

Reflect on each statement below. Select the current practice at your child care setting and consider opportunities for change.

Statement	Currently in place?		To do
	Yes	No	
Use plant-based proteins (e.g., tofu, beans, lentils).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Cross-utilization: offer several menu items that use the same ingredients to help simplify purchasing, receiving, and storage.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Conduct monthly inventory control to decrease spoilage and waste and identify food items that could be removed from the menu.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Reduce use of single serve packaged foods.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Use energy-saving appliances like fridges, stoves, and dishwashers that meet the ENERGY STAR® standard (energystar.gc.ca).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Use reusable plates/cutlery/glassware or when needed, disposable versions that can be composted.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Monitor leftovers and alter menu items accordingly (e.g., use leftover vegetables in soups and casseroles, freeze fruit for muffins or smoothies).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Compost and recycle according to local guidelines to reduce amount going to landfill.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Grow your own vegetables and herbs. Check with your local health unit for more information.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Statement	Currently in place?		To do
	Yes	No	
Use frozen or canned fruits and vegetables when fresh versions not available or are too costly.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Plan adaptable menus including sale items or what is available locally or seasonally.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Use fresh produce and menu items that can be stored for longer (e.g., replace lettuce with cabbage).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Adapted in 2023 from Ottawa Public Health and Algonquin College's Food Skills Program for Child Care Cooks - Participant Guide, 2017.

