and have extra servings available. Let the child decide if they are still hungry, and ask for more if they want more. Sometimes children will eat a little, sometimes a lot. This is normal. Children know best how much they need to eat. Different children need different amounts of food depending on things like age, body size, activity level, growth rate and appetite.

A Healthy Mealtime Environment

Caregivers and children have different “jobs” at meal time. Struggles happen when one tries to do the other one’s “job”. How a child is fed is as important as what a child is fed.

Caregiver jobs:

- **WHAT** to eat – Choosing what foods are offered. A child can have input but the caregiver sets limits and avoids being a short-order cook.
- **WHEN** to eat – Having a schedule of regular meals and snacks, three meals with snacks in between spread over the day.
- **WHERE** to eat – Making mealtime pleasant, eating together as a group at the table, removing distractions (e.g., toys, books).

Child’s jobs:

- **HOW MUCH** – Children know how much to eat when they are allowed to listen to their internal cues of hunger and fullness.
- **WHETHER** to eat – Children will eat. What they eat over time, and not at a given meal or snack, is most important.

It is not a caregiver’s job to “get a child to eat”. It is normal for children to be very hungry some days and not hungry on other days. It is ok for a child to skip a meal or snack once in a while.

Caregivers can:

- Offer meals and snacks at consistent times each day so a child knows she can count on her next eating time.
- Offer a variety of healthy foods at each meal and snack, trying different tastes, textures and food combinations.
- Offer children choice from the foods prepared, but avoid cooking something different because the child demands it. Inform the child that what is served is the only option.
- Never force a child to eat or punish them for not eating. This creates negative feelings associated with food.
- Offer new foods with a neutral approach. Children may need to see a new food 10-15 times before they will accept it.
- Avoid using food as a reward, punishment, or bribe.
- Know that a child will not starve themselves. They may miss meals and snacks, but they will not do it for long enough to cause severe malnutrition.
- Understand that feeding challenges will only get better when a child knows that their caregiver will not try to control how much or whether they eat.
- Make meal and snack times pleasant by minimizing distractions such as the screens, toys or books.
- Make sure children have enough time to eat. Allow 20-30 minutes for meals and 15 minutes for snacks.
- Involve children in growing, preparing and cooking food, and clean-up when possible.

Children who are pressured to eat often eat less. Respect their internal hunger and fullness cues by avoiding these types of comments:

- "Just take one more bite."
- "No dessert until you eat your meat."
- "Good boy. You ate all your peas."
- "No more bread until you eat some vegetables."
- "Finish your milk. It's good for you."

Menu Planning In Child Care Centres

Menu Planning Steps

Use a “menu planning template” to record the week’s menus. A sample template is included on page 27 for you to copy and/or laminate. You can re-use the form with a water soluble marker each time you make changes to an existing menu or plan a new menu.

Follow These Nine Steps for Easy Menu Planning:

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

- Choose a different meat or alternative for each day: beef, pork, fish, poultry, baked beans, peas, lentils, eggs, peanut butter (if allowed).
- Consider serving fish twice a week.
- Choose lean meat and alternatives prepared with little or no added fat or salt.
- Serve meat alternatives (e.g., tofu, chickpeas, lentils, beans, etc.) at least once a week.

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

- Provide at least one dark green (e.g., broccoli, green peas or beans, spinach, romaine lettuce) and one orange vegetable each day (e.g., carrots, sweet potato, squash).
- Choose vegetables prepared with little or no added fat, sugar or salt.
- Include a variety of cooked and raw vegetables throughout the week.
- Use different textures and shapes, such as grated, chopped, mashed, sliced, cubed, sticks, wedges. Serve a variety of vegetables in many colours.

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

- Serve fruit prepared with little or no added fat, sugar or salt.
- Choose whole fruit more often than fruit juice.
- Fruit juice should be limited to 125 mL (1/2 cup) per day. Avoid fruit ‘punches’, ‘drinks’, ‘beverages’, pops, and sports and energy drinks. Choose only 100% fruit juice.
- Frozen and canned vegetables and fruit are healthy and budget friendly options. Choose unsweetened frozen fruit and fruit packed in water or juice instead of syrup. Choose low-sodium canned vegetables, and drain and rinse canned vegetables before using them.
- When possible, serve vegetables and fruit that are in-season and grown locally. If your facility has freezer space, buy extra seasonal produce and freeze for later use.

4. Select a grain product for each day of the week (main meal)

- Serve whole grain products most of the time. Examples include whole grain breads, whole grain pastas, and brown rice.
- Include a variety of grain products such as pasta, rice, barley, couscous, bagels, pitas, tortillas, rye bread, oatmeal, and quinoa.
- Choose grain products that are lower in fat, sugar and salt, and higher in fibre.

5. Select milk or a milk product for each day of the week (main meal)

- Serve 1% or 2% milk each day for children age two and over. Serve breastmilk or whole milk (3.25%) for children under two years.
- Serve milk at lunch and at least one snack.
- Serve milk products, like yogurt, milk pudding, and cheese for snacks or desserts.
- Include milk products as ingredients in soups and smoothies.

