



Ontario Society of Nutrition  
Professionals in Public Health

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La société ontarienne des professionnel(le)s  
de la nutrition en santé publique

Lawrence Square  
700 Lawrence Ave. West, Suite 310  
Toronto, Ontario  
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March 2, 2010

Honourable Laurel J. Broten MPP  
Ministry of Children and Youth Services  
14<sup>th</sup> Floor  
56 Wellesley Street West  
Toronto, ON M5S 2S3

Dear Minister:

The Ontario Society of Nutrition Professionals in Public Health (OSNPPH) urges the Ministry of Children and Youth Services to revise the Nutrition Section in the Day Nurseries Act (DNA).

OSNPPH is the independent and official voice of Registered Dietitians in public health in Ontario representing over 175 members working in every health unit/department in the province. Our mission is to advocate and respond in order to advance the public health nutrition agenda.

OSNPPH urges the Ministry to develop nutrition standards that reflect the most recent recommendations in Health Canada's *Eating Well with Canada's Food Guide* [www.hc-sc.gc.ca/fn-an/food-giode-aliment/index-eng.php](http://www.hc-sc.gc.ca/fn-an/food-giode-aliment/index-eng.php) (hereafter referred to as the Food Guide) and encourages the Ministry to use wording in the legislation that would allow the Nutrition Section to reflect future changes to the Food Guide. OSNPPH recognizes that changing legislation is a mammoth undertaking, and as nutrition professionals we expect the Food Guide may be revised several times before the DNA is opened again. To accommodate this, OSNPPH recommends that the details of the Nutrition Section be in supporting documents similar to the School Nutrition Guidelines developed by your Ministry.

OSNPPH recommends that the Ministry revise the Nutrition Section to include but not be limited to:

- An annual training session, developed by a registered dietitian for all staff who prepare and plan menus for child care centres and licensed in-home child care.
- Guidelines for food choices and menu planning, which could be revised when necessary will reflect current nutrition recommendations and the current Food Guide. For example, the current Food Guide states that half the servings from the Grain Products food group be whole grain. Therefore, at a minimum, 50% of all Grain Products offered at a centre or licensed home must be whole grain. If this recommendation changes in the future Food Guides, the guidelines would be revised to reflect this change.
- The guidelines and any supporting materials will be electronically based in support of a green environment.

OSNPPH would like to offer our assistance in revising the Nutrition Section. Our members have the knowledge and expertise in feeding young children and in working with child care centres as well as with parents of young children. If you would like to discuss this matter further, please contact me at 519 787-8011 or Kathy Page at 519 426-6170 ext. 3247.

Yours truly,



Barbara Bartle RD  
Co-Chair OSNPPH



Kathy Page RD  
Co-Chair OSNPPH

cc Connie Utrecht, Ontario Public Health Association  
Tracy Woloshyn, Co-Chair Food Security Work Group OPHA  
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