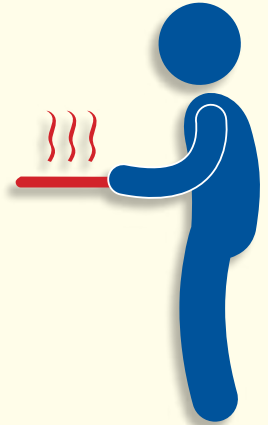




PRACTICES



Practices





Practices

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Putting Guidelines into Practice

Use this section to support
the Healthy Beginnings
recommended guidelines

Putting Guidelines Into Practice



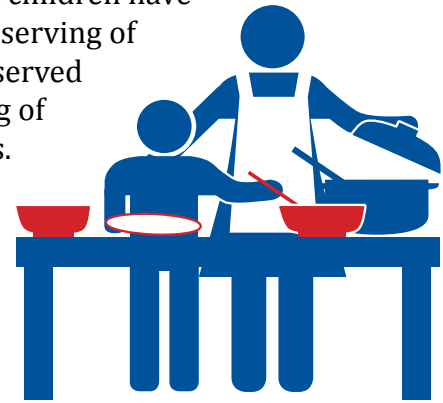
Tips for Healthy Eating

This information supports the following Healthy Beginnings 2-5 guidelines:

- Include all four food groups (vegetables and fruit, grain products, milk and alternatives and, meat and alternatives) in meals served while in childcare.
- Serve two food groups for snacks. Ensure that one of the two food groups is a vegetable or fruit.
- Have water available at all times and use to quench thirst.

Young children often have small appetites, which can sometimes make meal time a challenge. Check out these ideas on how to encourage kids to eat healthy:

- **Offer small amounts of food throughout the day.** Young children have small stomachs that tend to fill up quickly. One food guide serving of a food group can be divided up into smaller amounts and served throughout the day. For example, half a Food Guide Serving of meat and alternatives can be served at two different meals.
- **Let kids choose amounts for themselves.** Although you are responsible for picking which foods are served throughout the day, let preschoolers' hunger and fullness cues guide you.
- **Offer meals and snacks at the same times each day.**
- **Satisfy thirst with water.** Encourage preschoolers to drink water to quench their thirst.



- **Offer vegetables and fruit.** Whole vegetables and fruit are high in vitamins, minerals and fibre.
- **Offer nutritious foods.** Offer a variety of nutritious foods, including some choices that contain good sources of fat, such as polyunsaturated and monounsaturated fat. Almonds, peanuts, olives, avocados and most fish are good examples of these types of fat.
- **Limit foods high in calories, fat, sugar, and salt (sodium),** such as cookies, chips, and juices.
- **Be a good role model.** Preschoolers will be more likely to enjoy a variety of foods and try new foods if you do.
- **Offer new foods often.** Kids will be kids! If they reject an unfamiliar food the first time, offer it again later. Children may warm up slowly to unfamiliar foods and may have to be presented with a food 15 to 20 times - in many meals - before they learn to like it (Ellyn Satter, 2013).

Adapted from Health Canada, *Healthy Canadians* available at <http://www.healthycanadians.gc.ca/>



Healthy Food Examples in the Four Food Groups

This information supports the following Healthy Beginnings 2-5 guidelines:

- Include all four food groups (vegetables and fruit, grain products, milk and alternatives and, meat and alternatives) in meals served while in childcare.
- Serve two food groups for snacks. Ensure that one of the two food groups is a vegetable or fruit.

Vegetables & Fruit	Grain Products	Milk & Alternatives	Meat & Alternatives
Fresh vegetables and fruit	Whole grain bread and bagels	Plain milk	Meat and poultry
Frozen vegetables and fruit	Whole wheat tortillas, bannock and flat breads	Fortified soy beverage	Fish and other seafood – fresh, frozen, canned or dried
Canned vegetables (no salt (sodium) added)	Whole wheat pasta, couscous or quinoa	Hard cheese	Eggs
Canned fruit (no sugar or artificial sweetener added)	Brown or wild rice	Cottage cheese	Nut or seed butters
Dried fruit and vegetables (no sugar or sodium added)	Whole-grain cereal and oatmeal	Yogurt or soy yogurt	Soy products such as veggie burgers
Vegetable juice (low sodium)	Whole-grain crackers		Tofu
			Hummus
			Legumes (such as kidney beans, chickpeas, lentils)



Adapt these ideas to fit with what is local and available to you in your community.

