Healthy eating and supportive environments in child care settings

Early Learning and Child Care Forum
March 5, 2019
Presenter: Judith Kitching, RD, MSc
Outline

• Ontario Dietitians in Public Health (ODPH) nutrition recommendations – background
• new Canada's food guide
• ODPH Practical Guide – overview of recommendations
• supporting resources
  • Menu and Nutrition Environment Self-Assessment Tool
  • Paint your plate toolkit
  • online learning modules
• questions and feedback
Nutrition recommendations

BACKGROUND
Healthy eating in child care settings

- childhood nutrition impacts a child's health and learning
- children may eat more than half their daily food intake at child care
- child care settings are important for helping children to:
  - meet their nutrient needs
  - access healthy foods and beverages
  - develop healthy eating habits
  - learn about different foods
  - experience a supportive nutrition environment
The Practical Guide

Developed to:

• help child care settings meet the food and drink requirements of the CCEYA

• provide strategies to create a supportive nutrition environment

• Ministry of Education child care licensing manuals refer to the Practical Guide and supporting resources
New Canada's food guide

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Eat well. Live well.
Eat a variety of healthy foods each day
- Have plenty of vegetables and fruits
- Eat protein foods
- Make water your drink of choice
- Choose whole grain foods

Healthy eating is more than the foods you eat
- Be mindful of your eating habits
- Cook more often
- Enjoy your food
- Eat meals with others

Discover your food guide at
Canada.ca/FoodGuide
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Practical Guide

The Guide includes:

• recommendations for food and beverage choices
• guidance on label reading
• menu planning strategies
• sample menus
• recommended portion sizes
• tips to create supportive nutrition environments
Practical Guide

FOOD AND BEVERAGE CHOICES
Recommended food and beverage choices

Food and beverage choice categories:

• Serve Most Often
• Serve Sometimes
• Do Not Serve
Recommended 'Serve Most Often' foods

• foods from Canada’s food guide
• naturally contain or are prepared with little or no added fat, sugar or salt/sodium
• focus on whole, minimally processed foods such as:
  • fresh and frozen vegetables and fruits; canned vegetables and fruit, rinsed and drained
  • whole grains and whole grain or 100 per cent whole wheat breads, pastas, rice, cereals
  • grain-based snacks and baked goods such as crackers and muffins that meet criteria for sodium and sugar
  • plain milk and fortified soy beverage, yogurt
  • meat, poultry, fish, legumes, egg, tofu, textured vegetable protein
Recommended 'Serve Sometimes' foods

• choices with higher amounts of added fat, sugar, or salt/sodium compared to the 'Serve Most Often' category

• serve no more than three items from this category each week
  • canned or jarred tomato sauces, canned tomatoes (high sodium)
  • grain products – whole grain not first on ingredient list, but meets sugar and sodium criteria of 'Serve Most Often' category
  • enriched flour or multigrain breads, English muffins, pita, white rice, pasta
  • drinkable yogurt
  • frozen prepared meatballs (store-bought)
  • imitation ground meat
  • prepared veggie burgers and meatballs (store-bought)
Recommended 'Do Not Serve' foods

- contain few or no essential nutrients, or contain a lot of added fats, sugar or salt/sodium
- includes some foods that are choking hazards or have food safety concerns
- **do not serve foods from this category at any meal or snack**
  - fruit or vegetable juice
  - canned fruit in light or heavy syrup or with artificial sweeteners
  - vegetable and fruit chips, pre-packaged potato products
  - grain based products that do not meet the criteria of 'Serve Most Often' or 'Serve Sometimes' categories
  - flavoured milk and soy beverage, milkshakes, hot chocolate
  - puddings, iced dairy desserts
  - plant-based beverages (such as rice, almond)
  - processed cheese products (processed cheese slices, spreads)
Recommended 'Do Not Serve' foods

