Healthy Eating Charter for Our Child Care Program

We are committed to:

Offering a variety of foods and beverages from Canada's Food Guide every day

Vegetables and Fruit

- We offer a variety of colourful vegetables and/or fruit at each meal and snack. We offer fresh or frozen vegetables and fruit, or drained fruit that was canned in its own juice.
- Vegetables are steamed, baked, or lightly stir-fried with no added fat, sugar, or salt.

Grain Products

- We offer a variety of high fibre, whole grain foods daily, including whole grain breads, cereals, and pastas.

Milk and Alternatives

- We offer milk daily. Yogurt and cheese are offered regularly each week.

Meat and Alternatives

- We offer lean meats and meat alternatives, and use cooking methods that require little or no added fat or salt, such as roasting and baking.
- We avoid processed foods by offering meals prepared in-house or by a caterer.
- We offer meat alternatives often, such as beans, lentils, and tofu.
- We use healthy fats such as olive oil and non-hydrogenated margarine.

Making water available throughout the day

- We make drinking water freely available so children can serve themselves.
- We do not serve fruit juice, punches, pop, or chocolate milk.

Supporting healthy eating

Variety

- Our menus include healthy items from a variety of cultures.
- Our menus include a combination of new and familiar foods.

Feeding Practices

- Educators join children at the table for meals and snacks, and role model healthy eating.
- We respect children's hunger cues, and do not force or bribe children to eat.
- Educators do not use food to encourage positive behaviour.
- We celebrate holidays with healthy foods or non-food items such as books.

Nutrition education

- We provide training opportunities for all child care staff on healthy eating.
- We take the opportunity to educate children on healthy eating, with information provided by registered dietitians and/or the local public health unit.
- We share healthy eating information and resources with parents.

HEALTHY KIDS COMMUNITY CHALLENGE

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