6. Plan morning and afternoon snacks to complement meals

- Select snacks from the four food groups of *Eating Well with Canada's Food Guide*.
- Offer food from at least two food groups at each snack. Include foods from the Vegetable and Fruit food group in at least one snack each day.
- Choose snacks that are low in added sugar and do not stick to teeth.
- Keep portion sizes small.
- Serve snacks about two hours before the next meal.

7. If you offer a dessert, choose it from one of the four food groups

- It is not necessary to plan desserts such as cake or cookies.
- Some nutritious dessert ideas are homemade fruit crisp, fresh fruit, yogurt, milk pudding, fruit canned in juice, and homemade oatmeal cookies.

8. Include some healthy fats and oils

Children need some healthy fats to help them grow. **Some examples of healthy fats and oils are:**

- Vegetable oil (e.g., canola, olive, soy)
- Soft margarines made from non-hydrogenated oil
- Mayonnaise
- Salad dressings
- Avocado

Limit or avoid using these unhealthy fats:

- Hard margarine
- Lard
- Shortening
- Butter

9. Double check your menu

Use the *Menu Planning Checklist* to ensure your menu meets or exceeds *Canada's Food Guide* recommendations.



For menu, recipe and meal ideas, see Appendix 2-5, or: visit <http://ottawa.ca/2/en/residents/public-health/healthy-eating-and-active-living-for-child-care/healthy-eating>

Menu Planning Checklist

The checklist below will help ensure your menu meets or exceeds *Canada's Food Guide* recommendations.

Child Care Setting: _____ Date: _____

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

1. Whole grain choices are served **most of the time** (barley, brown rice, oats, quinoa, couscous, pasta, tortilla, pitas, crackers, bread and oatmeal).
2. Dark green vegetables (broccoli, romaine lettuce, asparagus, spinach) and orange vegetables or fruits (carrots, sweet potatoes, winter squash, pumpkin, apricots, cantaloupe, canned peaches, nectarines and mangoes) are **served most of the time**.
3. Meat alternatives such as beans, eggs, soybeans, lentils and tofu (egg sandwich, baked beans, hummus/bean dips, pea soup, vegetarian chili) are served **at least once a week**.
4. Milk is served at meals and at least 1 snack (serve whole milk, 3.25% for children 1-2 years).
5. Fish is served **twice a week** (salmon loaf, tuna casserole, tuna croquettes, fish burgers, fish fillets).
6. Foods high in calories, fat, sugar and salt (sodium) such as cakes, pastries, cookies and ice cream are limited (deep fried foods and hot dogs are not recommended).
7. The menu includes foods with different:
 - colours and flavours
 - shapes (shredded, in strips, cubes, slices of different sizes)
 - temperatures and textures (cooked, raw, crispy, crunchy, chewy, smooth consistencies)
8. The menu includes:
 - Foods that are easy to eat and suited to the children's personal and cultural preferences
 - Some finger foods
 - Child-size servings
9. The menu includes food choices that are safe to eat:
 - Foods that can cause choking such as peanuts, nuts, seeds, dried fruit, whole grapes, raw vegetables and chunky peanut butter are excluded from the menu, for children under the age of 4.
 - Popcorn and hard candies are excluded from the menu.
10. The menu excludes sticky, sweet foods such as dried fruit and candy, which can stick to the teeth and cause cavities (unless children brush their teeth right after or dried fruit is served with a piece of hard cheese).
11. Safe drinking water is available at all times
12. The menu limits juice to **one serving per day** (125 to 175 mL). Juice is 100% unsweetened fruit juice.

MAIN MEAL (LUNCH)

The main meal (lunch) includes at least **TWO** different **Vegetables or Fruit (VF)**, **ONE Grain Product (GP)**, **ONE Milk and Alternative (MILK)** and **ONE Meat and Alternative (MA)** (check all that apply):

MEALS	SUN	MON	TUES	WED	THURS	FRI	SAT	
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MORNING SNACK (BREAKFAST)

The morning snack (breakfast) includes foods from at least **TWO** different food groups (check only those that apply):

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AFTERNOON SNACK

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

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WEEK 4	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA	<input type="checkbox"/> VF <input type="checkbox"/> GP <input type="checkbox"/> MILK <input type="checkbox"/> MA

Adapted from 'Menu Assessment Checklist' with permission of the Eastern Ontario Health Unit.

Additional Menu Planning Guidelines

- Use at least a three or four week menu cycle.
- Plan extra meals and snacks for children who spend more than six hours in your care.
- Ensure adequate equipment, staff and time are available to prepare meals and snacks.
- Keep meals and snacks fairly simple; children prefer them that way.
- Introduce at least one new food during the menu cycle. Serve them with foods that are well liked. Encourage children to try them; do not force them to do so.
- Try not to let your personal food preferences restrict menu choices. Children may enjoy foods you dislike.
- Allow children 20-30 minutes to enjoy meals and 15 minutes for snacks.
- Provide snacks and meals in a designated area where children can sit and eat without distraction.
- Have at least one adult or staff member sit and eat with the children at snack and meal time.
- Have the children serve themselves with appropriate serving utensils. Offer second helpings for those who want more.
- Allow about two hours between the end of snack time and the beginning of meal time.
- Decide what, when and where food is served. Allow the child to decide how much to eat and whether to eat.
- Role model healthy eating habits by eating in accordance with Canada's Food Guide. Remember that children pick up on comments, gestures and attitudes toward food.
- Have children learn about healthy eating daily.
- Involve children in snack and meal preparation when possible.
- Allow families the opportunity to provide input with menu planning.
- Encourage the continuation of breastfeeding whenever possible.
- Remove any references to infant formula companies and/or fast food companies.
- Serve healthy food and drink choices at all special events.
- Do not use food (nutritious or otherwise) as a reward or punishment.
- Allow for substitutions for children with allergies and special diets or encourage parents to supply their own substitutes.
- Grow some of your own vegetables on site. Involve children in selecting, planting and caring for a variety of vegetables and fruits. Carrots, beans, tomatoes, cucumbers, squash and pumpkins grow well and are likely to be enjoyed by children.
- Purchase locally grown or raised foods when available.
- Celebrate different cultures by introducing varied food choices that represent the ethnic diversity of your child care centre. Involve parents in helping you identify appropriate choices.