- raw or undercooked meat or poultry, seafood or shellfish
- store-bought breaded or battered fried chicken, other meat or fish
- canned baked beans in sauce
- frozen prepared hamburger patties
- deli meats (such as bologna, salami, roast beef, turkey and chicken)
- ham, bacon, bacon bits, wings, ribs
- prepared/cured meats (such as wieners, sausages, pepperoni)
- whole nuts, seeds (children under four years of age)
- energy drinks, sports drinks, caffeinated drinks, fruit drinks
- cakes, cupcakes, jellied-type desserts
- candy, chocolate, marshmallows, pies, pastries, donuts
- any food with 'Do Not Serve' ingredients
Practical Guide

• provides guidance around offering condiments, sauces and dips
• recommends:
  • offering a dark green and orange vegetable or fruit each day
  • offering alternatives to meat at least once a week
  • serving fish at least once a week
Practical Guide

• menu planning considerations:
  • colours, shapes, temperatures and textures of foods
  • cultural or religious preferences
  • foods that are a choking hazard or may cause cavities
  • allergies or other food restrictions
• guidance for reading food labels
Planning healthy meals and snacks

MEAL AND SNACK PATTERNS
Number of meals and snacks and food groups

<table>
<thead>
<tr>
<th>Number of hours in attendance</th>
<th>Number of Food and Beverage Choices to Offer</th>
<th>6 to 9 hours</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>&lt; 6 hours</td>
<td>1 meal</td>
</tr>
<tr>
<td></td>
<td>&lt; 6 hours AND present at meal time</td>
<td>1 meal AND 2 snacks</td>
</tr>
<tr>
<td><strong>Meal and snack pattern</strong></td>
<td><strong>1 snack</strong></td>
<td><strong>1 meal</strong></td>
</tr>
<tr>
<td>Vegetables and Fruit</td>
<td>1</td>
<td>2</td>
</tr>
<tr>
<td>Grain Products</td>
<td>1</td>
<td>1</td>
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<tr>
<td>Milk and Alternatives</td>
<td>1</td>
<td>1</td>
</tr>
<tr>
<td>Meat and Alternatives</td>
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<td>1</td>
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</tbody>
</table>
Meal pattern

Meals should include **at least:**

- **two** choices from the *Vegetables and Fruit* food group
- **one** choice from the *Grain Products* food group
- **one** choice from the *Milk and Alternatives* food group
- **one** choice from the *Meat and Alternatives* food group
Snack pattern
Snacks should include at least one choice from two different food groups
• one choice from the Vegetables and Fruit food group at each snack
• one choice from the Milk and Alternatives food group at one snack
• one choice from the Grain Products food group at one snack

Snack pattern A (at least):
• one choice from the Vegetables and Fruit food group
• one choice from the Milk and Alternatives food group

Snack pattern B (at least):
• one choice from the Vegetables and Fruit food group
• one choice from the Grain Products food group
Amounts to offer according to a child's age

PORTION SIZE RANGES
Practical Guide

- portion size ranges are provided according to a child's age
- the lower end of the range can guide the quantity of food to prepare or have on hand
- there should be enough food to satisfy children’s appetites
- offer small portions and allow more helpings

<table>
<thead>
<tr>
<th>Age group</th>
<th>Portion size</th>
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<tbody>
<tr>
<td>12 to 24 months</td>
<td>¼ to ½ Food Guide serving</td>
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<tr>
<td>2 to 5 years</td>
<td>½ to 1 Food Guide serving</td>
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<tr>
<td>6 to 12 years</td>
<td>1 Food Guide serving</td>
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</table>
VISUALS HELP ESTIMATE AMOUNTS
Practical Guide

SUPPORTIVE NUTRITION ENVIRONMENT
Strategies to create a supportive nutrition environment

• create positive meal times
• model positive attitudes and behaviours
• practice responsive feeding
• follow the Division of Responsibility in Feeding method
• avoid the use of pressure to influence food intake
Other ways to create a supportive nutrition environment

• provide regular nutrition education opportunities for child care staff
• offer nutritious foods at special celebrations
• fundraise with non-food items or with nutritious food
• incorporate healthy eating messages into programming
• welcome mothers to breastfeed in the child care setting anytime
For child care settings

MENU AND NUTRITION ENVIRONMENT SELF-ASSESSMENT TOOL
Self-Assessment Tool for Child Care Settings

- use to assess the menu for compliance with the CCEYA
- five steps
- two checklists
- use to make plans to improve the menu and nutrition environment
  - meal patterns
  - snack patterns
  - food and beverage choices
  - nutrition environment
### Menu assessment checklist

Use to assess meal and snack patterns

#### Snack Pattern

*Tip:* Use the **Snack Pattern Table** below to help you assess your snack pattern for a 4-week menu cycle.

