



The Lee Wiggins Childcare Centre NUTRITION POLICY

Purpose:

To provide guidance on how the Lee Wiggins Childcare Centre works to ensure that all children receive nutritious meals and snacks which respect health issues and family requests in a safe environment.

Applicable Law:

- *Child Care and Early Years Act, 2014 (CCEYA)*
- *Toronto Operating Criteria for Child Care Centres*

Definitions / Acronyms:

For the purposes of this policy, the following definitions / acronyms apply:

CCEYA means Child Care and Early Years Act

LWCC means Lee Wiggins Childcare Centre

Policy:

It is the policy of LWCC to provide nutritious meals and snacks while employing safe food handling practices and fostering an environment that encourages healthy eating.



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Roles & Responsibilities:

The childcare follows procedures as described in the *Child Care and Early Years Act* and the *Toronto Operating Criteria for Child Care Centres*.

Coordinator

- Meets with parents regarding allergies and/or special requests
- Coordinates communication among LWCC staff regarding allergies and special diets
- Ensures three food service staff have, or are in the process of obtaining, current Food Handler Certification recognized by Toronto Public Health

Staff

Staff

- Post children's food allergies in the kitchen and in all rooms where food is served
- Allergy list includes a picture of the child as well as dietary needs (i.e., vegetarian, halal, anaphylactic, etc.)
- Create opportunities for children to learn about and build skills around healthy eating
- Encourage children to drink water throughout the day to keep hydrated
- Comply with relevant policies and procedures, which include, but are not limited to those listed under the "Cross Reference" section of this policy

Students/Volunteers

- Support staff members in planning and executing healthy eating activities
- Encourage children to drink water throughout the day to keep hydrated
- Comply with relevant policies and procedures, which include, but are not limited to those listed under the "Cross Reference" section of this policy



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Procedure:

Administration and Forms

1. Parents/caregivers identify allergies and/or special diet requests by speaking with the Coordinator and completing the relevant form(s). See Appendix for forms and instructions.
2. Details regarding a child's allergies and/or special diet requirements are posted in the kitchen and in each room of the childcare
3. Forms are kept in child's file and are updated at parents'/caregivers' request and/or when the child graduates to the next room.

Food Preparation and Food Service

1. All food and beverages are received, prepared and served using safe food handling practices in accordance with the Ontario Health Protection and Promotion Act Reg. 562 Food Premises.
2. The childcare participates in waste diversion programs where appropriate (blue bin recycling and green bin organics).
3. Menus are posted and copies are made available for parents.
4. For children receiving stored breast milk, the breast milk must be stored in the refrigerator and clearly labeled with the child's name, appropriate instructions and the date. Please see the Breastfeeding/Breast Milk Storage policy for further details.
5. If we cannot accommodate to a child's dietary requirements, the parents may provide healthy food alternatives from their home providing that each item and ingredients are listed on each container.

Eating Environment

1. Furniture and eating utensils are age appropriate and developmentally suitable.
2. Extra dishes and utensils are available at the table if any are dropped or soiled.
3. Staff sit at the table with the children.
4. Meal and snack times are unhurried and conversation is encouraged.
5. Children are encouraged, but not forced, to eat.
6. Children are encouraged to self-serve and carry out simple tasks such as setting the table and pouring milk.

Healthy Eating Activities in the Rooms

Staff provide consistent healthy eating messages in activities that are incorporated in programming for creative arts, language and literacy, group time, music and movement, and science.

Appendices:

Appendix 1: Toronto Children’s Services Operating Criteria – Nutrition

(http://www1.toronto.ca/city_of_toronto/childrens_services/files/pdf/oc_nutrition.pdf)

Amount of Food to be Provided

The daily intake of food servings for children need to be considered in meal planning. A main meal consists of two servings of vegetables/fruit, one serving of meat/alternative, one serving of grain products and one serving of milk/alternative products. Children who are in attendance for 6 hours per day at the centre are required to receive:

Type of Food	Amount of Food (any of the following)
Grain Products	<ul style="list-style-type: none"> ● 1 ½ to 2 ½ slices ● 175 ml to 450 ml ● ¾ to 1 2/3 cups
Vegetables and Fruit	<ul style="list-style-type: none"> ● 2 to 2 ½ whole vegetables/fruit ● 250 ml to 300 ml ● 1 to 1 ¼ cups
Milk and Alternatives	<ul style="list-style-type: none"> ● 250 ml to 375 ml ● 1 to 1 ¼ cups
Meat and Alternatives	<ul style="list-style-type: none"> ● 60 to 90 grams ● 2 to 3 oz

