

NUTRITION

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Meals and snacks prepared at the child care program or by a catering company are expected to conform to the standards set in the current *Day Nurseries Act* Regulations.



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Meal Plans

Meals and snacks prepared at the child care program or by a catering company are expected to conform to the standards set in the current *Day Nurseries Act* Regulations. When planning meals for children, developmentally appropriate consideration is given to foods that cause choking, such as: hard vegetables sticks, grapes, fruits with pits or popcorn. These foods need to be modified for young children (i.e. Grapes are cut lengthwise, vegetables are par-boiled).

Healthy meal planning also involves selecting and preparing food and beverages in a manner that reduces a child's exposure to toxic substances. Some of these exposures can include: contaminants that build up in the fat of meat and dairy products; mercury in certain fish species; chemicals that migrate into foods and drinks from plastics and some cooking pans; and pesticides on fruits and vegetables. Long term, low level exposure to toxic substances can affect a child's developing brain, lungs and hormonal systems.

A child in care for six hours or longer is offered food throughout the day. Meals and snacks outlined below are to be considered the minimum amounts offered during the day. A child in care for less than six hours is offered food in proportion to the time in care.

Menu Guidelines by Food Group

Based upon Eating Well with Canada's Food Guide; Toddler and Preschooler Nutrition Pathway (2010, Dietitians of Canada), DRI (Dietary Reference Intakes); Advancing Environmental Health in Child Care Settings (Canadian Partnership for Children's Health and Environment); and A Guide to Eating Fish for Women, Children and Families (Toronto Public Health)

Vegetables and Fruit

- Fresh or frozen vegetables and fruit are served
- Fruits and vegetables are washed and trimmed before giving to children

- Some organic and locally or domestically grown produce is served when available and/or affordable
- Offer at least one dark green or orange vegetable each day

Grain Products

- At least half of the grain products offered each day should be whole grain
- Grain products should be lower in fat, sugar or salt
- Grain products should be free of artificial trans fat (e.g. hydrogenated oil, shortening)

Milk and Alternatives

Dietary fat is an important source of energy and essential nutrients for young children. Fat in whole milk and other fat-containing foods provide essential fatty acids for brain development.. Whole milk is recommended for children until the age of two. A gradual transition from full-fat milk to lower-fat milk and alternatives is encouraged after this age.

Dietary Fat Recommendations

1-3 years of age, 30-40% of energy intake;

4-12 years of age, 25-35% of energy intake;

- Children 1-2 years of age should be offered whole milk (3.25%), full-fat yogurt, and regular-fat cheese
- Children over 2 years of age may gradually transition from whole milk and full-fat milk alternatives, to 2% or lower-fat milk and alternatives. (Over 2 years of age, milk alternatives include yogurt, cheese and fortified soy beverage).

Meat and Alternatives

- Offer lean meat
- Trim the visible fat from meats. Remove the skin on poultry
- Use cooking method such as roasting, baking or poaching that require little or no added fat
- Meals offering fish consist of a variety of low mercury, high omega-3 fish (e.g. char, herring, mackerel, salmon, sardines and trout)
- When serving canned tuna, "light" tuna is served instead of "white" tuna

Additional Criteria

- Child care programs are expected to provide a menu of food that is free of artificial trans-fats
- Fresh or frozen foods are served
- Food and beverages are not microwaved / heated in plastic bottles or containers. Milk stored in plastic bottles is warmed using warm water or microwaved in a non-plastic container (ie glass measuring cup)
- Non stick coated pans are not used on high heat (>350C)

Adapted from: *The Day Nurseries Act*
Eating Well with Canada's Food Guide

Occupational Standards for Early Childhood Educators (Task A.5, page 47, meet nutritional needs)
Nutrition Matters: Feeding Your Toddler 1-2 Years (TPH resource)

Amount of Food to be Provided

The daily intake of food servings for children, need to be considered in meal planning. Children who are in attendance for six hours per day at the centre are required to receive:

Grain Products

Either: 1 ½ to 2 ½ slices
175 ml to 450 ml
¾ to 1 ⅓ cups

Milk and Alternatives

Either: 250 ml to 375 ml
1 to 1 ¾ cups

Vegetables and Fruit

Either: 2 to 2 ½ whole vegetables/
fruit
250 ml to 300 ml
1 to 1 ¼ cups

Meat and Alternatives

Either: 60 to 90 grams,
2 to 3 oz

A main meal consists of two servings of vegetables/fruit, one serving of meat/alternative, one serving of grain products and one serving of milk products.