<table>
<thead>
<tr>
<th></th>
<th>SUN</th>
<th>MON</th>
<th>TUES</th>
<th>WED</th>
<th>THURS</th>
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<td><strong>SNACK B</strong></td>
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</tbody>
</table>
Assess quality of food and beverage choices

<table>
<thead>
<tr>
<th>Food And Beverage Choices</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>VEGETABLES AND FRUIT</strong></td>
</tr>
<tr>
<td>8. Dark green vegetables (e.g., broccoli, romaine lettuce, asparagus, spinach, green peppers, edamame, peas and zucchini) are served <em>once per day</em> or more.</td>
</tr>
<tr>
<td>9. Orange vegetables or fruits (e.g., carrots, sweet potatoes, squash, cantaloupe, canned peaches (drained), and mangoes) are served <em>once per day</em> or more.</td>
</tr>
<tr>
<td>10. Battered, deep fried (or par-fried) vegetables (e.g., French fries, hash browns, fried zucchini, vegetable or fruit chips) are <strong>not served</strong>.</td>
</tr>
<tr>
<td>11. Canned fruit in light or heavy syrup is <strong>not served</strong>.</td>
</tr>
<tr>
<td>12. Fruit or vegetable juices are <strong>not served</strong>.</td>
</tr>
<tr>
<td><strong>GRAIN PRODUCTS</strong></td>
</tr>
<tr>
<td>13. Whole grains (e.g., barley, brown rice, oats, quinoa, whole grain pasta, whole grain tortilla, whole grain pita, whole grain crackers or cereals) are served <em>once per day</em> or more.</td>
</tr>
<tr>
<td>14. Tortilla/corn chips and chip-like snack food, pretzels, and baked goods with chocolate, caramel or candy pieces are <strong>not served</strong>.</td>
</tr>
<tr>
<td><strong>MILK AND ALTERNATIVES</strong></td>
</tr>
<tr>
<td>15. For children between 9 months and 2 years, whole, plain 3.25% M.F. cow’s milk or whole milk powder (reconstituted) is served.</td>
</tr>
</tbody>
</table>
Supportive nutrition environment checklist

Follows the Practical Guide, with a checkbox for each recommendation

### SUPPORTIVE NUTRITION ENVIRONMENT CHECKLIST

**Create Positive Mealtimes**

<table>
<thead>
<tr>
<th>During meals and snacks, child care providers:</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Eat and talk with children to encourage social skills.</td>
</tr>
<tr>
<td>2. Provide appropriate child-size utensils (e.g., plates, bowls, serving dishes/utensils) and dining furniture.</td>
</tr>
</tbody>
</table>

**Model Positive Attitudes and Healthy Behaviours**

<table>
<thead>
<tr>
<th>Child care providers set a good example when they:</th>
</tr>
</thead>
<tbody>
<tr>
<td>5. Avoid bringing in personal food and beverages that are inconsistent with the food choices offered to children.</td>
</tr>
<tr>
<td>6. Do not use personal electronics (e.g., cell phones) during snack and meal times.</td>
</tr>
<tr>
<td>7. Do not make negative comments about the food and beverage choices offered.</td>
</tr>
</tbody>
</table>
Menu assessment checklist

