

Food Environments

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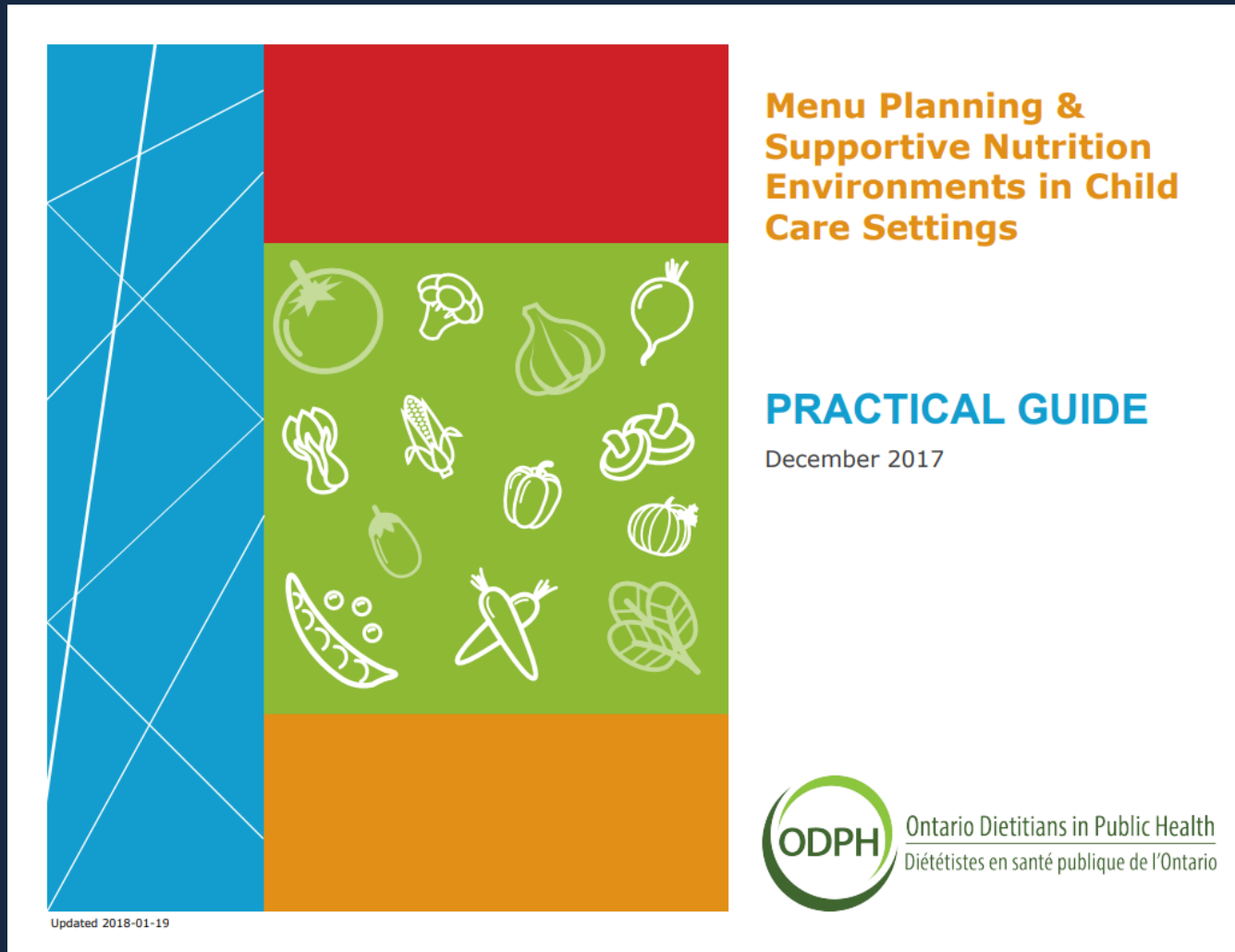
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Region of Waterloo
PUBLIC HEALTH AND
EMERGENCY SERVICES

Supporting ODPH Child Care Guidelines



Childcare Menu Planner - Excel

The screenshot displays the 'Childcare Menu Planner' Excel spreadsheet. The interface is divided into four main steps for menu planning, each with a corresponding colored background (blue, green, orange, and red). Step 1, 'How many children are present for each meal and snack?', includes three tables for Morning Snack, Lunch, and Afternoon Snack, each with columns for age groups and number of children. Step 2, 'What factor would you like to use to calculate the amount of food to prepare?', features a text input field with the value '1.5'. Step 3, 'Create a menu', has a 'Create Menu' button. Step 4, 'Edit and print menus and print shopping lists', includes instructions to click on tabs for each cycle. On the right, a 'Menu Planning' form allows users to select a cycle, week, and day of the week, then choose ingredients for Morning Snack, Lunch, and Afternoon Snack from dropdown menus. The form also includes a 'Save Menu' button and a 'Clear Form' button. The Excel ribbon at the top shows the 'Formulas' tab selected, with various functions like Insert Function, AutoSum, and Name Manager visible. The status bar at the bottom indicates the current cycle is 'Cycle 1'.

