

Menu Planning at Child Care Facilities



Hamilton

Public Health Services

Adapted with permission by Haliburton, Kawartha, Pine Ridge District Health Unit
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Introduction

Healthy eating helps children learn, play, grow and develop. The eating habits children learn carry over into adulthood. What you do in your child care setting will influence their eating habits and how they feel about food.

This booklet has been designed to assist you in planning nutritious menus for your child care facility that meet the Day Nurseries Act (DNA) from 1990 and follow Eating Well with Canada's Food Guide (CFG), released in 2007.

If you have any questions about this booklet or if you would like more information about healthy eating for infants, toddlers, and preschoolers, contact a Public Health Dietitian in the Family Health Division of Hamilton Public Health Services by phoning the Health Connections line at 905-546-3550. Visit www.hamilton.ca/nutrition.



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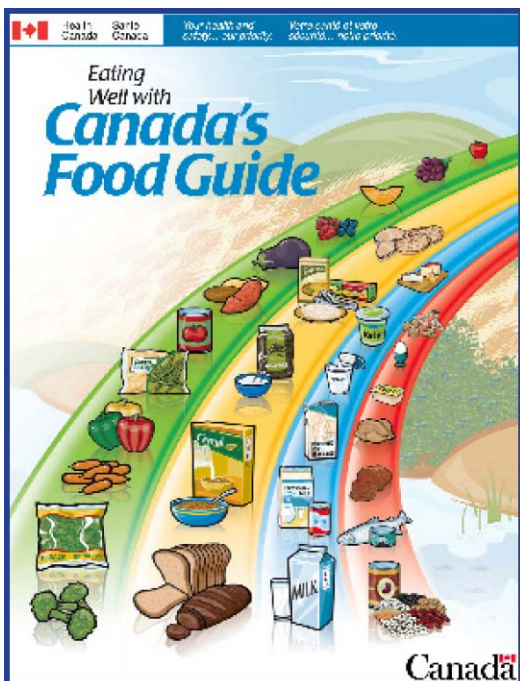
Nutrition Requirements of the Day Nurseries Act (DNA)

The regulations under the Nutrition Requirements of the DNA mandate that all infants and children attending child care centres in Ontario are provided with enough safe and nutritious food to meet their individual energy and nutrient requirements.

According to the DNA, operators shall ensure that:

- Parents provide written feeding instructions for all children less than one year of age.
- Parents provide written instructions for all children with special dietary needs. Food or drink provided by parents must be clearly labeled with the child's name and the date the food was sent to the centre.
- Food or drink is stored in a manner that maximizes its nutritive value and minimizes the risk of contamination or spoilage.
- A list of children with food allergies and the specifics of the allergy is posted in clear view in both the cooking and serving areas of the child care centre.
- Complete menus are posted in an obvious and visible location for the current and following week.
- Menus are kept for 30 days following the last day that it was applicable.

The above points are just part of the nutrition section of the DNA. See the complete nutrition section of the DNA here: http://www.e-laws.gov.on.ca/html/regs/english/elaws_regs_900262_e.htm#BK8



Eating Well with Canada's Food Guide (for ages 2 years and older)

Eating Well with Canada's Food Guide (CFG) gives recommendations for the amount and types of food required each day. It has been developed to help Canadians ages two years and older meet their nutrient requirements at every stage of life.

Different children need different amounts of food. In general, younger children require smaller portions than older children. It's better to start with smaller portions and provide more food if the child asks for more.

For more information on CFG, see www.canadasfoodguide.org

How much food is offered to each child in a child care day?

The Day Nurseries Act (DNA) identifies the amount of food to provide for each child when attending the child care centre for six or more hours.

Food Group	DNA - Amounts offered to each child in attendance for 6 hours or more	# of Canada's Food Guide (CFG) servings
Vegetables & Fruit	<ul style="list-style-type: none"> • 2 to 2½ whole fruits OR <ul style="list-style-type: none"> • 250 to 300 mL (1 - 1¼ cups) vegetables or fruit 	2 - 2½
Grain Products	<ul style="list-style-type: none"> • 1½ to 2½ slices OR <ul style="list-style-type: none"> • 175 to 450 mL (¾ to 1¾ cups) 	1½ - 2½
Milk and Alternatives	<ul style="list-style-type: none"> • 250 to 375 mL (1 - 1½ cups) 	1 - 1½
Meat and Alternatives	<ul style="list-style-type: none"> • 60 to 90 grams (2 - 3 oz.) 	¾ - 1¼





How much food is offered to each child in a main meal at child care?

The DNA identifies the amount of food to provide for each child at a main meal at a child care centre. For children ages 6 and older, the main meal will include more food from each food group. Please refer to the DNA, Nutrition Section, "Schedule 1," for more details.

Food Group	DNA - Amounts offered to each child 1 to <6 yrs of age for the main meal	# of Canada's Food Guide (CFG) servings
Vegetables & Fruit	<ul style="list-style-type: none"> • ½ to 2 whole fruit OR <ul style="list-style-type: none"> • 160 to 250 mL (⅔ - 1 cup) vegetables or fruit 	Average of 1 (can be divided into two ½ servings of different vegetables and fruits)
Grain Products	<ul style="list-style-type: none"> • ½ to 1 slice OR <ul style="list-style-type: none"> • 50 - 125 mL (¼ - ½ cup) 	½ - 1
Milk and Alternatives	<ul style="list-style-type: none"> • 125 - 175 mL (½ - ¾ cup) 	½ - ¾
Meat and Alternatives	<ul style="list-style-type: none"> • 30 - 60 grams (1 - 2 oz.) 	½ - ¾

What is a Food Guide Serving?

A food guide serving is a reference amount. It helps you understand how much food is recommended from each of the four food groups. The following are examples of food guide servings according to Canada's Food Guide (CFG).

	Vegetables and Fruit <ul style="list-style-type: none">• 125 mL ($\frac{1}{2}$ cup) fresh, frozen or canned vegetable or fruit or 100% juice• 250 mL (1 cup) leafy raw vegetables or salad• 1 medium-sized piece of fruit
	Grain Products <ul style="list-style-type: none">• 1 slice (35 g) bread or $\frac{1}{2}$ bagel (45 g)• $\frac{1}{2}$ pita (35 g) or $\frac{1}{2}$ tortilla (35 g)• 125 mL ($\frac{1}{2}$ cup) cooked rice, pasta, or couscous• 30 g cold cereal or 175 mL ($\frac{3}{4}$ cup) hot cereal
	Milk and Alternatives <ul style="list-style-type: none">• 250 mL (1 cup) milk or fortified soy beverage• 175 g ($\frac{3}{4}$ cup) yogurt• 50 g (1 $\frac{1}{2}$ oz) cheese
	Meat and Alternatives <ul style="list-style-type: none">• 75 g (2 $\frac{1}{2}$ oz)/125 mL ($\frac{1}{2}$ cup) cooked fish, shellfish, poultry or lean meat• 175 mL ($\frac{3}{4}$ cup) cooked beans or tofu• 2 eggs• 30 mL (2 Tbsp) peanut butter or nut butters

For more examples of food guide servings, see <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/basics-base/serving-portion-eng.php>

Child Size Portions

Offer food in child size portions at the main meal and snacks. An appropriate child size portion is $\frac{1}{2}$ a CFG serving. For example, one slice of bread is considered one CFG serving, so a child size portion is half a slice of bread. Offer small portions. Children can ask for more if they are still hungry.

Day Nurseries Act Requirements Chart

This chart helps track the number of CFG servings on your menu and meet the DNA requirements for children in care for 6 hours or more each day. To use this chart, review each snack and meal on your menu and mark off the corresponding food groups. For example, if Monday morning's snack consists of bananas and milk, fill in the Vegetables & Fruit group and Milk & Alternatives group under Monday morning snack. Fill the circles in halfway to track half portions. If you are serving more than the requirements, track them as well. This will be helpful if you need to move around foods on your menu. There is an additional copy of this chart provided on p. 37. Remember, use this chart to track the number of servings offered to children, not how much the children actually eat.