• a **Response Guide** helps users interpret the results of the menu assessment

• the number of boxes checked is associated with a standardized response

<table>
<thead>
<tr>
<th>FEW boxes are checked (5 or more checkmarks are missing)</th>
<th>Your meal pattern, snack pattern and/or food and beverage choices DO NOT meet the requirements under the <strong>Child Care and Early Years Act, 2014</strong>. Review the requirements that are missing checkmarks. Refer to the <strong>Practical Guide</strong> to help you develop a plan to implement changes that will allow these requirements to be met.</th>
</tr>
</thead>
<tbody>
<tr>
<td>MOST boxes are checked (1 to 4 checkmarks missing)</td>
<td>You are almost there! Your meal pattern, snack pattern and food and beverage choices are good, but there is still room for improvement. Review the requirements that are missing checkmarks. Refer to the <strong>Practical Guide</strong> to help you develop a plan to implement changes that will allow these requirements to be met.</td>
</tr>
<tr>
<td>ALL boxes are checked</td>
<td>Congratulations! Your meal pattern, snack pattern and food and beverage choices all meet the requirements under the <strong>Child Care and Early Years Act, 2014</strong>.</td>
</tr>
</tbody>
</table>
Paint your plate

WITH VEGETABLES AND FRUIT

A TOOLKIT FOR ONTARIO CHILD CARE PROVIDERS

ODPH
Ontario Dietitians in Public Health
Diététistes en santé publique de l’Ontario

HEALTHY KIDS
COMMUNITY CHALLENGE
Paint your plate toolkit

• includes information about:
  • how to help children learn to like vegetables and fruit
  • food and beverage choices using the Practical Guide
  • budgeting and menu planning tips
  • label reading
  • a positive approach to feeding children
  • creating a healthy nutrition environment
  • creating charters and policies to promote nutrition
### Spring / Summer Sample Menu

Recipes are provided for italicized and bolded items.

Refer to *Menu Planning & Supportive Nutrition Environments in Child Care Settings: Practical Guide* for recommended meal and snack patterns and portion sizes.

<table>
<thead>
<tr>
<th>Day</th>
<th>Snack</th>
<th>Lunch</th>
<th>Meat and Alternatives</th>
<th>Vegetables and Fruit</th>
<th>Grain Products</th>
<th>Milk and Alternatives</th>
<th>Other Foods</th>
<th>Snack</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>Strawberry and Rhubarb Sauce w/ cinnamon pita triangles</td>
<td>vegetable stir-fry w/ pork and noodles orange slices</td>
<td>pork</td>
<td>vegetables in stir fry</td>
<td>whole grain noodles</td>
<td>milk</td>
<td>mayonnaise</td>
<td>mozzarella cheese cubes w/ grapes</td>
</tr>
<tr>
<td>Tuesday</td>
<td>cold cereal w/ berries</td>
<td>tuna salad pitas w/ Carrot Soup</td>
<td>tuna</td>
<td>vegetables in pita wraps</td>
<td>whole grain pitas pockets</td>
<td>milk</td>
<td></td>
<td>honeydew w/ yogurt</td>
</tr>
<tr>
<td>Wednesday</td>
<td>fruit smoothie w/ whole wheat toast</td>
<td>meatballs w/ Oven Baked Sweet Potato Wedges green peas</td>
<td>beef</td>
<td>sweet potato</td>
<td>whole wheat roll</td>
<td>milk</td>
<td></td>
<td>oatmeal muffin w/ peach slices</td>
</tr>
<tr>
<td>Thursday</td>
<td>Cinnamon Apple slices w/ banana coins</td>
<td>Butternut Squash Frittata w/ Strawberry Spinach Salad</td>
<td>eggs</td>
<td>butternut squash green peas</td>
<td>whole grain slice of bread</td>
<td>milk</td>
<td></td>
<td>sweet peppers w/ yogurt dip and whole grain crackers</td>
</tr>
<tr>
<td>Friday</td>
<td>Wild Rice and Blueberry Pancakes w/ Peach Sauce</td>
<td>Veggie and Fish Tacos and Guacamole apple slices</td>
<td>fish</td>
<td>vegetables in tacos</td>
<td>whole grain tortillas</td>
<td>milk</td>
<td></td>
<td>Hummus and cucumber slices w/ whole grain pitas</td>
</tr>
</tbody>
</table>

### Fall / Winter Sample Menu

Recipes are provided for italicized and bolded items.