Childcare Menu Planner

Step 1. How many children are present for each meal and snack?

Morning Snack	
Number of Children	
12 to 24 months	6
2 to 5 years	1
6 to 12 years	4

Lunch	
Number of Children	
12 to 24 months	6
2 to 5 years	1
6 to 12 years	0

Afternoon Snack	
Number of Children	
12 to 24 months	6
2 to 5 years	1
6 to 12 years	6

Step 2. What factor would you like to use to calculate the amount of food to prepare? (Example: recommended serving size for each age group multiplied by 1.5)

1.5

Step 3. Create a menu

Create Menu

Step 4. Edit and print menus and print shopping lists (Click on the tabs for each cycle below)

Start Cycle 1 Cycle 2 Cycle 3 Cycle 4 Cycle 5 Cycle 6

Menu Planning

Cycle 1 Week 1 Day of the Week Monday Week Start Date May 21 2018

Morning Snack (Choose a minimum of two)

Vegetable or Fruit Fruit (Orange) Mango Mango Slices

Grain Products Waffles Serve Most Often Whole Grain Waffles

Milk or Milk Alternatives

Meat or Meat Alternatives

Lunch (Choose a minimum of five)

Mixed Dishes Select a recipe if desired Enter a New Recipe

Vegetable Vegetables (Dark green or orange) Green Beans Green Beans

Vegetable or Fruit Vegetables (Dark green or orange) Carrots Carrots

Grain Products Rice Serve Most Often Brown Rice

Milk or Milk Alternatives Milk - plain Milk

Meat or Meat Alternatives Light tuna Fresh Light Tuna

Optional Food Group

Optional Food Group

Condiments Enter any minor ingredients or condiments

Afternoon Snack (Choose a minimum of two)

Vegetable or Fruit Fruit (Seasonal) Apples Apple Slices

Grain Products Cheese strings, cheese curds Mozzarella Ch.String

Milk or Milk Alternatives

Meat or Meat Alternatives

Save Menu Clear Form

Checklist, Menu and Shopping List

		Cycle 1 Week 1: Amount of Food to Have on Hand (Minimum Amount x1.5)				
		Monday	Tuesday	Wednesday	Thursday	
Mond	Morn	Morning Snack				
			Mango Slices 1110 mL Whole Grain Waffles 9 each			
	Lunch					
			Green Beans 360 mL Carrots 360 mL Brown Rice 360 mL 3.25% milk 540 mL, Low-fat milk 188 mL Light Tuna 240 g			
Aftern	Afternoon Snack					
		Apple Slices 1395 mL Mozzarella Ch.String 630 g				