Beverages

Milk

From the time milk is introduced (nine -12 months) to two years of age, serve homogenized (3.25%) cow's milk. After two years, 1% or 2% cow's milk can be served. Fortified soy milk is not appropriate for children younger than two years, but may be offered after two years. Other plant-based milks (e.g., rice, almond, etc.) do not have enough nutrients for growing children.

A child needs two cups (500 mL) of milk per day and not more than three cups (750 mL). If a child fills up on milk, he won't be hungry for other healthy foods he needs. Offer milk at meal and snack times only.

Water

While milk can be served with meals and snacks, safe water should be readily available for children to drink throughout the day. Hydration is important to keep organs working well and may help prevent children from becoming irritable.

Juice

Fruit juice is not necessary for a child whose diet includes fresh fruit. Too much fruit juice can interfere with good nutrition by replacing other nutritious foods and decreasing a child's appetite for meals and snacks. Too much juice can also cause chronic diarrhea, flatulence, bloating, abdominal pain, poor weight gain and early childhood tooth decay.

If juice is included in the menu, the amount should not exceed 125 mL per day. Be sure to serve only 100% juice. Offer it as part of a meal or snack only and in a cup, not a bottle.

Although diluting fruit juice with water is a common practice, it is important to note that diluted fruit juice can still decrease a child's appetite, interfere with good nutrition, and cause early childhood tooth decay.



Meal and Snack Ideas

Meal Ideas: Sample Combination Dishes

Combination dishes should be comprised mainly of foods from the four food groups. Below are some examples of common combination dishes that include foods mainly from the four food groups in *Eating Well with Canada's Food Guide*.

Chili	lean ground beef, kidney beans, vegetables
Pizza	whole-wheat crust, lower-fat cheese, vegetables, pineapple
Hamburgers	lean ground beef for patties, whole-wheat buns, vegetables for toppings
Lasagna	lean ground beef, partly-skimmed mozzarella cheese, variety of vegetables (e.g. mushrooms, broccoli, peppers)
Soups	try any combination of foods in any of the four food groups (e.g. pasta, rice, barley, vegetables, beans/peas/lentils)
Macaroni & Cheese	whole wheat pasta, combination of lower and higher fat cheeses, milk
Submarine Sandwiches	whole wheat submarine buns, vegetables (e.g. tomatoes, peppers, dark green lettuce) lean meats (e.g. turkey, roast beef, ham)
Vegetable/Meat Stir-Fry	boneless and skinless chicken (or other lean meat), fresh or frozen vegetables, rice or noodles

Snack Ideas:

Snacks contribute significantly to a child's overall energy and nutrient intake. So, it is important that snacks provide plenty of vitamins, minerals and other nutrients that contribute to the nutritional needs of growing children. Plan snacks that contain foods from at least two of the four food groups. For variety, change up the food groups and the foods that make up the snack during the day and throughout the week. Include foods from the Vegetables and Fruit food group in at least one snack each day.

Here are some snacking ideas. The appropriate food group is listed in brackets beside each snack to assist you when planning the menu.

VF= Vegetables and Fruit

MP= Milk and Alternatives

G= Grain Product

MA= Meat and Alternatives

- Baby carrots and yogurt dip (VF, MP).
- Grapes and rice crackers (VF, G).
- Banana sandwich (VF, G).
- Yogurt and fruit (MP, VF).
- Apples and cheese (VF, MP).
- Cheese and crackers (MP, G).
- Rice, cakes and nut butter (G, MA).
- Unsweetened cereal and milk or yogurt (G, MP).
- Apple, cored, and filled with nut butter (VF, MA).
- Vegetable sticks (try broccoli, carrots, cauliflower, peppers, mushrooms, cherry tomatoes, cucumber, and celery) and yogurt dip (VF, MP).
- Smoothie (yogurt + fruit + milk) (MP, VF).
- Tofu smoothie (silken tofu + banana + fruit) (MA, VF).
- Bell peppers and hummus (G, MA).
- Oatmeal muffin and milk (G, MP).
- Cheese cubes with apple slices and grapes (MP, VF).
- Bagel with nut butter (G, MA).
- Pineapple rings/ peach slices with cottage cheese (VF, MP).
- Fruit juice popsicle and yogurt (VF, MP).
- Yogurt drink and muffin (try carrot, oatmeal, or bran) (MP, G).
- Celery filled with nut butter (VF, MA).
- Whole-wheat tortilla or pita triangles with hummus (G, MA).
- ½ sandwich (try cheese, lean meat, tuna, chicken) (G, MP - if cheese, or otherwise MA).
- Hard boiled or devilled egg and milk (MA, MP).
- Pancakes and fruit (G, VF).
- Oatmeal cookie and milk (G, MP).

