



Ontario Dietitians in Public Health
Diététistes en santé publique de l'Ontario

New Healthy Eating Resources for Child Care Settings

By
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Presenters



Mélissa Cardinal is a Public Health Dietitian at Eastern Ontario Health Unit. For the past three years, she co-chaired the Child Care Working Group (CCWG) of the Ontario Dietitians in Public Health (ODPH).

She is passionate about her work and has been fortunate to work on projects relating to childhood nutrition, prenatal nutrition, food security, and workplace nutrition programs.

About CCWG

Our goal:

All child care settings in Ontario have healthy menus and supportive nutrition environments that are reflective of current best practices.

Our objectives:

- Establish nutrition recommendations for menu planning and supportive nutrition environments
- Enable RDs to support child care settings
- Support child care settings in implementing nutrition recommendations
- Collaborate with the Ontario Ministry of Education (EDU) and other stakeholders

Presentation Outline

In this presentation you will:

- ✓ Review importance of healthy eating in child care settings
- ✓ Learn about the history behind the development of the Practical Guide
- ✓ Discover resources developed by CCWG
- ✓ Hear updates about CCWG next steps



Importance of Healthy Eating in Child Care Settings

Poor nutrition in children can lead to:

- Growth problems, overweight and obesity
- Vitamin and mineral deficiencies
- Poor eating habits that become lifelong
- Inability to learn at school



Children in care for **6 hours or more** should receive **at least half** of their recommended number of CFG servings



Priority to foods of **high nutritional value**

ODPH – EDU Collaboration

In **2015**, the EDU reached out to ODPH CCWG to:

- Enable licensing staff and child care providers to apply *Canada's Food Guide* within child care settings.
- Provide guidance on the **quantity** of food to offer children, by age group and by hours of attendance in child care.
- Provide guidance on the **quality** of foods and beverages to offer.
- Provide guidance on **supportive feeding practices**.

ODPH – EDU Collaboration

In 2016,

- The *Nutrition Recommendations for Child Care Providers in Ontario - Technical Document* is officially recognized by the EDU Child Care Quality Assurance and Licensing Branch as a resource for child care licensees, supervisors, staff, home visitors and ministry licensing staff.
- The EDU and CCWG identified the need for a user-friendly version of the *Nutrition Recommendations for Child Care Providers in Ontario - Technical Document*.

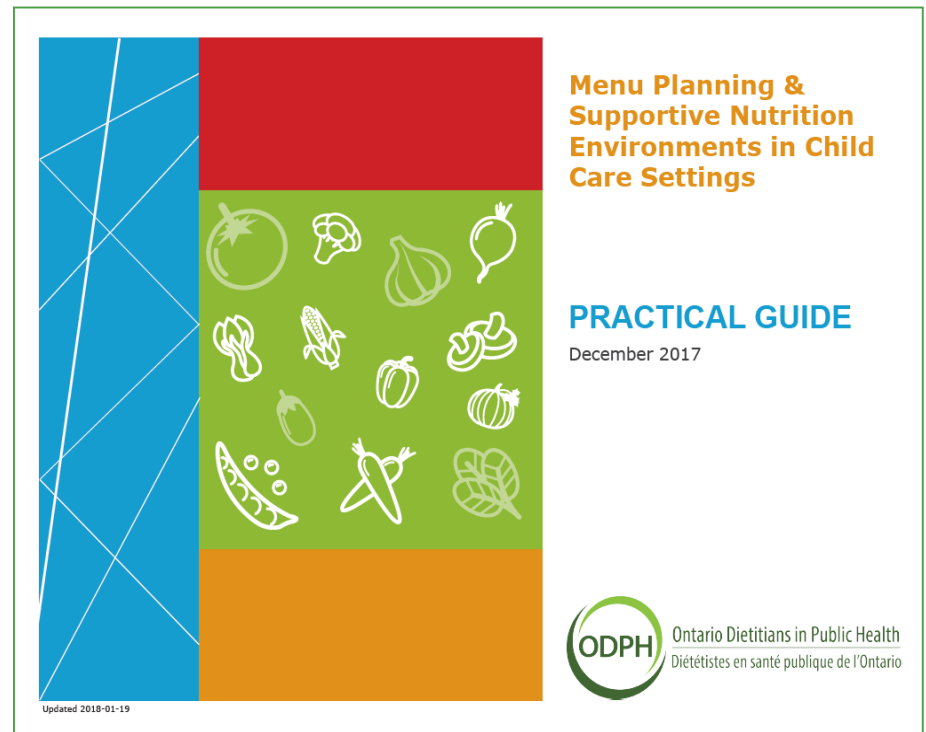
ODPH – EDU Collaboration

In 2017,

- The CCWG developed the *Menu Planning and Supportive Nutrition Environments in Child Care Settings - Practical Guide* to help child care settings meet the food and drink requirements under CCEYA and provide strategies to create a supportive nutrition environment.
 - EDU includes the *Practical Guide* as a resource in the *Child Care Licensing Manuals*.
- The CCWG developed the *Menu and Nutrition Environments Self-Assessment Tool for Child Care Settings* to help child care cooks, chefs and providers assess their menus and nutrition environment.
 - This self-assessment tool complements the *Practical Guide*.