Serving Sizes

Food Group	Range of serving size for children 1-6 years of age (any of the following)	Range of serving size for children 6 years and older (any of the following)
Grain Products	<ul style="list-style-type: none"> ● ½ to 1 slice ● 50 ml to 125 ml ● ¼ cup to ½ cup 	<ul style="list-style-type: none"> ● 1 slice ● 125 ml to 175 ml ● ½ cup to ¾ cup
Vegetables and Fruit	<ul style="list-style-type: none"> ● ¼ to 1 whole vegetable/fruit ● 125 ml ● 1/3 to ½ cup 	<ul style="list-style-type: none"> ● 1 whole vegetable/fruit ● 175 ml ● ¾ cup to 1 cup
Milk and Alternatives	<ul style="list-style-type: none"> ● 125 ml to 175 ml ● ½ cup to ¾ cup 	<ul style="list-style-type: none"> ● 175 ml to 250 ml ● ¾ cup to 1 cup
Meat and Alternatives	<ul style="list-style-type: none"> ● 30 to 60 g ● 1 to 2 oz 	<ul style="list-style-type: none"> ● 60 to 90 g ● 2 to 3 oz



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Appendix 2: Dietary Restriction Requiring a Health Plan

About This Form: A Health Plan is the document we use to provide information to the staff about your child’s allergies and medical conditions, especially those requiring medical attention. A doctor’s note may be required to explain the medical details to the childcare. LWCC will follow the procedures for the condition or health concern as recommended by the Canadian Pediatric Society and the Toronto Public Health Department. It is the parent’s responsibility to keep the childcare informed of any new developments or changes in their child’s condition.

Child’s Name:

Please check the appropriate boxes:

Reason	<input type="checkbox"/> Medical	<input type="checkbox"/> Allergy	<input type="checkbox"/> Preference
Level of Concern	<input type="checkbox"/> Life-Threatening		<input type="checkbox"/> Non-Life-Threatening
Doctor’s Note on File	<input type="checkbox"/> Yes		<input type="checkbox"/> No

Detail foods with common symptoms, but for allergies to foods that cause different symptoms, use separate forms.

Foods to Avoid:

Please check the alternative proteins we are permitted to serve your child and list others:

- Tofu Soya Tuna Eggs Cheese

Other:

Plan of action in case of accidental ingestion of this restricted food and/or when described symptoms are observed (please be as detailed as possible):

Contact this parent first:	Phone #:
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This Health Plan is the agreement of how LWCC handles your child's condition.

Parent's Signature:	Date:
Coordinator's Signature:	Date:

FOR OFFICE USE ONLY

Doctor's Note Required: Yes (filed) No

Plan Posted: Yes No

Staff Informed: Yes No

Health Plan no longer required

Explanation:

This Health Plan will be reevaluated and updated one year from the date signed.



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Appendix 3: Medical Condition Requiring a Health Plan (and treating physician’s signature of approval)

About This Form: A Health Plan is the document we use to provide information to the staff about your child’s allergies and medical conditions, especially those requiring medical attention. A doctor’s note may be required to explain the medical details to the childcare. LWCC will follow the procedures for the condition or health concern as recommended by the Canadian Pediatric Society and the Toronto Public Health Department. It is the parent’s responsibility to keep the childcare informed of any new developments or changes in their child’s condition. Note: when a child is prescribed an EpiPen, the doctor’s signature is required for the Health Plan.

Child’s Name:

Room:

Please check the appropriate boxes:

Reason	Medical Allergy	Preference
Level of Concern	Life-Threatening	Non-Life-Threatening
Doctor’s Note on File	Yes	No

Name of condition and description of current status (please include symptoms and be as detailed as possible):

Plan of action (please be as detailed as possible):

Contact this parent first:	Phone #:
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This Health Plan is the agreement of how the Lee Wiggins Childcare handles your child's condition.

Parent's Signature:	Date:
Coordinator's Signature:	Date:
Doctor's Signature:	Date:

FOR OFFICE USE ONLY

Doctor's Note Required: Yes (filed) No

Plan Posted: Yes No

Staff Informed: Yes No

Health Plan no longer required

Explanation:

This Health Plan will be reevaluated and updated one year from the date signed.