Vegetarian Meals

Use parents as a resource to help plan vegetarian meals. They plan vegetarian meals everyday! Ask them what types of food they serve at home and in what combinations. When planning a vegetarian meal, you must ensure that any eliminated meat is replaced with another source of protein. Alternate sources of protein include: eggs, cheese, milk, soy products, legumes (such as canned beans, lentils), or nut butters.

Vegetarian Sample Meals

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

- Vegetable omelets
- Vegetarian quiche
- Macaroni and cheese
- Baked beans on toast
- Lentil soup and bread
- Lentils and rice
- Bean tacos
- Stir-fry tofu and vegetables with rice
- Nut butter sandwiches



Menu Planning Tips for the Vegetarian Menus

- Use soy milk fortified with calcium, vitamin D and B12 for children two years and older. Children under two should be offered breastmilk or soy formula.
- Use cooked beans, tofu, nuts and nut butters, and seeds as meat alternatives. Tofu can be a great source of calcium, but only if it is made with calcium sulfate (or another form of calcium). Check the label.
- Textured Vegetable Protein (TVP) can also be a great meat alternative. TVP is a fibrous-textured soy product that resembles meat. It has no cholesterol, is an excellent source of protein and fibre, is low in sodium and has little fat. TVP is quite inexpensive and can be purchased from most natural and bulk food stores. It can be reconstituted with water ($\frac{3}{4}$ to 1 cup water to 1 cup TVP). To reconstitute, pour boiling water over TVP and let stand for 5 to 10 minutes. It can be used in sauces, soups, stews, burgers and chili. When using TVP in sauces, soups and other liquid dishes it does not need to be reconstituted.
- Serve foods rich in vitamin C at meals to enhance iron absorption. For example, serve an orange with iron-fortified cereal, or serve vitamin C rich vegetables (e.g., bell peppers) when you serve legumes and tofu.
- Try to serve vegetarian versions of traditional favourites. There is a wide variety of foods that can be made vegetarian such as pizza, lasagna, chili, tacos, shepherds pie and burgers. This way all the children at your day care can eat similar foods together.
- Serve high-quality protein foods such as:
 - soy milk
 - tofu
 - amaranth
 - quinoa
 - legume and bean combinations,
 - grains and nuts or seeds such as toast and peanut butter,
 - legumes and grains such as a soy burger on a bun

Adapted with permission from KFL&A Public Health "Planning Nutritious Menus: A comprehensive guide to planning a menu in a day nursery, 2009

Tips for Adding More Variety

Vegetables and Fruit

- Serve with healthy dips such as yogurt, hummus or tzatziki.
- Serve with cheese.
- Use them in baked products. Try adding carrots, zucchini, pineapple, bananas, or raisins to muffins, cakes, or breads.
- Involve children in growing vegetables.
- Add pureed or grated vegetables to soups, sauces and casseroles.
- Make fruit shakes, or add fresh fruit to yogurt.
- Cut in fun shapes. Try cookie cutters.
- Role model – let children see you eat your vegetables.

Milk & Alternatives

- Make fruit smoothies.
- Try baked custards or puddings.
- Make yogurt-based popsicles.
- Serve milk-based soups.
- Serve yogurt as a dip for vegetables or fruit.
- Add grated cheese to foods when appropriate.

Meat & Alternatives

- Serve tender, juicy meats.
- Serve poultry and fish more often.
- Purée legumes into sauces, chili, and soups.
- Use legumes in desserts, such as brownies.
- To add variety, use Textured Vegetable Protein (TVP) or tofu.
- Serve meat in sauce with pasta, or as a loaf.
- Add lentils and beans to soups and chilis.
- Try serving hummus with vegetables or pita bread.
- Serve egg based dishes.

Tips For Grocery Shopping

Nutrition Label Reading

Nutrition labels are found on prepackaged foods. Nutrition labelling is mandatory in Canada and labels are regulated to look consistent. You can use nutrition labelling information to help you make healthier food choices for your child care facility.

Nutrition Labels include three components:

1. The **Nutrition Facts table**: provides consumers with the information they need to make informed choices and compare products. Nutrition Facts are based on a specific amount of food.
2. The **ingredient list**: ingredients are listed by weight from the largest amount to the smallest.
3. Some optional **nutrition claims**: examples include "Sugar Free" or "Low in Fat."