Serving Sizes*

Food Group	Range of serving size for children 1 – 6 years of age	Range of serving size for children six years and older
Grain Products	Either: 1/2 to 1 slice 50 ml to 125 ml 1/4 cup to 1/2 cup	Either: 1 slice 125 ml to 175 ml 1/2 cup to 3/4 cup
Vegetables and Fruit	Either: 1/4 to 1 whole vegetables/fruit 125 ml 1/3 to 1/2 cup	Either: 1 whole vegetable/fruit 175 ml 3/4 cup to 1 cup
Milk Products	Either: 125 ml to 175 ml 1/2 cup to 3/4 cup	Either: 175 ml to 250 ml 3/4 cup to 1 cup
Meat and Alternatives	Either: 30 g to 60 g 1 to 2 oz	Either: 60 g to 90 g 2 to 3 oz

**Adapted from the Day Nurseries Act*

Resource Links

www.healthcanada.gc.ca/foodguide

www.healthyenvironmentforkids.ca/resources/advancing-EH-child-care-settings

city-dev.toronto.ca/health/fishandmercury/advice_eat_fish.htm

www.serviceontario.ca/publications (NutriSTEP)

Name of centre: _____ Loc #: _____
 Room #: _____ Date Completed: _____
 D/M/Y

Nutrition Criteria					
Section 6	①	②	③	④	Score
Nutrition	Does Not Meet Expectations	Needs Improvement	Meets Expectations	Exceeds Expectations	
<p>1. Meal/Menu Planning</p> <p>This item can be scored N/A if lunch is not provided, ie. Nursery school</p> <p>Note *: 1.4 Applicable when 3 or more children have the same dietary need</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Menus are not planned in accordance with the DNA standard <input type="checkbox"/> Current and following week menus are not posted 	<ul style="list-style-type: none"> <input type="checkbox"/> Food is offered to the children in accordance to the DNA standard <input type="checkbox"/> 25% of food is described on the Menu 	<ul style="list-style-type: none"> <input type="checkbox"/> Meals, including packed lunches and catered food, are planned in accordance with the DNA standard <input type="checkbox"/> Children are offered food in proportion to their time in care. A child in care for six hours or longer, is offered both a meal and two snacks <input type="checkbox"/> Menus provide a clear description of food served detailing the main ingredients (e.g. tomato soup; light tuna, shredded carrots & cheese in whole grain wrap) <input type="checkbox"/> Fruits served are identified on a daily basis (eg. orange, mango) <input type="checkbox"/> Water is available at all times 	<ul style="list-style-type: none"> <input type="radio"/> Centre offers alternate menu(s), eg Vegetarian, Halal * <input type="checkbox"/> Current Canada's Food Guide is posted in a public area 	<p>1</p> <p>2</p> <p>3</p> <p>4</p> <p>N/A</p>

Section 6	①	②	③	④	Score
Nutrition	Does Not Meet Expectations	Needs Improvement	Meets Expectations	Exceeds Expectations	
<p>2. Centre Meal Requirements</p> <p>This item can be scored N/A if lunch is not provided, ie. Nursery school</p> <p>Note*: 2.1, 2.2, 2.3: See Nutrition introduction for required serving size by age</p> <p>Note*: 2.1 Two or more snacks per week have high content of sugar, fat or salt</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Meal does not meet requirements described in the introduction* <input type="checkbox"/> Meal has high content in; <ul style="list-style-type: none"> – sugar – fat – salt* 	<ul style="list-style-type: none"> <input type="checkbox"/> Amount of food offered to children is age appropriate* 	<p>The main meal consists of at least the following requirements: *</p> <ul style="list-style-type: none"> <input type="checkbox"/> One serving of grain products <input type="checkbox"/> Total of two servings from the Vegetables and Fruits food group <input type="checkbox"/> One serving of Milk and Alternatives <input type="checkbox"/> One serving of Meat or Alternative <input type="checkbox"/> Food is available for children who request more <input type="checkbox"/> Amount of food offered to children respects individual needs 	<ul style="list-style-type: none"> <input type="checkbox"/> Menus reviewed annually by registered dietitian <input type="checkbox"/> Agency has visited caterer’s food preparation location 	<p>1</p> <p>2</p> <p>3</p> <p>4</p> <p>N/A</p>
<p>3. Snack Requirements</p> <p>If snack cannot be observed, this can be rated by the posted menu</p> <p>Note*: 3.1 Two or more snacks per week have high content of sugar, fat or salt</p> <p>Note*: 3.4 Third snack must be documented and may consist of one food group</p> <p>Note*: 3.4 Half-day programs are only required to provide one snack per session</p>	<ul style="list-style-type: none"> <input type="checkbox"/> No snack provided to children <input type="checkbox"/> Current and following week snack menus are not posted <input type="checkbox"/> Snack has high content in; <ul style="list-style-type: none"> – sugar – fat – salt* 	<ul style="list-style-type: none"> <input type="checkbox"/> Snack consists of at least two different food groups (e.g., yogurt and fruit, cheese and crackers, etc) 	<ul style="list-style-type: none"> <input type="checkbox"/> Snack consists of foods that promote and contribute to a child’s nutritional needs <input type="checkbox"/> Snacks are timed to meet the needs of the majority of the children <input type="checkbox"/> Snack menu offers a variety of food <input type="checkbox"/> Food is available for children who request more 	<ul style="list-style-type: none"> <input type="checkbox"/> More than two snacks planned and served daily* <input type="checkbox"/> Morning and afternoon snacks cover more than 2 food groups * 	<p>1</p> <p>2</p> <p>3</p> <p>4</p> <p>N/A</p>

