



Nutrition

Home Child Care Assessment for Quality Improvement

1. Meal/Menu Planning

This section covers food management and nutrition. Where requirements are covered in the Child Care and Early Years Act (CCEYA) they are not restated.

Intent: Planned menus are being implemented to provide children with food in accordance with the CCEYA. Portions are planned and offered according to the developmental stage and age of the children. Food offered to the children is developmentally-appropriate. For example, younger children are not offered popcorn or wieners which could be a choking hazard. Snacks planned and offered to children are of nutritional value and promote dental health. Children are offered a variety of foods for snacks weekly. Children’s individual needs are met and snack times are both developmentally- and age-appropriate.

Types of meals: different types of foods are offered to discourage children eating the same food every day for lunch.

Types of snacks: different types of foods are offered so children are not always eating the same food.

Menu: includes main meal, beverages and all snacks

Section Three: Food Management	Does Not Meet Expectations	Meets Expectations	Exceeds Expectations	Score
	1	2	3	
	<ul style="list-style-type: none"> <input type="checkbox"/> Menu for the current week is not posted There is no menu for the current week posted in a place that is accessible to families. <input type="radio"/> No substitution provided when the planned food is not available Children are not given an alternative choice if the food item is not available. <p>Menus are not planned in accordance with the CCEYA standards for main meal: Menus are not planned to include the required servings from the food groups below:</p> <ul style="list-style-type: none"> <input type="radio"/> One serving of grain products <input type="radio"/> Two servings from the Vegetables and Fruits food group <input type="radio"/> One serving of Milk and Alternatives <input type="radio"/> One serving of Meat and Alternatives 	<ul style="list-style-type: none"> <input type="checkbox"/> Menu planned according to age of children Infant and toddler menus are adapted to meet the needs of the children when necessary. For example, carrots are cooked in such a way that they are soft and easier to eat. <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 Food items are listed for families to see. For example, three bean vegetable soup, whole grain rolls with butter, carrot and pepper sticks with greek yogurt ranch dip, cantaloupe and milk. <input type="checkbox"/> Snack consists of foods that promote and contribute to a child’s nutritional needs Snack foods promote children’s nutritional needs. For example, yogurt with apple slices. 	<ul style="list-style-type: none"> <input type="checkbox"/> Three or more different types of foods are offered weekly Menu does not restrict children to the same types of food throughout the week. Children are exposed to different textures, tastes and smells. For example, pasta, roti and stir fry. <input type="checkbox"/> Evidence provider attended nutrition/ menu planning workshop within two years Documentation or a certificate to show that provider attended a workshop every two years that focuses on nutrition and menu planning. <input type="checkbox"/> Evidence that water and/or milk is offered with meals daily. Meals offered are accompanied with the choice of water or milk. This is documented on the menu. 	<p>1</p> <p>2</p> <p>3</p>

Section Three: Food Management	Does Not Meet Expectations	Meets Expectations	Exceeds Expectations	Score
	1	2	3	
		<p><input type="checkbox"/> Snack consists of two food groups Children are offered food from at least two food groups. For example, cheese and crackers are offered for snack.</p> <p><input type="radio"/> Individual food substitutions are posted and retained for 30 days Individual food substitutions are posted in a place that is accessible to families and retained for 30 days.</p>		

2. Food Preparation and Handling

Intent: To promote best practices for food preparation and ensure the preparation of food is done in a healthy, safe and sanitary manner. Open food is stored in sealed containers to maintain freshness and avoid rodent/bug infestations.

Sealed containers: container with a lid, zipper bags, alligator clips, tape and elastic bands.

Baby formula stored and warmed appropriately: formula is stored in the refrigerator for up to 24 hours. Formula is discarded when left at room temperature for more than 2 hours. Bottles are not warmed in the microwave or stove top.

Breast milk stored and warmed appropriately: breast milk can be kept at room temperature for 6-8 hours or refrigerated for up to 5 days. Breast milk should be heated in warm water or a bottle warmer.