Legend: **V/F**=Vegetables & Fruit **G**=Grain Products **Milk**=Milk & Alternatives
M/A=Meat & Alternatives

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK (at least 2 food groups)	V/F ⊕ G ⊕ Milk ⊕ M/A ⊕	V/F ⊕ G ⊕ Milk ⊕ M/A ⊕	V/F ⊕ G ⊕ Milk ⊕ M/A ⊕	V/F ⊕ G ⊕ Milk ⊕ M/A ⊕	V/F ⊕ G ⊕ Milk ⊕ M/A ⊕
LUNCH V/F: 1 whole or 2 half servings G: ½ - 1 Milk: ½ - ¾ M/A: ½ - ¾	V/F ⊕ ⊕ G ⊕ Milk ⊕ M/A ⊕	V/F ⊕ ⊕ G ⊕ Milk ⊕ M/A ⊕	V/F ⊕ ⊕ G ⊕ Milk ⊕ M/A ⊕	V/F ⊕ ⊕ G ⊕ Milk ⊕ M/A ⊕	V/F ⊕ ⊕ G ⊕ Milk ⊕ M/A ⊕
PM SNACK (at least 2 food groups)	V/F ⊕ G ⊕ Milk ⊕ M/A ⊕	V/F ⊕ G ⊕ Milk ⊕ M/A ⊕	V/F ⊕ G ⊕ Milk ⊕ M/A ⊕	V/F ⊕ G ⊕ Milk ⊕ M/A ⊕	V/F ⊕ G ⊕ Milk ⊕ M/A ⊕
TOTAL Required Number of CFG Servings* V/F: 2-2½ G: 1½-2½ Milk: 1-1½ M/A: ¾-1¼	V/F (2-2½) ___ G (1½-2½) ___ Milk (1-1½) ___ M/A (¾-1¼) _	V/F (2-2½) ___ G (1½-2½) ___ Milk (1-1½) ___ M/A (¾-1¼) _	V/F (2-2½) ___ G (1½-2½) ___ Milk (1-1½) ___ M/A (¾-1¼) _	V/F (2-2½) ___ G (1½-2½) ___ Milk (1-1½) ___ M/A (¾-1¼) _	V/F (2-2½) ___ G (1½-2½) ___ Milk (1-1½) ___ M/A (¾-1¼) _

*This is the number of required CFG servings for children who spend 6 hours or more at child care.

Adults and Children Each Have Responsibilities

While Canada's Food Guide (CFG) and the Day Nurseries Act (DNA) requirements are an important part of healthy eating, there are many other factors that help build healthy eating habits in children. Adults and children each have responsibilities when it comes to feeding and eating. Allowing children to make decisions about food helps them build healthy eating habits that will last a lifetime.

The adult's responsibilities are to decide:

- **What** food is offered
- **When** it is offered, and
- **Where** it is offered

It is important the adult offers meals and snacks at regular times, every 2-3 hours. Offer nutritious and safe foods. You can promote pleasant meal and snack times by eating at the same table with the children and eating the same food. Be a role model for healthy eating. Offer foods that you may not enjoy or prefer. The children can decide whether they want to eat them or not. Give children enough time to eat - 15 minutes for a snack, 30 minutes for a meal. Avoid television, toys and other distractions when eating. At the end of a meal or snack, remove any uneaten food without comment.

The child's responsibilities are to decide:

- **Whether** or not to eat
- **How much** to eat

It is important the adult respect these responsibilities. It helps children develop eel positive feelings about food and mealtimes. Let the child decide how much to eat, even if that means leaving food on the plate, not eating at all or asking for more food. This will help children listen to their hunger and fullness cues, and eat the amount that's right for them and their individual growth patterns.

Pressuring children to eat can have negative consequences. Some children respond by eating less, and some children eat more to please their parents or caregivers. Respect their appetites by avoiding these comments:

- "Just take one more bite."
- "No dessert until you eat your meat."
- "Good boy. You ate all your peas."
- "No more bread until you eat some meat."
- "Finish your milk. It's good for you."
- "How do you know you don't like it unless you try it?"

Source: Eat Right, Be Active: A Guide for Parents and Caregivers of Preschoolers Ages 3-5, Nutrition Resource Centre, Ontario Public Health Association (2008)

For information on this topic, please see www.ellynsatter.com

Menu Planning Steps

To plan your menus, there are 8 steps which can help your centre meet the DNA and CFG. Steps 1-5 are DNA requirements, whereas steps 6-8 help maximize the nutritional content of your menu to meet CFG. Below each step, there are ideas on how to serve different foods and menu suggestions.

For each day of the week:

1. Select the meat or alternative
2. Select a vegetable
3. Select one or more vegetable or fruit
4. Select grain products
5. Select milk or a milk alternative
6. Plan morning and afternoon snacks to complement meals
7. Use healthy oils and fats
8. If you offer dessert, it can be chosen from one of the four food groups

1. Select the meat or alternative for each day of the week

Cook's Tip: For breading fish, use a small amount of mayonnaise or milk and then coat with breading such as bread crumbs or crushed dry cereal. Serve with lemon slices.

- Choose a different food from the Meat and Alternatives group (e.g., fish, poultry, beef, pork, eggs, tofu and legumes such as black beans, split peas, or lentils) for each day.
- Serve fish 1-2 times a week.
- Include meat alternatives such as legumes and tofu at least once a week.
- Choose lean meat and alternatives prepared with little or no added fat or salt (e.g., remove chicken skin, avoiding deep-fried food).
- Add or purée legumes into sauces (e.g., pasta, pizza), chili, dips and soups.
- Serve meatloaf. Serve pasta with meatballs or add meat to your pasta sauce.

Cook's Tips: For macaroni and cheese, blend lentils and add to cheese sauce. Another idea: mix puréed cooked red lentils or beans into pasta sauce – use leftovers as pizza sauce.

2. Select a vegetable for each day of the week

Cook's Tip: Offer one hot/cooked and one cold/raw vegetable at lunch.

- Provide dark green and orange vegetables often.
- Choose vegetables prepared with little or no added fat, sugar, and salt. Include a variety of cooked and raw vegetables throughout the week.
- Use different textures and shapes, such as grated, chopped, mashed, sliced, cubed, sticks, wedges. Serve a variety of vegetables in many different colours.
- Consider growing some of your own vegetables on site. Involve children in selecting, planting and caring for a variety of vegetables and fruits. Carrots, beans, tomatoes, cucumbers, squash and pumpkins grow well and children enjoy them.
- Serve with dips or cheese. Use them in baked products. Try adding carrots, zucchini,

pineapple, bananas or raisins to breads or muffins.

- Serve low-sodium vegetable juices or soups. Add puréed or grated vegetables to soups, sauces and casseroles.

3. Select one or more vegetable or fruit for each day of the week

- Serve fruit prepared with little or no added fat, sugar and salt.
- Frozen and canned fruit (in water or its own juice) are healthy options.
- Choose fruit more often than fruit juice.
- Choose these orange fruits often: apricot, cantaloupe, mango, nectarine, papaya and peach.
- If juice is served, limit to 125 mL (½ cup/4 oz.) per day. Choose 100% fruit juice. Avoid fruit punches, drinks, cocktails, beverages, sports drinks, pop/soft drinks, and energy drinks.
- Cut in shapes (e.g., for a kiwifruit, cut in slices, or cut in half and let kids scoop it out).
- Serve vegetables and fruits that are in season and locally grown. Freeze batches of seasonal produce if this is an option for your facility.

Cook's Tip: Toast wheat germ in a frying pan. Add to oatmeal along with cinnamon and a bit of brown sugar.

4. Select grain products for each day of the week

- Offer at least half of the grain products as whole grain each day. Examples include whole grain breads, whole grain pastas, and brown rice.
- Include a variety of other grain products such as oats, barley, couscous, quinoa, bagels, pitas, tortillas, roti, chapatti, and bannock.
- Choose grain products that are lower in fat, sugar and salt.

5. Select milk or a milk alternative for each day of the week

- Offer 1% or 2% milk each day for children age 2 years and older. Serve whole milk (3.25% milk fat) for children less than 2 years of age.
- Offer milk at lunch.
- Milk, yogurt or cheese can be served at snack times.
- Serve milk-based soups and smoothies.
- Add grated cheese to foods when appropriate.

Cook's Tip: Use yogurt in dips for vegetables and fruit.

6. Plan morning and afternoon snacks to complement meals

- Offer food from at least two food groups of CFG at each snack.
- Choose snacks that are both nutritious and promote good dental health (i.e., limit sweet and sticky foods).
- Keep portion sizes small.
- Serve snacks around 2 hours before the next meal so children are hungry for the meal.

- See list of Super Tasty Snack Ideas in this booklet (p. 16-18).