Nutrition Facts	
Per 125 mL (87 g)	
Amount	% Daily Value
Calories 80	
Fat 0.5 g	1 %
Saturated 0 g	0 %
+ Trans 0 g	
Cholesterol 0 mg	
Sodium 0 mg	0 %
Carbohydrate 18 g	6 %
Fibre 2 g	8 %
Sugars 2 g	
Protein 3 g	
Vitamin A 2 %	Vitamin C 10 %
Calcium 0 %	Iron 2 %

The Nutrition Facts table gives you information about:

- ✓ Calories
- ✓ 13 core nutrients
- ✓ % Daily Value (% DV) of nutrients

% Daily Value (% DV)

The % DV is a tool to help you see if a specific amount of food has **a little** or **a lot** of a nutrient. In the Nutrition Facts table, there is a % DV for: fat, saturated and trans fats (combined), sodium, carbohydrate, fibre, vitamin A, vitamin C, calcium and iron. As a general rule, **5% DV or less is a little**, while **15% DV or more is a lot**.

Nutrients for children to limit include saturated and trans fats and sodium. Some nutrients to get more of include fibre, iron and calcium.

The Daily Values for vitamins and minerals are based on the highest recommended intakes for each age and sex group, so they apply to most people aged two and over.

For more information on nutrition labelling, visit: <http://www.healthycanadians.gc.ca/eating-nutrition/label-etiquetage/understanding-comprendre/index-eng.php>

Choosing a Healthy Juice

Look for 100% pure fruit juice. This would include juice from concentrate, as long as it is 100% fruit juice and does not contain added sugars. Juices that state “made with real fruit juice” can contain added sugars and may contain as little as 10% real fruit juice. If you are unsure if a beverage is appropriate check the ingredient list for added sugar. Glucose, fructose, sucrose, honey and syrup all mean sugar.



Avoid beverages labeled:

punch, beverage, drink, blend, cocktail,-ade

Choosing a Healthy Cereal



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

When choosing a cereal look for one that is:

- high in fibre (4 grams or more); and
- low in sugar (less than 5 grams)

Cereals to try:

- Corn Bran
 - Multi Grain Squares
 - Oat-O's
 - Bran Flakes (add your own fruit)
 - Shredded Wheat Squares
-

Choosing a Healthy Cracker

Crackers add variety to snacks and can be a healthy grain choice. However, many crackers are made with saturated fats, refined flour and are high in sodium. There are many crackers to choose from in the grocery store and choosing a healthy one can be a challenge.

When choosing crackers look for those with:

- 3 grams of fat or less *
- whole grains
- at least 2 grams of fibre
- 240 milligrams of sodium or less

Children don't need to be concerned about eating a low fat diet, **BUT** the saturated and trans fats found in most crackers are not a healthy type of fat.

Try some of these crackers:

flatbread rice crackers crisp bread bread sticks
melba toast soda crackers rice cakes rusks



A Quick Note about ... Fibre

Fibre is a very important component of food. Fibre provides us with a feeling of fullness, promotes regularity, and can relieve constipation. Children ages one to three years old require 19 grams of fibre a day while children ages four to eight years require 25 grams. It is important that children consume enough fluids when their fibre intake increases.

When buying grain products, try to choose breads, cereals and other grain products with at least 2 grams of fibre per serving. This is considered a “source” of fibre.

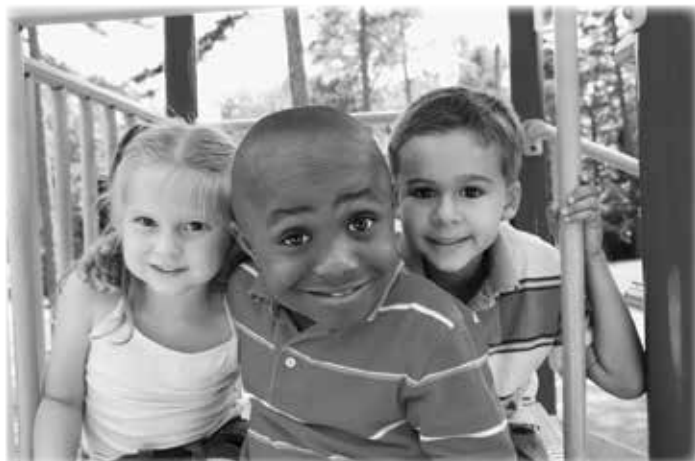
Tips on how to include more whole grains in your menu:

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

Descriptive words on a product’s label, such as stone-ground, multi-grain, 100% wheat or bran, do not necessarily indicate that the product is a good source of fibre. Look for the word “whole grain” on the label and in the ingredient list. Many foods containing whole grains will have the words “whole grain” followed by the name of the grain as one of the first ingredients (e.g., whole grain whole wheat).



... Fat



Toddlers and preschoolers need more high fat foods than adults as their brains and bodies are still growing and developing. Nutritious higher fat foods should not be restricted for young children. Offer children some nutritious, higher fat foods such as cheese, peanut butter and avocados. Include a small amount of unsaturated fat, such as canola, olive, and soybean oil, soft margarine (trans fat free) and mayonnaise each day.

... Trans Fat

Trans fat was created originally during a process (hydrogenation) that turns vegetable oil into a hard substance, such as margarine. Hydrogenation of fats has also been found to extend the shelf life of certain food products. An unfortunate side effect of hydrogenation is the creation of trans fat into our food supply. Trans fat increases the risk of chronic health problems such as heart disease. When feeding children, we should make sure the amount of trans fat they are eating is as close to zero as possible.



To avoid trans fat:

- Read the nutrition labels to choose foods that have zero trans fat.
- The following foods often contain trans fat: commercial baked goods, crackers, cookies, biscuits, pies, waffles, snack foods and deep-fried fast foods.

