

8. NUTRITION

8.1. Nutrition Requirements

95-100. Checklist Reference

**LEGISLATIVE
REFERENCES
39 and 40**

39. Every operator shall ensure that,
- (a) each infant under one year of age that is in attendance in a day nursery operated by the operator or in a location where private-home day care is provided by the operator is fed in accordance with written instructions from a parent of a child;
 - (b) where food or drink or both is supplied by a parent of a child in attendance in a day nursery operated by the operator or location where private-home day care is provided by the operator, the container for the food or drink is labelled with the child's name; and
 - (c) all food or drink is stored, prepared and served so as to retain maximum nutritive value and prevent contamination.
- 40(1) Every operator shall ensure that each child one year of age or over that is in attendance in a day nursery operated by the operator or in a location where private-home day care is provided by the operator is provided with,
- (a) subject to section 43, where the child is in attendance at meal time, a meal consisting of at least one serving from milk and milk products, one serving from meat and alternates, one serving from bread and cereals, and two servings from fruits and vegetables within the range set out in Column 2 or 3, as the case may be, of Schedule 1, for each food group set out opposite thereto in Column 1 of Schedule 1, except where otherwise approved by a Director in the case of a child who is 44 months of age or over as of August 31 of the year; and

**LEGISLATIVE
REFERENCES
39 and 40
(cont'd)**

(b) nutritious between meal snacks consisting of foods that will promote good dental health at times that will not interfere with a child's appetite for meal time.

(2) Where a child referred to in subsection (1) is in attendance for six hours or more, the operator shall ensure that the total food offered to the child over the period of attendance for each food group set out in Column 1 of Schedule 2 is within the range set out opposite thereto in Column 2 of Schedule 2.

INTENT

39(a) Patterns of eating and food tolerance are highly individual in infants. New foods should be introduced judiciously because of the immaturity of the child's digestive system. The amount and scheduling of nourishment must accommodate the needs of the individual child in order to respond to the child's rapid development. Parents, usually with the advice of the child's physician, should have an active role planning this nutritional intake during the hours he/she is in care. Gastro-intestinal upsets can lead to dehydration with severe consequences in infants.

(b) Labelling food or drink supplied by a parent is intended to ensure that a child receives the correct nourishment for him/her.

(c) Only food of high nutritional quality should be used to ensure the maximum nutritive intake by each child regardless of the portion size. Foods must be of high nutritive quality when eaten. Correct procedures of food storage, preparation and service contribute to the retention of nutrients, safe food handling practices and prevention of food poisoning.

40(1)(a) Meals should be served at regular meal times and should provide nutrients necessary for growth and development. Meal times offer opportunities for children to learn good eating habits and develop a positive approach to a variety of foods.

This provision allows a ministry Director to approve bag lunches for children 44 months of age or over as of August 31 of the year.

INTENT
(cont'd)

- (b) Snacks should provide nutritional value as well as refreshment in a child's busy day. These foods should be easy for the child to handle and not detrimental to dental health.
- (2) Young children in day care for a full day are very active and therefore depend heavily on the food served to provide the necessary energy to sustain their activity. In the evenings, they are often too tired to eat a complete meal. Therefore, it is important that the children receive a sufficient portion of their daily intake at the centre.

INDICATORS**Indicator Type:** Documentation

1. There are no outstanding complaints from the medical officer of health regarding food handling or storage.
2. There is Director approval for other feeding arrangements for children 44 months of age or over as of August 31 of the year.
3. A sample number of records for infants under one year contain written instructions from a parent of the infant with regard to feeding.
4. The type and quantity of food for meals in the opinion of the program adviser, within the ranges outlined in Schedule 1 (see page 4).
5. The type and quantity of food provided for children in attendance for six hours or more is, in the opinion of the program adviser, within the ranges outlined in Schedule 2 (see page 4).

Indicator Type: Physical Inspection

1. Infants are observed to be fed in accordance with the written instructions on file.
2. Any food or drink supplied by a parent is observed to be in a container labelled with the child's name.
3. Correct procedures of storage, preparation and service are observed.

**INDICATORS
(cont'd)**

4. A meal consisting of those servings outlined in section 40(1)(a) is served at meal time.
5. Between meal snacks which, in the opinion of the program adviser, promote good dental and nutritional health, are observed to be provided at times which do not interfere with a child's appetite at mealtime.
6. Children in attendance for six hours or more are observed to receive the quantity of food outlined in Schedule 2 (see page 4).

