

HOME & HEART Child Development Centre & Family Day Care Agency
Parent, Staff & Child Care Provider Handbook

GUIDELINES FOR FOOD & NUTRITION

The following guidelines are recommended courses of action in regulated child care settings based on evidence and best practices.

- 1.0 FAMILY INVOLVEMENT AND COMMUNICATION: Parents are invited to participate in snacks & meals, share recipes, learn about the importance of healthy attitudes towards eating and nutrition, share ideas & information on inclusive food and nutrition practices including religious practices and cultural beliefs.

- 2.0 CREATING OPPORTUNITIES FOR CHILDREN TO LEARN ABOUT NUTRITION: We teach children about healthy food choices, preparation, growing, diversity and modeling respectful practices toward food to ensure minimal waste. Children learn that breastfeeding is a natural and healthy way to feed a baby.

- 3.0 NOVA SCOTIA PRODUCE AND PRODUCTS: When possible, we serve local, seasonal food and beverages that are harvested, produced or manufactured in Nova Scotia and Atlantic Canada.

- 4.0 FOOD PACKAGING AND ENVIRONMENTAL CONSCIOUSNESS: We find ways to reduce consumer and food waste, use energy-saving practices, avoid individual containers, use reusable dishes, minimize food waste through appropriate menu planning and food preparation, recycle and compost.

- 5.0 FOOD FOR STAFF AND CARE PROVIDERS: Staff and providers will model healthy eating and food they consume in front of the children will be consistent with healthy food policies and protocols.

In compliance with Guidelines for Food and Nutrition in Regulated Child Care Settings, developed by the Food and Nutrition Support for Licensed Child Care Centres Advisory Group (FNSLCC), effective on July 1, 2011.

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