

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

STANDARDS FOR FOOD & NUTRITION

The following standards identify the expectations for the provision of food and nutrition practices in regulated childcare settings as outlined by the Nova Scotia Department of Community Services. Compliance with each standard is required by all child care facilities and approved family day care homes as per Regulation 25(1) in the Day Care Regulations.

- 1.0 FOOD & BEVERAGES SERVED: Menus must be signed and posted with substitutions recorded, and kept on file.
- 2.0 CLEAN DRINKING WATER: Health inspection report must be available if applicable and potable drinking water must be accessible during outdoor play and on outings.
- 3.0 BREASTFEEDING: Breastfeeding is supported and welcome, with a comfortable space available for breastfeeding mothers. Stored breast milk will be labeled (contents, date & child's name) and refrigerated. When applicable, an Infant Feeding Plan will be developed with information on storage, feeding, supply and transition plan, and will be available for review (4.0).
- 4.0 ADAPTING THE MENU FOR INFANTS: Bottles and foods brought from home will be labeled with required information. Staff and providers will respond to hunger and fullness cues for all children in care, including infants.
- 5.0 FOOD SAFETY: Food from home will be labeled and stored properly. Any food donated from an external source must comply with standards and must include a list of ingredients, preparation, storage and serving instructions. The Guidelines for Communicable Disease Prevention and Control for Childcare Programs and Family Home Day Care Agencies will be followed:
www.gov.ns.ca/.../Guidelines_for_Communicable_Disease_Prevention.pdf
- 6.0 SPECIAL DIETARY CONSIDERATIONS: Children's enrollment information will include special dietary considerations and food and beverages brought from home will be labeled and recorded. Special dietary considerations, allergies and anaphylaxis information will be visibly posted in appropriate locations to ensure accessibility for viewing.
- 7.0 MEAL & SNACK ROUTINES: Daily meal and snack schedule to be posted. Staff and providers will be responsive to children's hunger cues and snacks and meals may be offered outside the regular schedule.

- 8.0 MEAL AND SNACK TIME ENVIRONMENT: A relaxing and enjoyable meal environment will be created and supervised, with safe & sanitary conditions and equipment. As a response to hunger and feelings of fullness, children will not be forced to finish food that has been served.
- 9.0 MODELING POSITIVE ATTITUDES TOWARDS FOOD & NUTRITION: Staff / providers will eat with the children and model healthy eating practices.
- 10.0 FUNDRAISING WITH FOOD & BEVERAGES: Fundraising during operating hours will include healthy food choices and will comply with the expectations set out in the Food and Beverage Nutrient Criteria.
- 11.0 FOOD IS NOT USED TO REINFORCE DESIRED BEHAVIORS: As outlined in our Behavior Guidance Policy, food will not be offered for positive reinforcement (unless indicated as part of an approved Routine-Based Program Plan which must include a plan for replacing the use of food as a motivator) or withheld as a consequence for inappropriate behaviors. Food will not be used as a reward for completing a task or finishing a meal.
- 12.0 SPECIAL FUNCTIONS: Foods and beverages served at special functions (parties or celebrations) during operating hours must be identified on the menu in advance and comply with the Food and Beverage Criteria.
- 13.0 PROMOTION AND ADVERTISING: Promotional materials that are intended to advertise specific brands or characters will not be used to serve meals and snacks.

In compliance with Standards 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.

Lila Hope-Simpson
Director