Refer to *Menu Planning & Supportive Nutrition Environments in Child Care Settings: Practical Guide* for recommended meal and snack patterns and portion sizes.

<table>
<thead>
<tr>
<th>Day</th>
<th>Snack</th>
<th>Lunch</th>
<th>Meat and Alternatives</th>
<th>Vegetables and Fruit</th>
<th>Grain Products</th>
<th>Milk and Alternatives</th>
<th>Other Foods</th>
<th>Snack</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>cold cereal and bananas w/ milk</td>
<td>Vegetable Chana Masala and lentil dal w/ whole grain noodles orange slices</td>
<td>chickpeas, lentil</td>
<td>vegetables in Chana Masala</td>
<td>whole grain noodles</td>
<td>milk</td>
<td></td>
<td>mozzarella cheese cubes w/ grapes</td>
</tr>
<tr>
<td>Tuesday</td>
<td>mini Carrot and Bean Muffins w/ canned peaches</td>
<td>Butternut Squash Macaroni and Cheese w/ homemade chicken strips Kale Salad</td>
<td>chicken strips tofu in dressing</td>
<td>butternut squash</td>
<td>whole grain macaroni</td>
<td>milk</td>
<td></td>
<td>honeydew w/ yogurt</td>
</tr>
<tr>
<td>Wednesday</td>
<td>berry smoothie w/ whole wheat English muffin</td>
<td>Beef &amp; veggie chili w/ quinoa peas</td>
<td>beef beans</td>
<td>vegetables in chili</td>
<td>whole grain macaroni</td>
<td>milk</td>
<td></td>
<td>oatmeal muffin w/ peach slices</td>
</tr>
<tr>
<td>Thursday</td>
<td>apple sauce w/ granola</td>
<td>broccoli quiche w/ garden salad garden salad &amp; whole grain roll</td>
<td>egg</td>
<td>vegetables in chili</td>
<td>whole grain macaroni</td>
<td>milk</td>
<td></td>
<td>sweet peppers w/ yogurt dip and whole grain crackers</td>
</tr>
<tr>
<td>Friday</td>
<td>French toast w/ berries</td>
<td>Veggie and Bean Quinoa Stuffed w/ Vegetable Minestrone Soup</td>
<td>beans in quinoa and soup</td>
<td>vegetables in soup</td>
<td>whole grain tortillas</td>
<td>milk</td>
<td></td>
<td>cheddar slices w/ apples</td>
</tr>
</tbody>
</table>
Recipes

The toolkit includes 24 recipes:

• tested by Ontario child care staff
• meet the recommendations in the Practical Guide
• feature a variety of vegetables and fruit

Carrot Soup

Makes 8 cups (16 child-sized 1/2 cup portions)

What you need

- Olive or canola oil: 2 tsp (11 ml)
- Onion: 1 small, chopped
- Garlic: 2 cloves, chopped
- Carrots: 4 cups (512 g) (about 8), chopped
- Low-sodium or salt-free chicken or vegetable stock: 6 cups (1.5 l)
- Salt: 1/4 tsp (1 ml)
- Chives, mint, or parsley: 2 tbsp (30 ml) chopped fresh, or 1/8 tsp (0.5 ml) dried

Instructions

1. In a large saucepan, sauté onion, garlic, and carrots in oil over medium heat. Cook gently for about 5 minutes, or until fragrant.
2. Add stock and chopped carrots. Bring to a boil. Reduce heat and simmer gently until vegetables are very tender, about 40 minutes.
3. Puree soup using a blender. If the soup is too thick, add water. Taste and season with salt and chives (or alternative herb) before serving.

