



Guidelines for Childcare





Practitioner Guidelines

for Healthy Eating & Sugar Sweetened Beverages

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Practitioner Guidelines

Preschools and early childhood education centres play an important role in teaching children about healthy eating and physical activity. Active and healthy children are better prepared to learn and can develop lifelong healthy eating habits. The following guidelines have been developed based on the average amount of time a child in care spends in their early childhood education facility.

Healthy Eating and Sugar Sweetened Beverages Guidelines

Meals

Include all four food groups (vegetables and fruit, grain products, milk and alternatives and, meat and alternatives) in meals served while in childcare.

Practitioners model healthy eating by making healthy food choices for him/herself.

Practitioners sit with children to enjoy meals together.

Snacks

Serve two food groups for snacks. Ensure that one of the two food groups is a vegetable or fruit.

Serve water as a beverage during snack time.

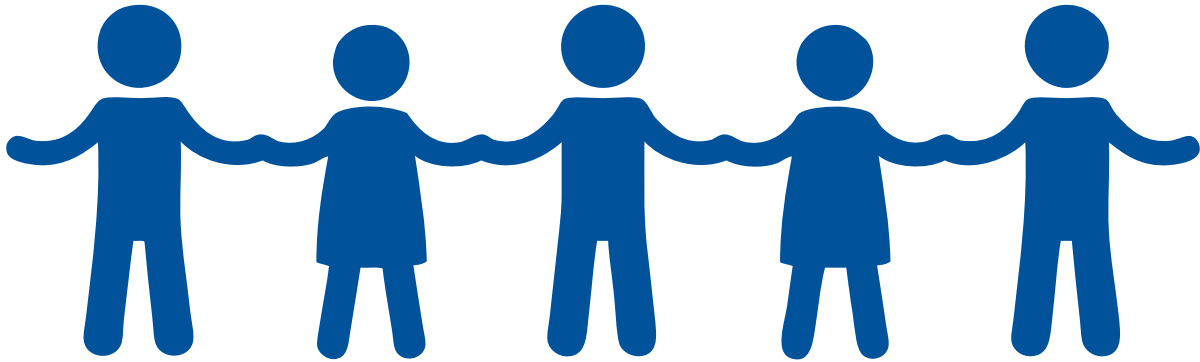
Beverages

Serve half a cup of plain milk (125 mL) with meals if there are no other servings from the milk and alternatives food group.

Have water available at all times and use to quench thirst.

Serve 100 % fruit (or low salt/sodium vegetable) juice no more than twice a week (125 mL/serving).

Avoid sugar sweetened beverages (these include pop, juice cocktails, energy drinks, iced teas, sports drinks, fruit or vegetable juice that is not 100 % juice, punches, etc.)



General

All attempts should be made to avoid exposing children to marketing and advertising.

Do not use food as reward or punishment.

The guidelines for healthy eating and sugar sweetened beverages are based on the policies and regulations of several provinces and territories. These include:

- *Government of Alberta, Healthy Eating for Children in Childcares*
- *Government of British Columbia, Childcare Licensing Regulations*
- *Government of New Brunswick, Child Daycare and Facilities Operating Standards*
- *Government of Newfoundland and Labrador, Standards and Guidelines for Health in Childcare Settings*
- *Government of Northwest Territories, Child Day Care Standards and Regulations*
- *Government of Nova Scotia, Manual for Food and Nutrition in Regulated Childcare Settings*
- *Government of Prince Edward Island, Healthy Guidelines for Early Learning and Childcare Settings*
- *Government of Quebec, Educational Childcare Regulation*
- *Government of Saskatchewan, Childcare Regulations and Guidelines*
- *Government of Yukon, Childcare Act and Regulations*