SCHEDULE 1

FOOD GROUP	Range of Serving Size Children under six years of age but more than one year old	Range of Serving Size Children six years of age and over
Milk and milk products	125 to 175 millilitres	175 to 250 millilitres
Meat and alternates	30 to 60 grams	60 to 90 grams
Bread and cereals	1/2 to 1 slice or 50 to 125 millilitres	1 slice or 125 to 175 millilitres
Fruits and vegetables	1/4 to 1 whole fruit or 80 to 125 millilitres	1 whole fruit or 125 millilitres

SCHEDULE 2

FOOD GROUP	AMOUNTS OFFERED EACH CHILD IN ATTENDANCE FOR 6 HOURS OR MORE
Milk and milk products	250 to 375 millilitres
Meat and alternates	60 to 90 grams
Bread and cereals	1 1/2 to 2 1/2 slices or 175 to 450 millilitres
Fruits and vegetables	2 to 2 1/2 whole fruits or 250 to 300 millilitres

GOOD PRACTICE

Food service and nutrition programs in day nurseries aim to provide,

- (a) nutritionally adequate meals and snacks;
- (b) opportunities for children to experience and gain a positive attitude toward a wide variety of foods;
- (c) opportunities for children to prepare food; and
- (d) opportunities for children's enhancement of socialization, self-help, and language skills.

SERVING SIZES

Section 40(2) requires that children in attendance for six hours or more are offered a specified total amount of food from each food group over the period. As serving sizes for young children are small, the most practical way to meet the requirement would be to serve two snacks in addition to the meal.

When protein sources other than meat are used, refer to the serving guide provided below for foods, which supply approximately the same amount of protein.

60 grams (2 ounces) cooked lean meat, poultry, liver or fish

60 millilitres (4 tablespoons) peanut butter

250 millilitres (1 cup) cooked dried peas, beans

125 millilitres (1/2 cup) nuts or seeds

60 grams (2 ounces) cheddar cheese

125 millilitres (1/2 cup) cottage cheese

2 eggs

SERVING SIZES
(cont'd)

From this table it may seem that in order to reach the equivalent of 60 grams (2 ounces) of meat, large servings of beans, seeds and peanut butter are required. Therefore, care should be taken to ensure that the children are receiving the minimum food intake for the meat group.

Similarly, when meat, fish or poultry are used in casseroles, check the recipe to determine that quantities used are sufficient to serve a minimum of 60 grams (2 ounces) of cooked meat to each child.

In order to provide a quick reference for staff, the following example gives a few equivalent amounts.

General Guide

454 grams (1 pound)	of raw meat or fish will provide 6 (60 grams) cooked servings
1.81 kilograms (4 pounds)	of canned salmon will provide 25 (60 grams) servings
1.88 kilograms (66 ounces)	of canned tuna will provide 28 (60 grams) servings

INFANTS

Where children under twelve months of age are in attendance at a day nursery:

1. An area should be provided where the children may be individually held as they are fed.
2. Those infants not able to hold their own bottles should always be held, and bottles should not be propped.
3. New food or foods in a progressively coarser form should be offered to correspond with an infant's development and instructions from parents.

Note: When putting infants down for naps, avoid bottles containing juice, and any sweetened liquids or soothers dipped in syrup, as sugar can cause tooth decay.

**DEVELOPING
GOOD EATING
HABITS**

Enjoying food and meal times depends to a great extent on the way food is offered. Good eating habits can be encouraged by,

1. using a bright, attractive, well-ventilated and comfortable room for serving meals;
2. providing suitable child-sized tables and chairs;
3. supplying dishes and eating utensils that are attractive, durable and of suitable size and shape for small hands;
4. ensuring that dishes and utensils match the children's capabilities so that they can graduate from bowls and spoons to forks and plates;
5. providing a quiet time just before meals so that the atmosphere can be friendly and relaxed at meal time;
6. avoiding delays in food services so that the children will not have to sit and wait;
7. serving foods family style;

(Small groups of six to ten children, depending on their ages, around the table are a suitable number for one adult to manage. It is important that adults eat with the children whenever possible and always eat the same meal as the children. The adult should sit about half way down the long side of a rectangular table rather than at the end so that he/she can comfortably socialize (and supervise) while eating. Round tables promote socialization).

8. providing an opportunity for children to leave the table if they become restless before the meal is over (e.g., let them take their plates to the counter and bring their dessert back to the table);
9. encouraging children to help (e.g., filling their own glasses or cups, arranging crackers and fruit on plates etc.);
10. setting a good example;

(Since children sense adult attitudes toward food, an adult who enjoys and has a positive approach to new foods and demonstrates pleasant manners can influence a child).