7. Use healthy oils and fats such as:

- Vegetable oils (e.g., canola, olive and soybean)
- Soft margarines made from non-hydrogenated oil (look for margarines with no trans fat)
- Mayonnaise
- Salad dressings
- Avocado

Limit or avoid:

- Hard margarine (contains trans fats)
- Lard
- Shortening
- Artificially produced trans fats (found in some pastries, cookies and deep-fried food)
- Butter

8. If you offer dessert, it can be chosen from one of the four food groups

- Some nutritious dessert ideas are fresh, frozen or canned fruit, yogurt, homemade milk puddings, homemade applesauce and homemade fruit crisp.
- It is not necessary to plan desserts such as cake or jellied dessert.

Reducing Choking Hazards

Since any food can cause choking, always watch children while they are eating. Have children sit down to eat and provide a calm eating environment.

How to reduce the risk of choking:

- Do not offer popcorn, raisins and hard round candies.
- Cut grapes in half or quarters.
- Grate hard vegetables such as carrots or cut them into narrow strips.
- Spread peanut butter, nut butter or soy butter thinly. Never serve it right off a spoon.
- If served, cut hot dogs and sausages into long strips, and then into bite-size pieces.

Additional Mealtime Tips

These suggestions help your facility exceed the DNA requirements and provide better nutrition for your children.

For Your Menu:

- Serve a variety of foods within the four food groups each day.
- Provide a variety of shapes, colours, temperatures, flavours, textures.
- Keep meals and snacks simple.
- Include food from at least two food groups in snacks.
- Do not let your food preferences restrict menu choices. Children may enjoy foods you dislike.
- Include nutritious foods that have a higher fat content (e.g., avocado, nut butters).
- Use at least a three or four week menu cycle.
- Introduce at least one new food during the menu cycle.
- Choose foods that promote nutrition and support dental health. Limit sweet and sticky foods.
- Avoid having the same menu item always falling on the same day of the week (i.e., spaghetti every Monday).
- Involve children in snack and meal preparation whenever possible and appropriate.
- Celebrate different cultures by introducing food choices that represent the ethnic diversity of your child care centre. Involve parents in helping you plan some new menu choices.
- Allow for substitutions for children with allergies and special diets or encourage parents to supply their own substitutes.
- Ensure that adequate equipment, staff and time are available to prepare the meal.

For a Pleasant Environment:

- Offer portion sizes that are appropriate for the child's age.
- Provide child-sized utensils, bowls, and plates.
- Include foods that are easy for children to eat (e.g., finger foods, foods that can be eaten easily with their hands).
- Have the children serve themselves with appropriate serving utensils (i.e., family style serving – pass each dish around and children scoop out the amount of food they would like). Second helpings can be available for those who want more.
- Ensure children are given enough time to eat. Provide 30 minutes for meals and 15 minutes for snacks.
- Include new foods one at a time in small quantities. Serve them with foods that are well-liked. Provide opportunities for children to try them, but do not force them to eat.

Remember - **you are a role model** and children pick up on your comments, gestures and attitudes toward food.



Healthy foods to serve every day			
Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives
<input type="checkbox"/> Fresh, frozen, canned vegetables and fruit <input type="checkbox"/> 100% unsweetened fruit juice <input type="checkbox"/> Frozen fruit juice bar made with 100% fruit juice <input type="checkbox"/> Salsa <input type="checkbox"/> Vegetable soups (tomato, carrot, butternut squash)	<input type="checkbox"/> Whole grain cereals (hot or cold) <input type="checkbox"/> Whole grain: bread, bagels, pita, buns, crackers, English muffins <input type="checkbox"/> Whole or multigrain pancakes <input type="checkbox"/> Muffins made with whole grain <input type="checkbox"/> Whole wheat tortillas <input type="checkbox"/> Whole wheat noodles, pasta, brown rice <input type="checkbox"/> Couscous, bulgur <input type="checkbox"/> Roti, chapati, naan, steamed rolls, bannock	<input type="checkbox"/> Milk: 1% or 2% <input type="checkbox"/> Fortified soy beverage <input type="checkbox"/> Soup made with milk <input type="checkbox"/> Yogurt <input type="checkbox"/> Yogurt drinks, tubes <input type="checkbox"/> Smoothies made with yogurt <input type="checkbox"/> Kefir <input type="checkbox"/> Hard cheese <input type="checkbox"/> Powdered milk <input type="checkbox"/> Canned milk (evaporated)	<input type="checkbox"/> Tofu <input type="checkbox"/> Beans, peas, lentils <input type="checkbox"/> Hummus <input type="checkbox"/> Peanut butter, nut butters <input type="checkbox"/> Nuts, seeds (plain, unsalted) <input type="checkbox"/> Fish*, seafood <input type="checkbox"/> Canned fish (in water)* <input type="checkbox"/> Eggs <input type="checkbox"/> Chicken, turkey <input type="checkbox"/> Lean beef <input type="checkbox"/> Lean pork, ham <input type="checkbox"/> Game meat

Foods okay to serve sometimes			
Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives
<input type="checkbox"/> Vegetables with sauces or breading <input type="checkbox"/> Fruit leather, dried fruit bars <input type="checkbox"/> Fruit crisps, cobblers <input type="checkbox"/> Dried fruit: raisins, cranberries, apricots	<input type="checkbox"/> Granola bars (plain) <input type="checkbox"/> Popcorn (unflavoured) <input type="checkbox"/> Pretzels (unsalted) <input type="checkbox"/> Fruit crisps, cobblers <input type="checkbox"/> Cookies: oatmeal, peanut butter, dried fruit-filled, gingersnaps, graham wafers <input type="checkbox"/> Biscuits, scones	<input type="checkbox"/> Pudding made with milk <input type="checkbox"/> Milkshakes <input type="checkbox"/> Frozen yogurt <input type="checkbox"/> Custards <input type="checkbox"/> Processed cheese slices <input type="checkbox"/> Cheese spreads	<input type="checkbox"/> Deli meats: roast beef, turkey, ham <input type="checkbox"/> Low-fat fish sticks* <input type="checkbox"/> Low-fat chicken strips or nuggets <input type="checkbox"/> Canned fish (in oil)* <input type="checkbox"/> Back bacon

Foods, beverages and extras to limit			
<input type="checkbox"/> Pastries, Danishes <input type="checkbox"/> Cakes, pies, sticky buns, donuts, tarts <input type="checkbox"/> Presweetened cereals <input type="checkbox"/> Granola bars with chocolate <input type="checkbox"/> Cookies with icing <input type="checkbox"/> Instant noodle soups <input type="checkbox"/> Soft drinks, pop, diet pop	<input type="checkbox"/> Fruit drinks (punch) <input type="checkbox"/> Sports drinks <input type="checkbox"/> Syrups <input type="checkbox"/> Frozen ice treats (popsicles) <input type="checkbox"/> Sherbet, ice cream <input type="checkbox"/> Marshmallows <input type="checkbox"/> Whipped cream, whipped topping	<input type="checkbox"/> Candy, chocolate <input type="checkbox"/> Gelatin dessert <input type="checkbox"/> Potato chips, nacho chips <input type="checkbox"/> Cheesies, cheese puffs <input type="checkbox"/> French fries <input type="checkbox"/> Hot dogs, sausages <input type="checkbox"/> Sour cream	<input type="checkbox"/> Pepperoni sticks <input type="checkbox"/> Strip bacon <input type="checkbox"/> Gravy <input type="checkbox"/> Ketchup, mustard, relish <input type="checkbox"/> Butter, hard margarine <input type="checkbox"/> Cream cheese

*For more information on mercury and fish, see www.hamilton.ca/HealthandSocialServices/PublicHealth/Nutrition/FactSheets.htm and click on "A Guide to Buying Fish for Women, Children and Families"

Adapted from:

- *Call to Action: Creating a Healthy School Nutrition Environment*. Ontario Society of Nutrition Professionals in Public Health School Nutrition Workgroup. 2004.
- *Healthy Eating and Active Living for your 6 to 12 year old*. Alberta Health and Wellness. 2006.

This page from "Eat Right Be Active - A guide for parents and caregivers of preschoolers ages 3-5" (2008) was used and adapted with permission of the Nutrition Resource Centre.