... **Salt**

Most adults and children eat more salt (sodium) than recommended. It is important for everyone to avoid eating high amounts of sodium. Children between the ages of one to three years can eat about 1000 mg of salt per day and children between the ages of four to eight years can eat about 1200 mg of salt per day.

Processed (or pre-packaged/canned) foods often contain high amounts of sodium. Examples include breads and rolls, cold cuts and cured meats (e.g. wieners, salami), pizza, poultry, canned soups or powdered soup bases, pickles and pretzels. Additionally, restaurant foods are generally high in sodium.

Tips to cut down on salt:

- Limit processed foods.
- Cook from scratch.
- Read the nutrition labels to choose foods that are reduced or low in sodium. Remember, 5% DV or less is a little and 15% DV or more is a lot.



... **Fish and Mercury**

Everyone should eat fish and shellfish. Canada's Food Guide recommends eating **at least two servings of fish** each week (*total of 150 grams or 5 ounces*) as fish has excellent nutritional value, is a good source of protein and has essential omega-3 fatty acids.



However, there is a concern about mercury in fish. Most fish and shellfish contain only a tiny amount of this substance. We can all safely enjoy fish and shellfish in our diets by being aware of the types to limit or avoid.

There are a few types of fish and shellfish that contain higher amounts of mercury that could harm an unborn baby or a young child's developing nervous system. Women who could become pregnant, are pregnant or are breastfeeding, and young children should avoid higher-mercury fish, and instead eat fish that is low in mercury to get all the benefits of fish, including omega-3 fatty acids.

Please refer to our fish guidelines at <http://www.healthunit.org/nutrition/hottopics/fish%20handout.pdf>

Choking Hazards

Choking is a hazard for children, especially those under four years of age.

To prevent choking, child care providers should:

- Know the child's chewing and swallowing abilities.
- Cut food into small bite-sized pieces.
- Identify potentially dangerous foods, e.g. grapes, nuts.
- Make sure the child is sitting upright while eating.
- Supervise the child while eating.
- Discourage talking while eating.
- Remove distractions while eating , e.g., toys, books, TV
- Know what to do if choking occurs.

Foods that most often cause choking are:

- round or cylindrical (hot dog pieces, whole grapes)
- hard and difficult to chew (nuts, raw carrot sticks, hard candies)
- sticky (caramel candy, peanut butter)
- hard to control in mouth (whole grapes)
- chewy or stringy foods (meat).

The following foods are not safe for children under four years old: popcorn, hard candies or cough drops, gum, marshmallows, raisins, nuts, seeds, fish with bones, and snacks with toothpicks/skewers.

To make foods safer:

- Slice round or cylindrical foods lengthwise (e.g., grapes, hotdogs).
- Grate or cook raw vegetables or fruits (e.g., carrots, apples).
- Peel fruit, and remove pits and seeds.
- Spread sticky foods like peanut butter thinly on bread or crackers.
- Chop or grate stringy meat and add a broth to moisten.

Special Dietary Requirements

Special Dietary Requirements are also discussed in the *CCEYA (2014, S.O. 2014, c.11, Sched 1)*. Section 43 of the *CCEYA* states that every operator of a child care centre must have a list posted in each cooking, serving and play areas, and in any other room where children may be present that identifies the children enrolled in the child care facility who have food allergies or restrictions and details related to their specific allergy(s) or restriction(s).

Section 44 states that every operator will make sure that where special dietary and feeding arrangements have been made with the operator with respect to a child the arrangements are carried out in accordance with the written instructions from a parent of the child.

A child may have to follow a restricted diet for a variety of reasons. Children who are on a restricted diet for a medical condition are usually under the care of a physician with consultation from a dietitian.

Food Allergy

A food allergy is one reason why a child may be on a restricted diet. Foods that commonly cause allergic reactions are cow's milk, nuts, peanut butter, eggs, fish or shellfish. The reaction occurs after eating the problem food – either right away or several hours later. The severity of the reaction varies from person to person.

If a child has a food allergy, special food restrictions would be necessary to reduce their exposure to an allergenic food. The goal is to protect the child with the least restriction to other children. Child care centres that have a child with a food allergy need to discuss menu planning options with parent(s) and a health care provider to determine what measures should be taken to reduce exposure to the allergenic food.

Steps you can take to help a child with a food allergy are:

- Develop a food plan with the parent or guardian to meet the child's special dietary needs and also the nutrition requirements of the *CCEYA*.
- Inform other children and their parents about the need to modify the menu to reduce exposure to the allergenic food.
- Be aware of what types of food that child should avoid.
- Be sure to tell the parent or guardian if you see any evidence of reactions to food while at the child care centre.
- Inform the family of the child with the food allergy of upcoming menu plans to let them know what new foods will be introduced. This is especially important for infants and toddlers as they are being introduced to certain foods for the first time. If you are in doubt about any food, don't serve it to a child with allergies.