Section 6	①	②	③	④	Score
Nutrition	Does Not Meet Expectations	Needs Improvement	Meets Expectations	Exceeds Expectations	
<p>4. Menu Adaptations</p> <p>Adaptations are pre-planned changes to the centre menu are made for a child with food restrictions or allergies</p> <p>This item can be scored N/A if none of the children require adaptations</p> <p>Note*: 4.3 Food adaptation are planned and varied, e.g., child is not always served a veggie burger</p> <p>Note *: 4.3 Action taken can include informing parent of exposure(preferences/observances)</p> <p>Note*: 4.4 Consideration is made when adapting menus to try to make food look similar to the menu items that are offered to the rest of the children</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Menu adaptations for the current and the following week are not posted in the food preparation area <input type="checkbox"/> No listing of children's special diets posted 	<ul style="list-style-type: none"> <input type="checkbox"/> Listing of children's individual dietary requirements are posted in each room when required <input type="checkbox"/> Consistency of foods are modified to the feeding skills of the child 	<ul style="list-style-type: none"> <input type="checkbox"/> Menu plans are adapted with appropriate and varied changes to accommodate children with individual diets due to allergies, intolerance, special needs, medical needs or observances* <input type="checkbox"/> Food adaptations are labeled with child's name to ensure food is served to the correct child <input type="checkbox"/> A record of menu adaptations is retained for 30 days <input type="checkbox"/> Centre provides food and beverage adaptations when required <input type="checkbox"/> Menu adaptations are similar in nutritional value <input type="checkbox"/> A list of enrolled children's individual diets are posted and includes: <ol style="list-style-type: none"> 1. Name of child 2. Description of dietary restriction 3. Listing by group 4. Date list was updated 5. What medical attention, or action to be taken after exposure* 	<ul style="list-style-type: none"> <input type="checkbox"/> Menu adaptations appear similar to the food that is served to other children* 	<p>1</p> <p>2</p> <p>3</p> <p>4</p> <p>N/A</p>

Section 6	①	②	③	④	Score
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<p>5. Food Substitutions</p> <p>Substitutions can be for the group; the chicken did not arrive so fish was served</p> <p>Substitutions can be for an individual; tofu did not arrive so lentils were served</p> <p>Note *: 5.2 Food substitutions are planned and varied e.g., child is not always served a veggie burger</p>	<ul style="list-style-type: none"> <input type="checkbox"/> No substitution provided for group when a food item is not available <input type="checkbox"/> No substitution provided for individual when the food planned for them is not available (e.g. child has special diet) 	<ul style="list-style-type: none"> <input type="checkbox"/> Food substitutions are always similar* 	<ul style="list-style-type: none"> <input type="checkbox"/> All group food substitutions are posted and retained for 30 days <input type="checkbox"/> Individual food substitutions are retained for 30 days <input type="checkbox"/> Centre provides substitutions for food and beverages 	<ul style="list-style-type: none"> <input type="checkbox"/> Food substitutions are similar in nutritional value 	<p>1</p> <p>2</p> <p>3</p> <p>4</p> <p>N/A</p>
<p>6. Preparation, Handling and Transportation of Food</p> <p>Note*:6.1 Cutting boards are cleaned and sanitized to eliminate cross-contamination</p> <p>Note*: 6.1 Baby formula is not served more than 2 hours after being heated</p>	<ul style="list-style-type: none"> <input type="checkbox"/> Food handling is not sanitary* <input type="checkbox"/> Food and beverages are heated in plastic bottles or containers* <input type="checkbox"/> Hot food and beverages are placed in plastic containers for serving* 	<ul style="list-style-type: none"> <input type="checkbox"/> Hand washing area in the food preparation area is equipped with soap, paper towels, etc 	<ul style="list-style-type: none"> <input type="checkbox"/> Fruits and vegetables are washed before being served to children <input type="checkbox"/> Food is wrapped or covered during transportation from the food preparation area <input type="checkbox"/> Hand washing procedure is posted as per Public Health requirements 	<ul style="list-style-type: none"> <input type="checkbox"/> Food preparers complete training on safe food preparation at least every five years <input type="checkbox"/> Supervisor annually reviews best practices for food handling with food preparer(s) 	<p>1</p> <p>2</p> <p>3</p> <p>4</p>

Section 6	①	②	③	④	Score
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7. Health and Safety Kitchen/Food Preparation Area	<input type="checkbox"/> Hazards Observed (eg. slippery floor, broken cupboard door, improper storage of knives)	<input type="checkbox"/> Kitchen preparation and food storage areas and equipment are not hygienically maintained	All kitchen/food preparation areas and equipment are: <ul style="list-style-type: none"> <input type="checkbox"/> Kept in good and safe repair <input type="checkbox"/> Organized <input type="checkbox"/> Food is stored in sealed containers 	<input type="checkbox"/> Cleaning/sanitizing checklist posted and signed off by staff	1 2 3 4

Toronto Operating Criteria Section Score Sheet:

Sections:	Score:
Nutrition	
Total (All sections added together)	
Average Score (Total divided by number of sections scored)	



Nutrition Section
Overall Average Score: _____

Comments: _____