Practical Guide

- Categorization of food and beverage choices
- Portion sizes for different age groups
- Menu planning strategies
- Guidance on reading labels
- Responsive feeding
- Tips to create supportive nutrition environments



Self-Assessment Tool

- 5 Steps
- Portion size chart
- Menu Assessment Checklist
 - Meal Pattern
 - Snack Pattern
 - Food and Beverage Choices
- Supportive Nutrition Environment Checklist



Paint your plate (PYP) with vegetables and fruit: *A Toolkit for Ontario Child Care Providers*

PYP toolkit sections

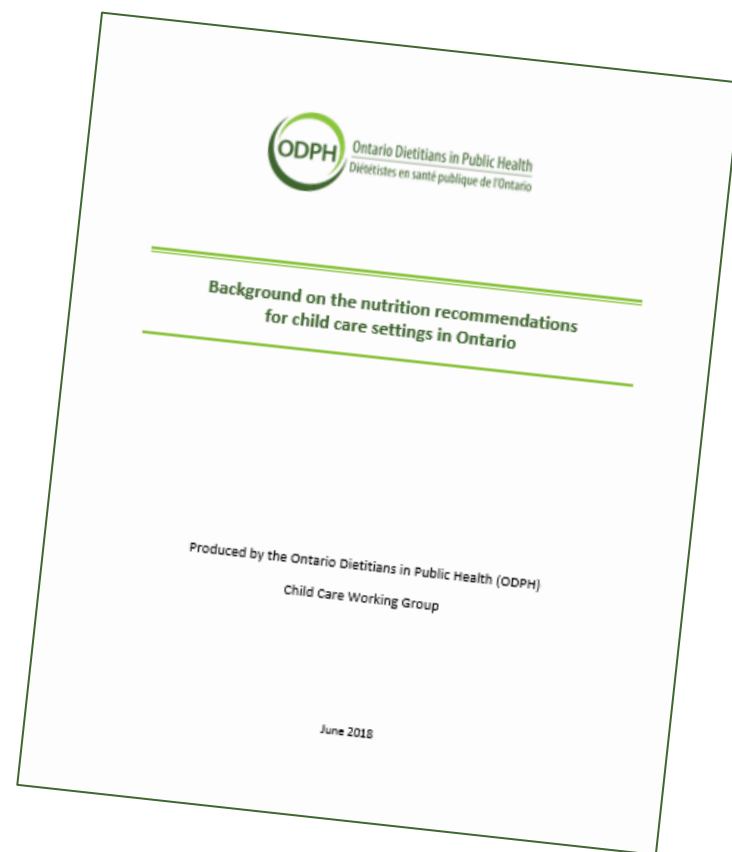
- Responsive Feeding Practices
- Supportive Environments
- Charters/Policies
- Menu Planning and Recipes
- Games and Activities
- Supporting and Engaging Families



Background on the nutrition recommendations

Background and rationale for the nutrition recommendation:

- Provides background information on the nutrition recommendation found in the Practical Guide (PG)
- Creates a common understanding about the nutrition recommendations
- Provides rationale for certain decisions on the nutrition recommendations of the PG



Promotional Material

Material available to ODPH members:

- Social media messages
- Letter/e-mail of announcement
- Letter to caterers
- Parent newsletter inserts

Promotion through:

- Social media
- NRC blog
- E-mail/letter to DC Ontario, AECEO, EDU, OPHA, aLPHA
- EDU program advisor training day
- Webinar



Next Steps

Dissemination sub-group

- Developing a recorded presentation about the nutrition recommendations (end of May)
- Continue promoting CCWG child care resources

Planning and Evaluation sub-group

- Identify initiatives to be developed and implemented by the CCWG to support child care settings (situation and needs assessment)
- Evaluate existing material

Other

- Continue to work in collaboration with EDU and other stakeholders

Resources

For non ODPH members:

- ODPH Website: www.odph.ca/child-care-resources
- Download copies of CCWG nutrition resources
- Access the recorded presentation about the nutrition recommendations

For ODPH members:

- ODPH website: *Workgroups >> Minutes & Reports >> Child Care Working Group*
- Download copies of the nutrition resources (alternate formats available for printing)
- Access promotional material, ready-to-use presentation, and other material



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Thank you !