Two Weekly Sample Menus

	Monday	Tuesday	Wednesday	Thursday	Friday
AM snack	- Yogurt - Oranges	- Whole grain cereal - Milk	- Hard boiled egg - Whole wheat toast	- Sliced cantaloupe - Bread sticks	- Carrot bran muffins - Orange juice
Lunch	- Homemade chicken noodle soup - Whole wheat bread - Carrots - Canned pears in juice - Milk	- Mushroom and ham quiche - Broccoli - Sliced apples - Milk	- Homemade chili - Grated cheese - Brown rice - Tangerine pieces - Milk	- Homemade chicken fingers - Homemade baked sweet potato wedges - Salad with dark greens - Kiwifruit - Milk	- Tuna salad sandwiches on whole wheat bread - Sliced cucumbers - Banana - Milk
PM Snack	- Baked pita crisps with melted cheese & salsa	- Yogurt pops - Apple juice	- Whole Wheat Wraps with Cucumber, Green Peppers, & Hummus	- Cereal - Thawed frozen Fruit - Milk	- Cheese and Crackers - Sliced Peaches

	Monday	Tuesday	Wednesday	Thursday	Friday
AM snack	- Whole wheat Melba toast - Cheddar cheese	- Sliced cantaloupe - Cinnamon yogurt dip**	- Pumpkin raisin muffins** - Orange juice	- Whole wheat English muffins with cheese	- Oatmeal - Thawed frozen blueberries
Lunch	- Whole wheat chicken fajitas with red pepper strips - Sliced watermelon - Milk	- Turkey on a whole wheat bun - Corn - Sliced grapes - Milk	- Beef stir-fry with broccoli on brown rice - Pineapple - Milk	- Homemade tomato soup - Salmon salad pita pockets** - Canned peaches in juice - Milk	- Pasta with lentil tomato sauce - Spinach salad - Orange slices - Milk
PM Snack	- Shredded wheat square cereal with milk - Bananas	- Whole grain crackers - Cheese cubes	- Banana - Milk	- Homemade banana bread - Sliced strawberries	- Pita triangles - Hummus

** Recipes can be found in this booklet (p. 25-32)

Counting Food Guide Servings

Many meals contain foods from most or all of the four food groups of Canada's Food Guide (CFG), such as lasagna, chili, soups, sandwiches, and homemade pizza.

To count CFG servings in a meal:

- 1) Think about all of the ingredients in the meal.
- 2) Place each ingredient into its proper food group.
- 3) Figure out how many CFG servings are in one portion of the meal for each ingredient. For example, you have cooked 10 cups of rice for a stir-fry. 1 CFG serving of rice is $\frac{1}{2}$ cup. You have 20 CFG servings of rice. If you are serving 20 children, then the meal has 1 CFG serving of Grain Products per child.

Using chicken stir-fry as an example, let's figure out how many servings from each food group are present in one portion of the meal:

Chicken stir-fry ingredients per portion	Number of Food Guide Servings			
	Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives
Broccoli, red pepper, mushrooms, carrots, onion 125 mL ($\frac{1}{2}$ cup) chopped vegetables	1			
Brown rice 125 mL ($\frac{1}{2}$ cup) of cooked rice		1		
Milk to drink 250 mL ($\frac{1}{2}$ cup)			$\frac{1}{2}$	
Chicken breast strips 75 grams ($2\frac{1}{2}$ oz.), cooked				1
Total	1	1	$\frac{1}{2}$	1

Use a healthy fat for stir-frying the vegetables and chicken, such as canola oil.

Super Tasty Snack Ideas!

Plan snacks that offer foods from two or more food groups.

Vegetables and Fruit

Celery sticks with peanut butter* or almond butter*

Cauliflower and broccoli “trees” with yogurt dill dip**

Tiny baked potato with grated cheese and salsa

Raw vegetables (carrots, broccoli, cauliflower, peppers, sugar snap peas, cucumbers) with tzatziki (yogurt, grated cucumber, garlic)

Cooked broccoli sprinkled with parmesan cheese

Edamame and thin sliced carrots with rice noodles

Halved cherry tomatoes on crackers and cheese

Orange wedges and an oatmeal muffin

Watermelon and yogurt

Fruit and cheese platter

Cantaloupe pieces and a small bran muffin

Canned peaches on oatmeal

Fruit chunks (banana, mango, pineapple, kiwi, strawberries) with yogurt dip

Apple wedges and peanut* or soy butter*

Mango and pineapple cubes with kefir (a yogurt drink)

Fruit Salsa - two types of fruit mixed with 1 tsp honey (honey not for children under 1 year) served with cinnamon crisps - whole wheat tortillas brushed with water and sprinkled with cinnamon & brown sugar. Toast in 350°F (180°C) oven for 10-15 minutes

Apple slices with grated cheddar and a sprinkle of cinnamon - microwave until melted

Kale chips - remove large vein, cut kale in pieces, spray lightly with canola oil. Bake at 350°F for 10 minutes or until crisp.



Grain Products

Baked tortilla crisps with fresh salsa

Toasted whole wheat bagel with peanut butter* and banana slices

Upma - cream of wheat, mixed vegetables or fruit and spices

Homemade raisin and wheat germ muffin and a glass of milk

Whole grain crackers with cream cheese, cucumber rounds and red pepper slices

Pancakes dipped in homemade fruit sauce

Congee (a rice porridge) with chopped dates

Rice crackers spread with pesto and diced tomato

Whole grain cereal with milk and blueberries

Cereal parfaits - layer yogurt, chopped fruit, and bran cereal in a clear cup

French toast with puréed strawberries

Homemade cranberry muffin with cantaloupe wedges

Quesadilla (whole wheat tortillas, apple slices, shredded cheddar cheese), cut into triangles

Pumpkin pancakes (add one cup of canned pumpkin purée, 1 tsp of allspice, 1 tsp cinnamon, and ½ tsp ginger to your regular pancake recipe)

Chapati or roti with sweet potato dip**

Veggie pizza on naan bread

Small whole grain carrot muffin and plum slices

Cereal mix (choose 2-3 cereals) and enjoy with a glass of milk

Whole wheat waffles with blueberries

Chinese steamed buns and soy beverage

Whole grain toast with a slice of cheddar cheese

English muffin topped with cottage cheese mixed with a little cinnamon and vanilla (broiled)

Oatmeal with grated apple and cinnamon or thawed frozen fruit

Toasted cinnamon raisin bread with a glass of milk

Homemade tapioca with raisins

Dip it in!

Applesauce with breadsticks to dip
Cream cheese and curry dip with thinly sliced celery and carrots
Raw veggie and pretzel sticks dipped in hummus
Yogurt dip (tzatziki) with green peppers and cucumbers
Whole grain mini pitas dipped in yogurt
Melt cheese between two whole wheat tortillas, cool, cut into strips and dip in salsa
Bean dip (purée a can of white beans, a garlic clove, 1 tbsp olive oil, 1 ½ tbsp lime juice, a sprinkle of basil, thyme, salt and pepper) with veggies and roti wedges
Sweet potato and chickpea dip** with flatbread

Milk and Milk Alternatives

Lemon yogurt mousse (blend Greek yogurt with lemon juice and lemon zest in a blender), with fruit to dip
Plain yogurt and puréed dates
Kefir with a banana
Hot cocoa made with milk or soy beverage and graham crackers
Cottage cheese with pear or banana slices
Homemade fruit and yogurt popsicles (blend together yogurt and fruit and freeze in popsicle holders)
Cheddar cheese and fruit pieces
Ricotta cheese and Granny Smith apples stuffed in a pita pocket
Cheddar cheese and whole grain crackers
Chocolate milk and a banana
Mozzarella cheese and tangerine sections
Homemade milk pudding topped with banana slices and coconut
Pumpkin parfait (layer pumpkin pie filling with vanilla yogurt and granola)

Roll it!