**DEVELOPING
GOOD EATING
HABITS
(cont'd)**

11. being prepared for spills and offering reassurance if it occurs;
12. encouraging interesting conversation at the table to promote a relaxed, cheerful and unhurried atmosphere;
13. avoiding the use of mealtimes as a time to criticize or to air unpleasant occurrences;
14. remembering that children's appetites vary from meal to meal and recognizing individual tastes and differences in quantities of food;

(No child should be forced to eat.)
15. advising parents or guardians to consult a licensed physician in circumstances where a child continually refuses to eat.

**BETWEEN MEAL
EATING**

Section 40(1)(b) requires that "nutritious between meal snacks consisting of foods that will promote good dental health" be served at times that will not interfere with the children's appetite for the main meal.

Morning snacks may be served quite early depending on when the children arrive and whether they have had an early breakfast or none at all. Afternoon snacks should take into consideration that many pre-schoolers will probably not eat until 6:00 p.m. or later.

Try to serve a snack at least two hours before the next meal and make foods interesting by,

- (a) serving buffet style so that children can choose between snacks (e.g., three or four raw vegetables or fruits);
- (b) including raw vegetables which children have grown themselves (e.g., radishes are ready to eat only two weeks after planting); and
- (c) inviting children to help with the preparation of snacks.

**SUGGESTED
SNACKS**

The foods selected for snacks must be chosen from the four food groups in Schedule 1 (milk and milk products, meat and alternates, bread and cereals, fruits and vegetables). Each snack should include choices from two food groups in Schedule 1.

Sweet snacks such as candy, cookies or drinks with sugar should not be used since they offer little food value and promote tooth decay. Raisins and other dried fruit are also not recommended as they contain a high concentration of sugar and stick to the teeth. Avoid salty snack foods such as potato chips and pretzels.

Note: Day nurseries staff should be aware of the possibility of children, particularly infants and toddlers, choking on hard foods (e.g., raw fruits and vegetables, hot dogs, nuts).

BAG LUNCHES

In programs where Director approval has been given for children 44 months of age or over as of August 31 of the year to bring bag lunches from home, written policies and procedures should be both posted and provided to parents. These should include,

- (a) guidelines for the content of bag lunches and examples of bag lunches which meet Canada's Food Guide requirements;
- (b) allergy awareness procedures;
- (c) what if anything, will be routinely provided by the operator of the day nursery at lunch (i.e. milk, soup, etc.); and
- (d) back up procedures if bag lunches are forgotten (available nutritional supplements).

When children bring bag lunches, these should be refrigerated. The importance of nutritional snacks is heightened when bag lunches are utilized. Staff should be vigilant regarding the content of bag lunches and take appropriate action when there are concerns regarding the nutritional adequacy of the lunches.

**FOOD
PREPARATION
AREA – INFANTS**

A separate infant area should be provided where bottles and foods are stored and heated ready for service.

**KITCHEN
FACILITIES**

A day nursery, which prepares and serves food should be equipped with a kitchen with storage areas, sufficient equipment, counter space and base and wall cabinets to allow for the efficient storage and preparation of food and correct dishwashing procedures.

In cases where outside catering of meals is approved, the physical requirement of the kitchen will vary with the system proposed.

The kitchen should not be used as a passageway to other areas. Access to the kitchen should be limited to authorize persons only.

Sections 56 – 63 of the Food Premises Regulations R.R.O. 1990 O. Reg. 562 made pursuant to the *Health Protection and Promotion Act* RSO 1990 chapter H-7 detail the requirements and procedures for the maintenance of equipment and the sanitation and safety of food.

**COMMERCIAL
CATERING**

Any day nursery that contracts with a commercial catering company or any other institution for the preparation and delivery of meals or the delivery of individual meal components, remains responsible for ensuring that the food service operation conforms to regulations.

The day nursery and the commercial catering company (or other institution) should always enter into a written contract which should specify such basic matters as,

- (a) the records which the day nursery requires the commercial catering company to maintain;
- (b) an interpretation of the nutritional requirements;
- (c) the health and sanitation requirements;
- (d) the delivery schedule/times of meals;
- (e) arrangements for changes in the number of meals ordered;
- (f) liability for spoilage of food, etc.;
- (g) the quality of the food;
- (h) menus that meet nutritional requirements;
- (i) cost of meals, fees and methods of payment;
- (j) the duration of the contract and the date of commencement;
- (k) the day nursery's responsibilities;
- (l) the commercial catering company's responsibilities;
- (m) handling of diets and allergies;
- (n) insurance; and
- (o) termination.