- Always read the ingredient lists on packages and verify contents of bulk foods on a frequent basis since **companies may change their product ingredients**. It is best to read the ingredient list each time the item is purchased.
- To be safe, as a method of avoiding an allergic reaction, discourage parents from providing “homemade” treats. It is better for a child care centre to prepare its own birthday cake or treats for a special event. The following are also some helpful suggestions:
 - ▶ Teach all children not to share their lunches, food utensils and containers.
 - ▶ Review the use of food in crafts, or activities that involve touching the food.
 - ▶ Ensure regular hand washing as this is necessary to prevent cross-contamination when foods are prepared and eaten.
 - ▶ Wash all surfaces, such as tables or toys, that may have come in contact with problem foods.
 - ▶ Inform all staff, volunteers and parents about children who are at risk for allergic reactions, the common symptoms and emergency protocol.

If you have questions about food allergies, call the Health Action Line at: 1-800-660-5853.

Appendix 1: Sample Menu Template

Week of _____ to _____

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack					
Vegetables and fruit					
Grain products					
Milk and alternatives					
Meat and alternatives					
Lunch Meal					
Vegetables and fruit					
Vegetables and fruit (2)					
Grain products					
Milk and alternatives					
Meat and alternatives					
Afternoon Snack					
Vegetables and fruit					
Grain products					
Milk and alternatives					
Meat and alternatives					

*The morning and afternoon snack must include at least two food groups.

*The lunch meal must contain all food groups, and two different vegetables or fruit.

*Remember to serve child-sized portions and have more available if a child wants more.

*Have water available throughout the day

Planned by _____ Date _____

Appendix 2: Sample Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack					
Vegetables and Fruit			Blueberries		Apple slices
Grain Products	Whole wheat crackers	Oatmeal muffin		Whole grain cereal	
Milk and Alternatives	Cheese	Milk	Yogurt	Milk	Milk
Meat and Alternatives					
Lunch meal					
	Sandwiches	Spaghetti	Chicken	Chili	Turkey stir fry
Vegetables and Fruit	Tomato soup	Salad Tomato sauce	Peas & carrots	Green beans Vegetables in chili	Broccoli, pepper, carrots
Vegetables and Fruit (2)	Orange Slices	Pears	Apple crisp	Cantaloupe slices	Peaches
Grain Products	Whole wheat bread	Whole wheat noodles	Brown rice	Whole wheat buns	Brown rice
Milk and Alternatives	Milk	Milk	Milk	Milk	Milk
Meat and Alternatives	Tuna	Meat sauce	Baked chicken	Kidney beans	Turkey
Afternoon Snack					
Vegetables and Fruit	Banana slices	Cucumbers, peppers, carrots		Peaches	
Grain Products			Whole wheat pita triangles		Rice crackers
Milk and Alternatives	Milk		Milk	Cottage cheese	Cheese
Meat and Alternatives		Hummus	Almond butter		

*The morning and afternoon snack must include at least two food groups.

*The lunch meal must contain all food groups, and two different vegetables or fruit.

*Remember to serve child-sized portions and have more available if a child wants more.

*Have water available throughout the day.

Planned by _____ Date _____

Appendix 3: Nuts Allowed Sample Menu

Week of _____ to _____

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack					
Vegetables and fruit	Pineapples		Blueberries	Grapes	Apple slices
Grain products	Crackers	Carrot muffin	Melba toast	Whole wheat bagel	
Milk and alternatives		Milk	Yogurt	Milk	Milk
Meat and alternatives					Peanut butter
Lunch Meal					
	Sandwiches	Spaghetti	Chicken	Chili	Turkey stir fry
Vegetables and fruit	Tomato soup	Salad	Baked French fries, carrots	Green beans	Broccoli, pepper, carrots
Vegetable and fruit (2)	Orange slices	Pears	Apple crisp	Cantaloupe slices	Peaches
Grain products	Whole wheat bread	Noodles	Rice	Whole wheat buns	Brown rice
Milk and alternatives	Milk	Cheese slices	Milk	Cottage cheese, milk	Milk
Meat and alternatives	Tuna sandwiches	Meat sauce	Baked chicken or bean salad	Kidney beans	Turkey, almonds
Afternoon Snack					
Vegetables and fruit	Celery	Banana slices	Cucumbers, peppers, carrots	Peaches	Strawberries
Grain products	Whole wheat crackers		Whole wheat tortilla		Rice crackers
Milk and alternatives		Milk		Yogurt	
Meat and alternatives	Peanut butter		Hummus		

*The morning and afternoon snack must include at least two food groups.

*The lunch meal must contain all food groups, and two different vegetables or fruit.

*Remember to serve child-sized portions and have more available if a child wants more.

*Have water available throughout the day

Planned by _____ Date _____

Appendix 4: Peanut Free Sample Menu

Week of _____ to _____

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack					
Vegetables and fruit	Pineapples		Blueberries		Apple slices
Grain products	Crackers	Carrot muffin	Melba toast	Whole wheat bagel	
Milk and alternatives		Milk	Yogurt	Milk	Milk
Meat and alternatives					
Lunch Meal					
	Sandwiches	Spaghetti	Chicken	Chili	Turkey stir fry
Vegetables and fruit	Tomato soup	Salad	Baked French fries, carrots	Green beans	Broccoli, pepper, carrots
Vegetables and fruit (2)	Orange Slices	Pears	Apple Crisp	Cantaloupe slices	Peaches
Grain products	Whole wheat bread	Noodles	Rice	Whole wheat buns	Brown rice
Milk and alternatives	Milk	Cheese slices	Milk	Cottage cheese, milk	Milk
Meat and alternatives	Tuna sandwiches	Meat sauce	Baked chicken or bean salad	Kidney beans	Turkey, almonds
Afternoon Snack					
Vegetables and fruit	Celery	Banana slices	Cucumbers, peppers, carrots	Peaches	Strawberries
Grain products	Whole wheat crackers		Whole wheat tortilla		Rice crackers
Milk and alternatives		Milk		Yogurt	
Meat and alternatives	Hard boiled egg		Hummus		

*The morning and afternoon snack must include at least two food groups.