Veggie roll ups (whole wheat tortilla spread with hummus and grated vegetables [carrots, cucumber, peppers], roll and slice on an angle)
Whole grain tortilla spread with nut* butter, rolled around a banana and sliced
Whole wheat tortilla with beans, grated cheese & salsa
Tuna rolls (use light canned tuna, rice and veggies and roll in a tortilla)
Egg salad with finely chopped celery and green onions rolled in a chapati
Roll grated cheese, apples cut in strips, and a drizzle of yogurt in a tortilla

Meat and Meat Alternatives

Hard boiled egg with toast and orange wedges
Hummus (chickpea dip) and pita wedges
Black beans or lentils mixed with brown rice and seasoned with 1 tbsp chutney
Tuna mixed with ricotta cheese spread on whole grain crackers
Salmon salad mixed with grated cucumber and carrot stuffed into mini pita pockets
Egg salad on small whole wheat bun
Tuna salad on whole grain bread
No-nut pea-butter on multigrain crackers
Tofu and apricot pudding (process silken tofu with fresh apricots until smooth)
Lentil salad (mix lentils, green onions, chopped tomatoes and parsley, add a little Italian seasoning and mix)
Devilled egg with carrot strips
Western sandwiches (scrambled egg, green pepper and onion) on toasted whole wheat mini buns
Diced chicken, cold whole wheat pasta and tomato halves
Bean salsa (mix 1 can of black beans, 3 diced tomatoes, 1 small red onion finely chopped, 1 tbsp olive oil, and 1 tbsp of lime juice) with whole wheat pita crisps

Blend it up!

Fruit smoothie (frozen fruit, yogurt, milk)

Chocolate monkey smoothie (chocolate milk, banana and crushed ice whirled together in the blender)

Frozen fruit sorbet (blend 4 cups of a variety of frozen berries or melon and mix with ½ cup orange juice until smooth)

* **Note:** Some centres may be peanut/nut free due to allergies.

** See recipes (page 25 - 32)



Using the Nutrition Facts Table: % Daily Value

How to CHOOSE

The Nutrition Facts table gives you information on calories and 13 core nutrients. Use the amount of food and the % Daily Value (% DV) to choose healthier food products.

Follow these three steps:

1 LOOK at the amount of food

Nutrition Facts are based on a specific amount of food (also known as the serving size). Compare this to the amount you actually eat.

2 READ the % DV

The % DV helps you see if a specific amount of food has a little or a lot of a nutrient.

5% DV or less is a **LITTLE**
 15% DV or more is a **LOT** } This applies to all nutrients.

3 CHOOSE

Make a better choice for you. Here are some nutrients you may want...

less of

- Fat
- Saturated and trans fats
- Sodium

more of

- Fibre
- Vitamin A
- Calcium
- Iron

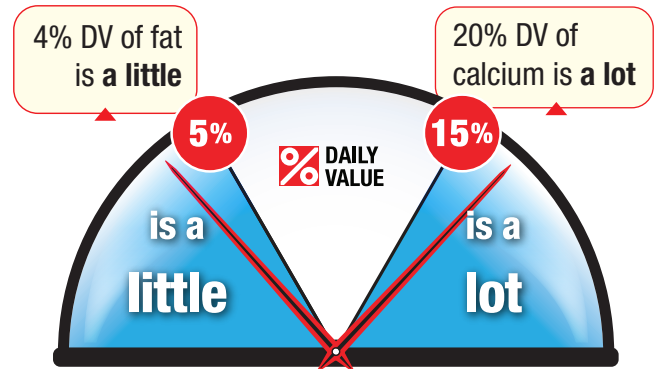
Here is an example of how to choose:

You are at the grocery store looking at yogurt. The small container (175 g) of yogurt you pick has a **little** fat (4% DV) and a **lot** of calcium (20% DV) – this is a better choice if you are trying to eat less fat and more calcium as part of a healthy lifestyle!

Yogurt



Nutrition Facts	
Per 3/4 cup (175 g)	
Amount	% Daily Value
Calories 160	
Fat 2.5 g	4 %
Saturated 1.5 g	8 %
+ Trans 0 g	
Cholesterol 10 mg	
Sodium 75 mg	3 %
Carbohydrate 25 g	8 %
Fibre 0 g	0 %
Sugars 24 g	
Protein 8 g	
Vitamin A 2 %	Vitamin C 0 %
Calcium 20 %	Iron 0 %



How to COMPARE

Use the amount of food and the % Daily Value (% DV) to compare and choose healthier food products.

Follow these three steps:

1 LOOK at the amounts of food

Compare the amounts of food (also known as the serving sizes) in the Nutrition Facts tables.

Cracker A has 9 crackers and weighs 23 grams.

Cracker B has 4 crackers and weighs 20 grams.

Because the weights are similar, you can compare these Nutrition Facts tables.

2 READ the % DVs

Since you are comparing crackers, you may want to look at the % DVs for saturated and trans fats, sodium and fibre.

Cracker A has 13% DV for saturated and trans fats, 12% DV for sodium and 4% DV for fibre.

Cracker B has 2% DV for saturated and trans fats, 4% DV for sodium and 12% DV for fibre.

Remember: 5% DV or less is a little and 15% DV or more is a lot. This applies to all nutrients.

3 CHOOSE

In this case, **Cracker B** would be a better choice if you are trying to eat less saturated and trans fats, less sodium and more fibre as part of a healthy lifestyle.

Use the Nutrition Facts table and *Eating Well with Canada's Food Guide* to make healthier food choices.

Using the Nutrition Facts Table: % Daily Value (Fact Sheet). Health Canada, 2010. Reproduced with permission from the Minister of Health, 2012.

Cracker A

Nutrition Facts			
Per 9 crackers (23 g)			
Amount	% Daily Value		
Calories 90			
Fat 4.5 g	7 %		
Saturated 2.5 g + Trans 0 g	13 %		
Cholesterol 0 mg			
Sodium 280 mg	12 %		
Carbohydrate 12 g	4 %		
Fibre 1 g	4 %		
Sugars 0 g			
Protein 3 g			
Vitamin A 0 %	Vitamin C 0 %		
Calcium 2 %	Iron 8 %		

Cracker B

Nutrition Facts			
Per 4 crackers (20 g)			
Amount	% Daily Value		
Calories 90			
Fat 2 g	3 %		
Saturated 0.3 g + Trans 0 g	2 %		
Cholesterol 0 mg			
Sodium 90 mg	4 %		
Carbohydrate 15 g	5 %		
Fibre 3 g	12 %		
Sugars 1 g			
Protein 2 g			
Vitamin A 0 %	Vitamin C 0 %		
Calcium 2 %	Iron 8 %		

Did you know?

You may be able to compare products that don't have similar amounts of food.

For example, you could compare the % DVs of a bagel (90 g) to the % DVs of 2 slices of bread (70 g) because you would most likely eat either amount of food at one meal.



More Information About Food Labels

Ingredient List - The ingredient list tells you what ingredients are in the packaged food. They are listed by weight from the most to the least. This list is a source of information for people with food allergies or health concerns.

Nutrition Claims - Nutrition claims are optional, but when used, they must follow certain rules from Health Canada. Examples include: “Good source of Iron,” “Trans fat free” or “A healthy diet rich in vegetables and fruit and reduced risk of some types of cancers.”

Check out the following food labeling websites for more information:

EatRight Ontario: www.eatrightontario.ca and search “Nutrition labelling” for 5 short videos and fact sheets on nutrition labelling

Health Canada: <http://www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/cons/dv-vq/interact-eng.php>

Choosing a Healthy Cereal

Cereal with milk can be a healthy balanced snack that contains a variety of vitamins and minerals and can be good source of fibre.

When choosing a cereal, look for one that has:

- A whole grain as the first item on the ingredient list
- ≤ 2 g of saturated fat per serving
- ≥ 2 g of fibre per serving

To choose an even healthier cereal, look for one that has ≥ 4 g of fibre and ≤ 240 mg of sodium per serving and lower amounts of sugar.

Cereals to try: Cooked rolled oats, multi grain squares, oat ring cereal, bran flakes, shredded wheat squares, frosted wheat squares

Choosing a Healthy Cracker

When choosing crackers, look for those that have:

- ≤ 3 g of fat per serving
- ≤ 2 g of saturated fat per serving
- ≤ 240 mg sodium per serving

To choose an even healthier cracker, look for ones that have whole grain listed as the first ingredient and ≥ 2 g of fibre per serving

*Criteria was taken from Nutrition Tools for Schools (www.nutritiontoolsforschools.ca), developed by the Ontario Society of Nutrition Professionals in Public Health (OSNPPH), accessed Sept. 13, 2012.

Fibre and Grain Products

Fibre is a very important component of food. Fibre provides us with a feeling of fullness, promotes regular bowel movements, and can relieve constipation. Children ages 1 to 3 years old require 19 grams of fibre a day while children ages 4 to 8 require 25 grams of fibre a day. Fibre is found in legumes, vegetables and fruits (including the skin) and whole grain products. Children need to consume enough fluid when their fibre intake increases. When buying grain products, try to choose breads, cereals and other grain products with at least 2 grams of fibre per serving. This is considered a “source” of fibre.