Cook’s Tip

Use squash and sweet potato instead of carrots. Soup is a great way to use up assorted veggies in the fridge.
Paint your plate toolkit

Toolkit includes:

• 13 activity cards to promote vegetables and fruit with children

• templates for:
  • flash cards
  • bingo game
  • memory game

• ideas for how to learn with food

• list of storybooks that talk about food in a positive way
Sample posters

1. Alphabet poster featuring images of fruits and vegetables.
2. Poster with the text: "Children see, children do." Encouraging kids to eat a variety of vegetables and fruit.
3. Poster with the text: "Did you eat the rainbow today?" Promoting the consumption of a variety of vegetables and fruit every day.
Spring/Summer

Serve or pack raw veggies and fresh fruit for an easy, crunchy snack. Many veggies and fruit taste great raw with a yummy dip or dressing on top. Use low-fat ranch dip for baby carrots, celery sticks, or cucumber slices. For dessert, nothing beats berries, bananas, or apple slices dipped in vanilla yogurt.

*Paint Your Plate* with vegetables and fruit!

Did you know that one strawberry has about 200 seeds? They are the only fruit that have their seeds on the outside! Strawberries are a great source of vitamins and minerals such as vitamin C. Strawberries make a delicious and healthy snack. Serve them plain or on top of cereal or yogurt.

*Paint Your Plate* with vegetables and fruit!

Have you enjoyed a tomato lately? Add tomatoes to homemade pasta sauces, casseroles, soups, or salsa. Layer them with veggies like lettuce or cucumber on a sandwich. Pack a few cherry or grape tomatoes in your lunch for a juicy burst of flavour. Do you have a tomato in your lunch today?

*Paint Your Plate* with vegetables and fruit!
Some children spend a lot of time at sporting games and practices, clubs, and other activities. They need water for healthy hydration, and afterwards they may be hungry and need a healthy snack to refuel. Providing nourishing options for post-activity snacking makes it clear that healthy eating and physical activity go hand in hand.

Brightly coloured, fresh vegetables and fruit that are washed, cut up, and ready to eat are the best options. Kids can’t resist!

Try:
- Apples
- Oranges
- Watermelon
- Grapes
- Cantaloupe
- Strawberries
- Blueberries
- Blackberries
- Cucumbers
- Cherry tomatoes
- Clementines
- Plums
- Honey dew Melon
- Apricots
Borrow the 'Paint your plate' toolkit

A copy of the toolkit is available at the Public Health Resource Library

- implementation manual
- activity cards
- bingo game
- flash cards
- memory game
- recipe cards
- story book
- poster

Newsletter materials can be accessed online at the ODPH website
Nutrition resources at the ODPH website
www.odph.ca/child-care-resources
Online learning modules

• Module 1: Introduction and choosing food (20 minutes)
• Module 2: Amounts to prepare (for cooks)
• Module 3: Planning and revising a menu
• Module 4: Creating a supportive nutrition environment and resources

Access modules at: https://www.odph.ca/child-care-resources
For information about the resources email: info@odph.ca
Healthy eating in the child care setting

OTHER RESOURCES AND SUPPORTS
Public health child care manual

Safe and Healthy Children: A Public Health Resource Manual for Child Care Providers

• Chapter four – Nutrition
  • information about feeding infants
  • tips for creating a supportive breastfeeding environment
  • information on menu planning - aligns with the Practical Guide
  • discusses how to feed children and common eating challenges
  • suggestions for creating a supportive nutrition environment
  • tips for developing a nutrition (food) policy
  • links to resources and tools
  • go to the Region of Waterloo website: www.regionofwaterloo.ca and search 'child care manual'
Nutri-eSTEP®

Online questionnaires parents complete about their child's eating
- Toddler (18-35 months of age)
- Preschooler (three to five years)

Gives feedback on the child's eating:
- what is going well
- what to work on

Provides links to resources and tools

Go to: www.nutritioscreen.ca
Nutrition supports

• find information about healthy eating and feeding children at the Unlock Food website [www.unlockfood.ca](http://www.unlockfood.ca)

• talk to a Registered Dietitian for free at Telehealth Ontario
  • Monday to Friday during business hours
  • call 1-866-797-0000 (TTY: 1-866-797-0007)
Help us know what supports are needed

QUESTIONS
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THANK YOU