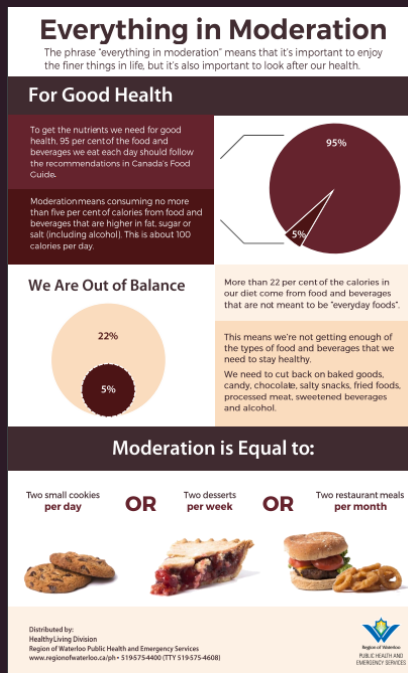
FRESH-IT

Waterloo Region

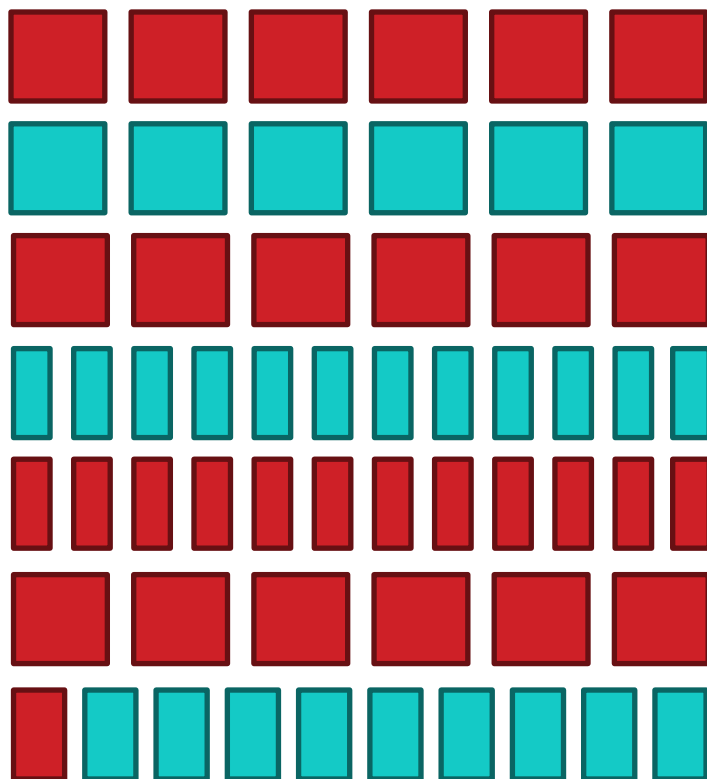


EDUCATION TOOLS

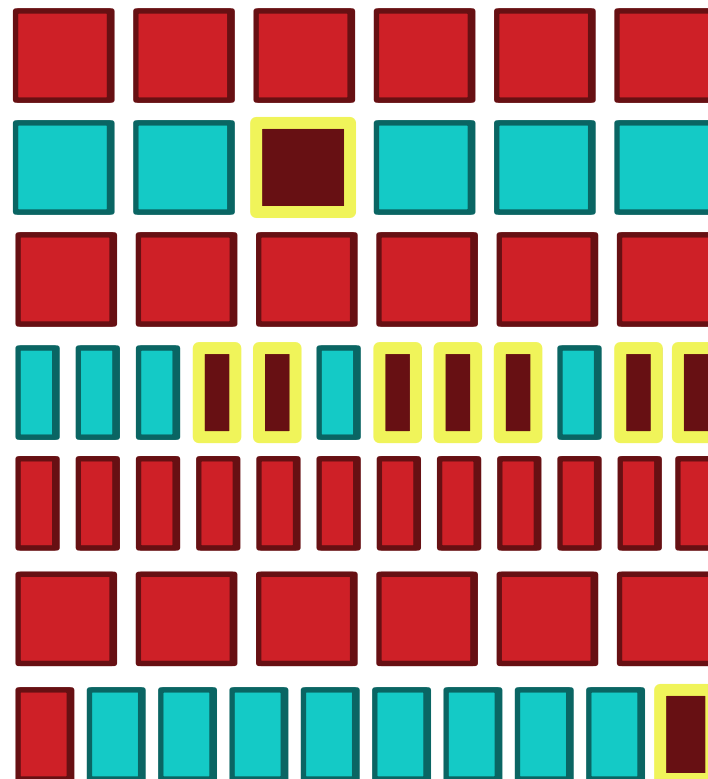
Translated existing fact sheets into animated videos with tailored messages for children



Reassessments – Availability of Healthier Food



47%



31%

Group Purchasing Project

MASH Model

Municipalities	Recreation centres, camps, community centres
Academia	Colleges and universities
Schools	Childcare, elementary, secondary
Hospitals	Hospitals, Long-term care facilities, community health centres
Other	Prisons

Articles with the National Collaborating Centre for Environmental Health



<http://www.ncceh.ca/documents/evidence-review/food-deserts-and-food-swamps-primer>

NCCEH UPDATE

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Understanding healthy food environments in public health practice

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<http://pubs.ciphi.ca/doi/pdf/10.5864/d2017-029>

Urban Planning



The Popsicle Test

...an eight-year-old child could walk from their home to a store to purchase a popsicle and walk home before it melts...

Source: Groskop, V. (August 21, 2015). The popsicle test: What makes a city good for children? *The Guardian*





“We can regulate uses...

but...

we cannot regulate
users.”

Source: Wegener, J., Seasons, M., & Raine, K. D. (2013). Shifting from vision to reality: Perspectives of regional food policies and food system planning barriers at the local level. *Canadian Journal of Urban Research*, 22(1), 93-112.



Thank You