*The lunch meal must contain all food groups, and two different vegetables or fruit.

*Remember to serve child-sized portions and have more available if a child wants more.

*Have water available throughout the day

Planned by _____ Date _____

Appendix 5: Vegetarian Sample Menu

Week of _____ to _____

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack					
Vegetables and fruit	Strawberries		Blueberries	Grapes	Apple slices
Grain products	Crackers	Carrot muffin	Melba toast	Whole wheat bagel	
Milk and alternatives		Milk	Yogurt	Milk	Milk
Meat and alternatives					Peanut butter
Lunch Meal					
	Sandwiches	Spaghetti	Chicken	Chili	Turkey stir fry
Vegetables and fruit	Tomato soup	Salad	Baked French fries, carrots	Green beans	Broccoli, pepper, carrots
Vegetables and fruit	Orange slices	Pears	Apple crisp	Cantaloupe slices	Peaches
Grain products	Whole wheat bread	Noodles	Rice	Whole wheat buns	Brown rice
Milk and alternatives	Milk	Cheese slices	Milk	Cottage cheese, milk	Milk
Meat and alternatives	Egg and hummus sandwiches	Lentil or TVP sauce	Navy bean salad	Kidney beans	Tofu
Afternoon Snack					
Vegetables and fruit	Celery	Banana slices	Cucumbers, peppers, carrots	Peaches	Blueberries
Grain products	Whole wheat crackers		Whole wheat tortilla		Rice crackers
Milk and alternatives		Milk		Yogurt	
Meat and alternatives	Peanut butter		Black bean dip		

*The morning and afternoon snack must include at least two food groups.

*The lunch meal must contain all food groups, and two different vegetables or fruit.

*Remember to serve child-sized portions and have more available if a child wants more.

*Have water available throughout the day

Planned by _____ Date _____

Appendix 6: Menu Planning Checklist

The checklist below will help ensure your menu meets or exceeds *Canada's Food Guide* recommendations.

Child Care Setting: _____ Date: _____

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

1. Whole grain choices are served **most of the time** (barley, brown rice, oats, quinoa, couscous, pasta, tortilla, pitas, crackers, bread and oatmeal).
2. Dark green vegetables (broccoli, romaine lettuce, asparagus, spinach) and orange vegetables or fruits (carrots, sweet potatoes, winter squash, pumpkin, apricots, cantaloupe, canned peaches, nectarines and mangoes) are **served most of the time**.
3. Meat alternatives such as beans, eggs, soybeans, lentils and tofu (egg sandwich, baked beans, hummus/bean dips, pea soup, vegetarian chili) are served **at least once a week**.
4. Milk is served at meals and at least 1 snack (serve whole milk, 3.25% for children 1-2 years).
5. Fish is served **twice a week** (salmon loaf, tuna casserole, tuna croquettes, fish burgers, fish fillets).
6. Foods high in calories, fat, sugar and salt (sodium) such as cakes, pastries, cookies and ice cream are limited (deep fried foods and hot dogs are not recommended).
7. The menu includes foods with different:
 - colours and flavours
 - shapes (shredded, in strips, cubes, slices of different sizes)
 - temperatures and textures (cooked, raw, crispy, crunchy, chewy, smooth consistencies)
8. The menu includes:
 - Foods that are easy to eat and suited to the children's personal and cultural preferences
 - Some finger foods
 - Child-size servings
9. The menu includes food choices that are safe to eat:
 - Foods that can cause choking such as peanuts, nuts, seeds, dried fruit, whole grapes, raw vegetables and chunky peanut butter are excluded from the menu, for children under the age of 4.
 - Popcorn and hard candies are excluded from the menu.
10. The menu excludes sticky, sweet foods such as dried fruit and candy, which can stick to the teeth and cause cavities (unless children brush their teeth right after or dried fruit is served with a piece of hard cheese).
11. Safe drinking water is available at all times
12. The menu limits juice to **one serving per day** (125 to 175 mL). Juice is 100% unsweetened fruit juice.

MAIN MEAL (LUNCH)

The main meal (lunch) includes at least **TWO** different **Vegetables or Fruit (VF)**, **ONE Grain Product (GP)**, **ONE Milk and Alternative (MILK)** and **ONE Meat and Alternative (MA)** (check all that apply):

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

MORNING SNACK (BREAKFAST)

The morning snack (breakfast) includes foods from at least **TWO** different food groups (check only those that apply):

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

AFTERNOON SNACK

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

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

Adapted from 'Menu Assessment Checklist' with permission of the Eastern Ontario Health Unit.



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