How to include more whole grains in your menu:

- For morning snack, offer whole grain toast or breakfast cereal.
- Use 100% whole grain bread for healthy and delicious sandwiches.
- Try whole grain pasta when planning dishes with spaghetti, macaroni or lasagna noodles.
- When making muffins or pancakes from scratch, substitute whole wheat flour for half of the white flour.
- Offer brown rice instead of white rice.
- Try recipes that use whole grain barley, kasha, bulgur, quinoa, millet and couscous.
- Add whole wheat pasta, brown rice or barley to soups.

Cook's Tip: To get kids used to whole grain, use half whole grain and half white pasta.

Descriptive words in the product's name, such as stone-ground, multi-grain, 100% wheat, or bran, do not necessarily indicate that a product is whole grain. Words to look for include “100% whole grain,” “whole rye,” “whole oat or oatmeal,” “100% whole wheat” or “whole grain whole wheat.”

For more information on whole grains, including recipes, see EatRight Ontario's handout “Choosing Whole Grains FAQs:” <http://www.eatrightontario.ca/en/Articles/Food-guides/Choosing-Whole-Grains-FAQs>

Sodium

Most Canadian children and adults consume too much sodium, the major component of salt, in foods they eat. Foods high in sodium include processed and convenience foods, processed meat, soups, and some snack foods. Cutting back on sodium gradually will make the change less noticeable and increase the children's acceptance of the food.

How to reduce sodium in your menu:

- Use less processed and packaged foods.
- Make your own soups with water and/or low sodium broth.
- Avoid adding salt to cooking water.
- Season foods with fresh or dried herbs, garlic, ginger, lemon, lime, no-sodium seasoning mixes, and/or pepper.
- Buy unsalted or lower sodium foods when possible (e.g., lower sodium vegetable juice, broth, crackers).

- Avoid or limit high sodium foods and condiments such as pickles, olives, ketchup and soy sauce.
- Use quick cooking oats instead of instant hot cereals.
- Buy fresh or frozen vegetables. Rinse regular canned vegetables or look for ones with low or no sodium added.
- Choose lower sodium canned beans or dried beans, peas and lentils. Rinse canned beans.
- Choose unseasoned fresh or frozen fish, meat and poultry instead of deli meats, hot dogs, sausages and pre-seasoned fish, meat and poultry.

Planning for Vegetarian Diets

There are many different types of vegetarian diets. Check out www.eatrightontario.ca and use the key word “vegetarian” to search for more information. Canada’s Food Guide (CFG) is suitable for vegetarians. Use parents as a resource when planning meals. Ask them what types of food they serve at home. When planning a vegetarian meal, the meat must be replaced with a meat alternative such as legumes (e.g., canned beans, lentils), eggs, soy products (e.g., tofu, vegetarian meat substitutes), or seed/nut butters (if permitted).

Vegetarian Ideas

The following examples are not whole meals, but ideas for replacing the meat portion of a menu item with a meat alternative. Always remember to include all four food groups with meals.

<ul style="list-style-type: none"> • Vegetable omelettes • Vegetarian quiche or crustless quiche • Baked beans on toast • Lentil soup and bread • Lentils and rice • Nut butter sandwiches (e.g., peanut butter, almond butter, cashew butter, etc.) 	<ul style="list-style-type: none"> • Vegetarian chili or pasta sauce using textured vegetable protein, tofu and/or beans • Quesadillas made with black beans • Bean or lentil salad • Bean tacos • Tofu and vegetable stir-fry with rice
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Beverages

Milk and Water

Children need fluids regularly throughout the day to keep organs working well and prevent dehydration. Dehydration can lead to fatigue, headaches and irritability. The best beverages to offer are milk and water.

- Have water available at all times throughout the day.
- Offer milk at meals.
- Consider offering milk at snack time.

Juice

If a child drinks too much juice, it can:

- Interfere with good nutrition by decreasing a child's appetite for meals, snacks, and milk. Children have small stomachs and they can fill up quickly on juice.
- Cause chronic diarrhea, flatulence, bloating and abdominal pain.
- Lead to early childhood tooth decay.

If juice is served, limit to half a cup (125 mL) per child per day. Choose 100% fruit juice which contains naturally occurring sugar and no added sugar. Juices that are "made with real fruit juice" can contain added sugars and may contain as little as 10% fruit juice. Fruit beverages are NOT nutritionally equivalent to fruit juice.

- Read the label of juice products to ensure they are 100% fruit juice.
- Most of the time, offer fruit instead of juice (e.g., offer apple slices instead of apple juice) to get the benefits of fibre and other nutrients not found in juice.
- Avoid beverages with added sugar (e.g., lemonade, iced tea, powdered drinks, nectars, punches, sports drinks, pop, cocktails, fruit "drinks").

Recipes for Meals and Snacks

Soy Butter Yogurt Dip

Makes ½ cup (125 mL)

¼ cup	soy butter	60 mL
¼ cup	plain yogurt	60 mL
2 tsp	honey *	10 mL

Directions:

1. Mix all ingredients together. Serve with fruit.

Nutrition information per 30 mL serving:

Calories:	131 kcal
Fat:	8 g
Saturated Fat:	1.6 g
Trans fat:	0.0 g
Sodium:	81.3 mg
Carbohydrate:	9.2 g
Fibre:	1.0 g
Protein:	5.2 g

* Do not serve honey or any foods sweetened with honey to children less than one year of age.

Cinnamon Yogurt Dip

Makes 8 (30 mL) servings

Ingredients:

1 cup	plain yogurt	250 mL
1-2 tsp	cinnamon	5-10 mL
2 tbsp	brown sugar	30 mL

Directions:

1. Combine all ingredients together. Serve.
2. Refrigerate dip if not serving immediately.

Nutrition information per 30 mL serving:

Calories:	33.7 kcal
Fat:	0.5 g
Saturated Fat:	0.3 g
Trans Fat:	0.0 g
Sodium:	22.5 mg
Carbohydrate:	6.0 g
Fibre :	0.3 g
Protein:	1.6 g

Recipes for Meals and Snacks

Sweet Potato & Chickpea Dip

Makes 12 (60 mL) portions

1 can (19 oz.)	chick peas, drained and rinsed	540 mL
¼ cup	water	60 mL
1 small	sweet potato	1
3-5 tbsp	lemon juice	45-75 mL
1 ½ tbsp	brown sugar	20 mL
1-2 cloves	garlic, crushed	1-2 cloves
3 tbsp	olive oil	45 mL

Directions:

1. Microwave sweet potato for 3-4 minutes. Scoop out potato from skin and blend or process with other ingredients until smooth and creamy.
2. Serve with vegetables, crackers or pita bread.

Nutrition Information per 60 mL portion:

Calories:	83 kcal	Fat:	3.7 g
Saturated fat:	0.5 g	Trans fat:	0.0 g
Sodium:	85.4 mg	Carbohydrate:	10.0 g
Fibre:	0.2 g	Protein:	2.6 g

Food Guide Servings per 60 mL portion:

Vegetables and Fruit:	0.0	Grain Products:	0.0
Milk and Alternatives:	0.0	Meat and Alternatives:	0.3

Recipes for Meals and Snacks

Broccoli Salad

Makes 8 (½ cup) portions

80 mL	plain Yogurt, 1% - 2% m.f.	2 ½ oz.
30 mL	mayonnaise (reduced fat)	2 tbsp
30 mL	lemon juice	2 tbsp
2 mL	paprika	½ tsp
750 mL	broccoli florets	1 lb
80 mL	onions, chopped	1 small
3	tomatoes, chopped	3
1 mL	salt (optional)	A pinch
2 mL	black Pepper	½ tsp

Directions:

1. In a large bowl, mix the yogurt with the mayonnaise, lemon juice and paprika.
2. Add the remaining ingredients, stir well and let stand a few minutes before serving.
Serve fresh bread or grilled pita.

Optional:

Add a can of chickpeas (drained and rinsed) and sunflower seeds.

Nutrition information per ½ cup portion:

Calories:	43.3 kcal
Fat:	1.7 g
Saturated fat:	0.3 g
Trans fat:	0.0 g
Sodium:	107.7 mg
Carbohydrate:	6.2 g
Fibre:	1.5 g
Protein:	2.1 g

Food Guide Servings per ½ cup portion:

Vegetables and Fruit	1.2
Grain Products	0
Milk and Alternatives	0.05
Milk and Alternatives	0

Adapted from dairygoodness.ca

Recipes for Meals and Snacks

Salmon Salad Pita Pockets

Makes 4 portions

Serve this as a snack or a light lunch.