Section Three: Food Management	Does Not Meet Expectations 1	Meets Expectations 2	Exceeds Expectations 3	Score
	<ul style="list-style-type: none"> <input type="checkbox"/> Food handling is not sanitary Provider does not follow policies and procedures that adhere to sanitary food handling. <input type="radio"/> Baby formula/breast milk is served more than two hours after being warmed Provider feeds formula/breast milk to an infant that was heated more than two hours before. <input type="checkbox"/> Food temperatures are not taken when re-heating foods Provider does not take food temperatures before serving food to children that has been prepared ahead of time 	<ul style="list-style-type: none"> <input type="radio"/> Frozen foods are thawed in the refrigerator, in the sink under cold running water or in the microwave <input type="checkbox"/> Prepared foods and/or foods provided by parents are stored to prevent spoilage Any food brought by parents is stored in appropriate place as soon as possible. For example yogurt put in refrigerator. <input type="radio"/> Baby formula/breast milk is stored and warmed appropriately <input type="radio"/> Foods provided by parents are labeled The provider labels any food or drink brought by parents with the child’s name. <input type="checkbox"/> Previously served food is not served again to children 	<ul style="list-style-type: none"> <input type="checkbox"/> Providers have participated in the Food Handlers training Provider is trained in the Food Handlers Certification program <input type="checkbox"/> Open food is stored in sealed containers. Any open food such as cereal box, crackers, rice cakes are sealed after opening. For example, an open bag of cereal is sealed closed using an elastic band. 	<p>1</p> <p>2</p> <p>3</p>

3. Health and Safety

Intent: The handling of food is done in a healthy, safe and sanitary manner and children are provided with foods that are free of any pesticides and contaminants. The kitchen/food preparation area is safe and free of any hazards. All areas are hygienically maintained to prevent cross-contamination.

Section Three: Food Management	Does Not Meet Expectations 1	Meets Expectations 2	Exceeds Expectations 3	Score
	<p><input type="checkbox"/> Food contact surfaces, including cutting boards, are not cleaned and sanitized to eliminate cross contamination</p> <p>All kitchen/food preparation areas and equipment are not:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Kept in a state of good repair <input type="checkbox"/> Organized 	<p><input type="checkbox"/> Thermometers are used to monitor the refrigerator temperatures An appropriate thermometer can be found in the refrigerator and is in working condition.</p> <p><input type="checkbox"/> Thermometers are used to monitor the freezer temperatures An appropriate thermometer can be found in the freezer and is in working condition.</p> <p><input type="checkbox"/> Sufficient supplies are accessible to support proper hand hygiene practices There is soap, water, paper towel or hand towel accessible to use for hand hygiene.</p> <p><input type="checkbox"/> Food thermometer is used to ensure food is cooked to the correct temperature An appropriate thermometer is used daily to check food temperatures and is easily found to verify.</p> <p>A list of enrolled children’s food restriction/allergies are posted: The individual dietary requirement listing is updated as the individual needs of the children change and when new children are enrolled and includes the following:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Name of child <input type="checkbox"/> Description of dietary restriction <input type="checkbox"/> Date list was updated <input type="checkbox"/> What medical attention or action to take after exposure to food allergies and/or restrictions 	<p><input type="checkbox"/> Refrigerator temperatures are documented daily Refrigerator temperatures are recorded daily. This could be done on a separate sheet, or in a log book.</p> <p><input type="checkbox"/> Freezer temperatures are documented daily Freezer temperatures recorded daily. This could be done on a separate sheet, or in a log book.</p> <p><input type="checkbox"/> Evidence the Home Visitor reviews food management best practices annually There is documentation recorded reflect food management best practices have been reviewed. This could be recorded on a visit report or annual sign off.</p> <p><input type="checkbox"/> Food temperatures are documented daily. The food temperatures are taken daily and recorded. This could be done on a separate sheet, or in a log book.</p>	<p style="text-align: center;">1</p> <p style="text-align: center;">2</p> <p style="text-align: center;">3</p>