Ingredients:

1	can (213 g) salmon, drained (low sodium)	1
2 tbsp	light mayonnaise	25 mL
1 tbsp	lemon juice	15 mL
½ cup	grated carrot	125 mL
½ cup	diced cucumber	125 mL
1	green onion, sliced	1
to taste	ground black pepper	to taste
½ cup	Romaine lettuce, chopped	125 mL
½ cup	grated cheddar cheese	125 mL
2	whole wheat pitas	2

Directions:

1. In a small bowl, mix, salmon, mayonnaise, lemon juice, carrot, cucumber, green onion and pepper.
2. Cut the two whole wheat pitas in half. Stuff the pitas with lettuce, cheese and salmon mixture.
3. Serve and enjoy!

Nutrition information per portion:

Calories:	250 kcal
Fat:	11.6 g
Saturated fat:	4.4 g
Trans fat:	0.0 g
Sodium:	361.5 mg
Carbohydrate:	21.4 g
Fibre:	3.1 g
Protein:	16.1 g
Calcium:	228.4 mg
Iron:	1.8 mg
Vitamin D:	8.0 micrograms

Food Groups per portion:

Vegetables and Fruit	0.6
Grain Products	0.9
Milk and Alternatives	0.6
Milk and Alternatives	0.3

Adapted from: Healthy Eating for a Healthy Baby, 2009, p. 20

Recipes for Meals and Snacks

Crispy Oven-Baked Fish Fillets

Makes 12 portions

2 lb	fish fillets (tilapia, pollock, sole)	1 kg
2	eggs, beaten	2
	salt and pepper, just a pinch of each	
1 cup	whole wheat bread crumbs	250 mL
2 tsp	vegetable oil	10 mL

Directions:

1. Preheat oven to 350°F (180°C). Lightly grease baking sheets with vegetable oil.
2. Add salt and pepper to eggs. Dip in fillets.
3. In a separate bowl, dip fillets into bread crumbs.
4. Place on prepared baking sheet. Bake in preheated oven for 10 minutes or until fish is opaque and flakes easily with a fork.
5. Serve with wedges of lemon or yogurt dill dip.

Nutrition information per 1 portion:

Calories	133 kcal	Sodium	208 mg
Fat	3.1 g	Carbohydrate	7.0 g
Saturated fat	0.7 g	Fibre	0.4 g
Trans fat	0 g	Protein	18.0 g

Yogurt Dill Dip

Makes about 2 cups (500 mL), 16 portions

Portion size: 2 tbsp (30 mL)

2 cups	Balkan-style yogurt *	500 mL
1	clove garlic, finely minced	1
2 tbsp	chopped fresh dill	30 mL
¼ tsp	freshly ground white pepper	1 mL
1 tsp	canola oil	5 mL
	Grated zest and juice of 1 lemon	

Directions: Combine all ingredients. Serve immediately or chill in refrigerator.

Nutrition information per 30 mL portion:

Calories:	37.3 kcal	Sodium:	18.5 mg
Fat:	2.2 g	Carbohydrate:	2.7 g
Saturated fat:	1.2 g	Fibre:	0.0 g
Trans fat:	0.0 g	Protein:	1.3 g

Food groups per 30 mL portion:

Vegetables and Fruit	0.0	Grain Products	0.0
Milk and Alternatives	0.2	Meat and Alternatives	0.0

***Alternative:** Use 3 cups of plain yogurt and place in a colander lined with two layers of cheesecloth and set over a large bowl. Allow to drain for 3-5 hours in the fridge. The longer it drains the thicker the remainder of the yogurt will be. Throw away the liquid left in the bowl.

Recipe adapted from Cook! © 2011 Dietitians of Canada. Published by Robert Rose Inc.

Recipes for Meals and Snacks

Cheesy Quesadillas

Makes 8 (½ 10-inch tortilla) portions

4	large (10-inch) whole wheat flour tortillas	4
¼ cup	chopped green onions	60 mL
1 cup	shredded part-skim mozzarella cheese	250 mL
¼ cup	chopped green pepper	60 mL
1	tomato, finely chopped and drained	1
1 can (19 oz.)	black beans, rinsed and drained	19 ounce
2 cups	salsa	500 mL

Directions:

1. Heat oven to 350°F.
2. Sprinkle half of each tortilla with beans, cheese, green onions, green pepper and tomato. Fold tortillas in half and press edges together.
3. Place tortillas on a baking sheet and bake at 350°F for 10 minutes or until crisp.
4. Remove from oven and cut into 2 wedges.
5. Serve with salsa on the side.

Nutrition information per portion:

Calories	240 kcal
Fat	5.3 g
Saturated fat	2.2 g
Trans fat	0.0 g
Sodium	848 mg
Carbohydrate	37 g
Fibre	7.2 g
Protein	12.0 g

Food groups per portion:

Vegetables and Fruit	0.7
Grain Products	1.0
Milk and alternatives	0.3
Meat and alternatives	0.4

Recipes for Meals and Snacks

Pumpkin Raisin Muffins

Makes 24 muffins

Serve these delicious muffins with fruit and a quick-cooked egg for a tasty breakfast that is easy to make.

2 cups	whole-wheat flour	500 mL
1 ½ cups	all-purpose flour	375 mL
1 cup	granulated sugar	250 mL
4 tsp	baking powder	20 mL
1 tsp	baking soda	5 mL
1 tbsps	ground cinnamon	15 mL
1 tsp	ground nutmeg	5 mL
1 tsp	ground ginger	5 mL
¼ tsp	salt	1 mL
1 ½ cups	raisins	375 mL
1 can (14 oz/398 mL)	pumpkin purée (not pie filling)	1 can
½ cup	vegetable oil	125 mL
2 cups	buttermilk or sour milk (see tip below)	500 mL
3	eggs	3

Directions:

1. Preheat oven to 375°F (190°C).
2. Grease or line two 12-cup muffin tins.
3. In a large bowl, combine whole-wheat flour, all-purpose flour, sugar, baking powder, baking soda, cinnamon, nutmeg, ginger, salt and raisins.
4. In a separate bowl, blend together pumpkin, oil, buttermilk and eggs.
5. Make a large well in center of dry ingredients; pour in wet ingredients all at once. Gently fold together until just combined.
6. Spoon batter into muffin tins. Bake in preheated oven for 18 to 22 minutes or until firm to the touch.

Tips:

- These muffins freeze well, so make up an extra batch and store in an airtight container or freezer bag.
- Sour milk can be used instead of buttermilk. To prepare, combine 4 tsp (20 mL) lemon juice or vinegar with 2 cups (500 mL) milk and let stand for 5 minutes.

Nutrition information for 1 muffin:

Calories	191	Protein	2 g
Fat	6.0 g	Carbohydrate	32 g
Saturated Fat	0.9 g	Fibre	4 g
Sodium	155 mg		

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Recipes for Meals and Snacks

Banana Applesauce Muffins

Makes 12 muffins

Bananas and applesauce make these muffins a little sweet and really moist without a lot of added sugar or oil.

2 cups	whole wheat flour	500 mL
1 tbsp	baking powder	15 mL
1 tsp	baking soda	5 mL
½ tsp	salt	2 mL
3	ripe bananas, mashed	3 (about 1 ⅓ cups/325 mL)
1 large	egg, lightly beaten	1
1 cup	unsweetened applesauce	250 mL
½ cup	granulated sugar	125 mL
¼ cup	vegetable oil	50 mL

Directions:

1. Preheat oven to 400°F (200°C). Fill muffin pan with paper cup liners.
2. In a large bowl, combine flour, baking powder, baking soda and salt.
3. In a medium bowl, combine bananas, egg, applesauce, sugar and oil. Stir into flour mixture until just combined.
4. Divide batter evenly among prepared muffin cups.
5. Bake in preheated oven for 15-20 minutes or until tops are firm to the touch and a tester inserted in the centre of a muffin comes out clean. Let cool in tin for 10 minutes, then remove to a wire rack to cool completely.

Tips:

- Check for overripe bananas at the back of the produce section in the grocery store. These bananas are perfect for making moist muffins and are less expensive too.
- You can also peel and freeze overripe bananas (whole or cut into chunks) in a freezer-safe container or bag. When you are ready to bake, simply thaw and mash.

Nutrition information for 1 muffin (84 g):

Calories:	180
Fat:	5 g (8% DV)
Saturated fat:	0.5 g
Trans fat:	0.1 g
Sodium:	290 mg (12% DV)
Carbohydrate:	31 g (10% DV)
Fibre:	3 g (12% DV)
Protein:	4 g

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Recipes for Meals and Snacks

Cook's Tip: Prepare veggies ahead and freeze so they can be added to a soup quickly.

Making Homemade Soup

1. Make the broth. Broth can be made by boiling bones from beef, poultry, ham, or by dissolving low-sodium bouillon cubes in water. If you don't have bones to work with, broth can be made with water, garlic, and onion. Bring broth to a boil and add two to four different seasonings, such as a bay leaf, oregano, parsley, onion powder, paprika, garlic, marjoram, thyme, or cumin. You can also buy pre-made broth, but remember to choose the low sodium version.
2. Add 2-4 vegetables and simmer (covered) for half an hour. Examples of vegetables include cabbage, carrots, celery, onion, potatoes, tomatoes, green beans, turnip, parsnips, broccoli, peas, or cauliflower. Vegetables can be added raw, frozen, or canned.
3. Add a grain product and simmer 30-45 minutes. Examples of grain products include whole wheat pasta noodles, rice, orzo, or barley.
4. Add a pre-cooked cubed meat or alternative. Simmer for twenty minutes. Enjoy!

Looking For More Recipe Ideas?

Try These Recommended Cookbooks:

- Berman, C., & Fromer, J. Meals Without Squeals: Child Care Feeding Guide and Cookbook, 3rd edition. Bull Publishing Company, Boulder. 2006.
- Dietitians of Canada. Great Food Fast. Robert Rose Inc., Toronto. 2000.
- Dietitians of Canada. Cook Great Food. Robert Rose Inc., Toronto. 2002.
- Dietitians of Canada. Simply Great Food. Robert Rose Inc., Toronto. 2007.
- Mendelson, S., & Mendelson, R. Food to Grow On. Harper Collins Publishers Ltd., Toronto. 2005.
- Roblin, L & Callaghan, B. Suppertime Survival. Suppertime Survival, Toronto. 2005.
- Saab, J & Kalnins, D. Better Baby Food. Robert Rose Inc., Toronto. 2001.
- Saab, J & Kalnins D. Better Food for Kids. Robert Rose Inc., Toronto. 2002.
- Waisman, M.S., & Dietitians of Canada. Cook! Robert Rose Inc., Toronto. 2011.

Try These Recommended Websites:

- EatRight Ontario. Recipes. <http://www.eatrightontario.ca/en/Recipes.aspx>
- Foodland Ontario. Recipes. <http://www.foodland.gov.on.ca/english/recipes.html>

Additional Resources

- 1) **City of Hamilton Nutrition:** www.hamilton.ca/nutrition
 - See the Child care Nutrition folder.
 - “A Guide to Buying Fish for Women, Children and Families” divides different fish and seafood into categories based on mercury content, and helps guide low mercury choices for different family members.
 - “Meal Planning Made Easy” is a resource that includes sample seasonal menus, recipes, and time- and money-saving tips.
 - Call Health Connections at 905-546-3550 and ask to speak with a Registered Dietitian (Monday-Friday, 8:30 am-4:30 pm)

- 2) **EatRight Ontario:** www.eatrightontario.ca
 - Call a dietitian for free at 1-877-510-5102 (Monday to Friday 9 am-5 pm, with evening hours Tuesday and Thursday to 9 pm)
 - Email a dietitian for free
 - Translation provided in 100 languages
 - Website includes nutrition information on a variety of topics, meal planning tips and healthy recipes (e.g., side dishes, salads, soups, entrees, etc.)

- 3) **Dietitians of Canada:** www.dietitians.ca
 - Website includes tools and resources on menu planning, and information on a variety of nutrition and health topics
 - Recipe Analyzer available through an online tool, eaTracker (www.eatracker.ca)
 - Search nutrient content information for various food items at www.eatwise.ca (also available as an App for your smartphone or tablet)

- 4) **Health Canada – Food and Nutrition:** <http://www.hc-sc.gc.ca/fn-an/index-eng.php>
 - Order copies of Canada’s Food Guide or view it online: www.canadasfoodguide.org
 - View serving sizes of different food groups online. See lists of dark green and orange vegetables: <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/choose-choix/fruit/serving-portion-eng.php>

- 5) **Day Nurseries Act:**
http://www.e-laws.gov.on.ca/html/regs/english/elaws_regs_900262_e.htm#BK8
 - View nutrition section of DNA

- 6) **Allergy Information:**
 - Health Canada – Food Allergies: <http://www.hc-sc.gc.ca/fn-an/securit/allerg/fa-aa/index-eng.php>
 - Allergy Safe Communities: <http://www.allergysafecommunities.ca>
 - Anaphylaxis Canada: <http://www.anaphylaxis.ca/>
 - Allergy/Asthma Information Association: <http://aaia.ca/>

- 7) **Guide to Understanding Halal Foods:** http://www.toronto.ca/health/nm_index.htm

8) **Bake It Up:** http://www.nutritionrc.ca/resources/pdfs/nrc_bake-it-up.pdf

- 24 recipes of healthier baked goods as occasional options

9) **Good Beginnings:** <http://www.goodbeginnings.ca/>

- A FREE online preschool nutrition course developed by Registered Dietitians for early childhood educators in Ontario
- Select the 'Child care Providers' button to take the course that is appropriate for Ontario child care providers including:
 - RECEs, ECEs, ECE Assistants, child care workers
 - Cooks and administrators

Menu Template

	Monday	Tuesday	Wednesday	Thursday	Friday
AM Snack					
Lunch	V/F: G: Milk: M/A:	V/F: G: Milk: M/A:	V/F: G: Milk: M/A:	V/F: G: Milk: M/A:	V/F: G: Milk: M/A:
PM Snack					

Day Nurseries Act Requirements Chart

V/F=Vegetables & Fruit **G**=Grain Products **Milk**=Milk & Alternatives **M/A**=Meat & Alternatives

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK (at least 2 food groups)	V/F ⊕ G ⊕ Milk ⊕ M/A ⊕	V/F ⊕ G ⊕ Milk ⊕ M/A ⊕	V/F ⊕ G ⊕ Milk ⊕ M/A ⊕	V/F ⊕ G ⊕ Milk ⊕ M/A ⊕	V/F ⊕ G ⊕ Milk ⊕ M/A ⊕
LUNCH V/F: 1 whole or 2 half servings G: ½ - 1 Milk: ½ - ¾ M/A: ½ - ¾	V/F ⊕ ⊕ G ⊕ Milk ⊕ M/A ⊕	V/F ⊕ ⊕ G ⊕ Milk ⊕ M/A ⊕	V/F ⊕ ⊕ G ⊕ Milk ⊕ M/A ⊕	V/F ⊕ ⊕ G ⊕ Milk ⊕ M/A ⊕	V/F ⊕ ⊕ G ⊕ Milk ⊕ M/A ⊕
PM SNACK (at least 2 food groups)	V/F ⊕ G ⊕ Milk ⊕ M/A ⊕	V/F ⊕ G ⊕ Milk ⊕ M/A ⊕	V/F ⊕ G ⊕ Milk ⊕ M/A ⊕	V/F ⊕ G ⊕ Milk ⊕ M/A ⊕	V/F ⊕ G ⊕ Milk ⊕ M/A ⊕
TOTAL Required Number of CFG Servings* V/F: 2-2½ G: 1½-2½ Milk: 1-1½ M/A: ¾-1¼	V/F (2-2½) ____ G (1½-2½) ____ Milk (1-1½) ____ M/A (¾-1¼) ____	V/F (2-2½) ____ G (1½-2½) ____ Milk (1-1½) ____ M/A (¾-1¼) ____	V/F (2-2½) ____ G (1½-2½) ____ Milk (1-1½) ____ M/A (¾-1¼) ____	V/F (2-2½) ____ G (1½-2½) ____ Milk (1-1½) ____ M/A (¾-1¼) ____	V/F (2-2½) ____ G (1½-2½) ____ Milk (1-1½) ____ M/A (¾-1¼) ____

*This is the number of required CFG servings for children who spend 6 hours or more at child care.