Adapted from Healthy After Schools

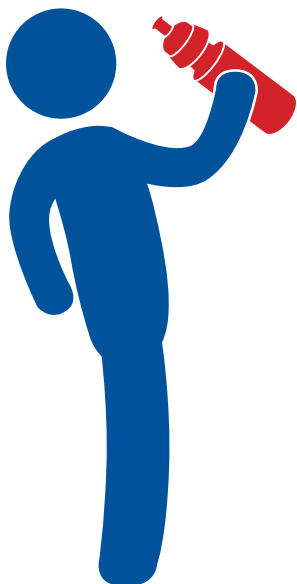


Quick Tips for Making Water More Exciting

This information supports the following Healthy Beginnings 2-5 guidelines:

- Avoid sugar sweetened beverages (these include pop, juice cocktails, energy drinks, iced teas, sports drinks, fruit or vegetable juices that is not 100 % juice, punches, etc.)
- Serve water as a beverage during snack time.
- Have water available at all times and use to quench thirst.

It is important to discuss the importance of making healthy beverage choices and staying hydrated with the children in your centre. Water is the healthiest beverage choice for everyone. However, that does not always mean water needs to be consumed in its plain form. Here are some quick tips to jazz up a simple glass of water.



- Make fun shaped ice cubes together. Ask kids to search the centre for toys they think might make good ice cubes and together select a few that might work. Clean them thoroughly and see if you can make some goofy looking ice cubes. Other fun moulds might include cleaned egg cartons, odd shaped serving spoons or sanitized sand box moulds. You can also buy a variety of pre-shaped novelty ice cube trays.
- Make a large ice cube, such as with a Tupperware container or a non-latex glove or balloon, and then smash it into a clean container with the children. Serve it in tap water.
- Make ice cube popsicles. Allow ice to freeze until partially set, then pop in a popsicle stick. Allow it to freeze completely before serving.
- Create snowball treats by blending ice cubes with a little bit of water. Serve with a straw or spoon. These can be drizzled with a tablespoon of juice or fruit puree.
- Warm water up and serve in a mug. Add a cinnamon stick or wedge of orange to stir the water.
- Try serving water in unconventional vessels. Giant straws, silly glasses or personally decorated water bottles can make water more enticing.
- Adding fruit can flavour water. Try giving fruit stir sticks of citrus or watermelon. Large frozen melon chunks make great ice cubes.
- Add thinly sliced cucumber or chopped mint leaves to flavour water.
- When planning ahead for a busy active day, get kids to make their own ice cube water bottles by freezing a water bottle half full with water. Let them freeze a treat, such as a slice of orange or kiwi, in it. The next day, fill it up with tap water and go.
- Make water bubbly by adding a tiny bit of mineral water.
- Mix in a few drops of coconut water or citrus oil.
- Brew strong caffeine-free mint or lemon tea in a pot. Serve as frozen ice cubes or cool and serve over plain ice cubes. Raspberries make a tasty garnish.

Adapted from <http://blog.zisboombah.com/?s=kids+drinking+water> and <http://www.livestrong.com/article/102931-child-drink-water/>



10 Healthy Snack and Lunch Ideas

This information supports the following Healthy Beginnings 2-5 guidelines:

- Include all four food groups (vegetables and fruit, grain products, milk and alternatives and, meat and alternatives) in meals served while in childcare.
- Serve two food groups for snacks. Ensure that one of the two food groups is a vegetable or fruit.
- 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.



1. Quartered grapes and Stoned Wheat Thins
2. Cooked and chilled carrot sticks with hummus
3. Fruit and cheese fondue
4. Plain yogurt and fruit parfait
5. Cucumber slices with hard cheese cubes
6. Monkey tails (bananas dipped in plain yogurt and frozen)
7. Oranges and multigrain Cheerios
8. Oven roasted potato wedges with hard cheese slices
9. Fruit smoothies (banana, plain yogurt, frozen berries – blended together)
10. Whole wheat pancakes topped with blueberries and bananas

Adapted from Healthy After Schools and the Government of Yukon Childcare Act and Regulations



10 Healthy Lunch Ideas



1. Whole wheat pita pizzas (half of a pita with cheese, ham, quartered cherry tomatoes and broccoli) served with water
2. Spaghetti (whole wheat spaghetti pasta, served in meat tomato sauce with spinach and red peppers) topped with shredded cheese and served with water
3. Chicken and vegetable noodle soup (chicken, mixed veggies and whole wheat bowtie pasta, low sodium) served with half a cup of milk (125 mL).
4. Black bean and quinoa salad (mixed with chopped tomatoes, cucumber, corn and fresh squeezed lime juice and olive oil) served with half a cup of milk (125 mL).
5. Butternut squash soup and a tuna wrap (half of a whole tortilla, with tuna, green peppers, chopped celery and mayo) served with $\frac{1}{2}$ a cup (125 mL) of milk.
6. Taco salad (lettuce, lean ground beef, shredded cheese, chopped tomatoes and peppers) served with half a whole wheat tortilla (or whole wheat bread) and water.
7. Chicken sandwich fondue with yogurt dip (chunks of baked chicken, chunks of whole wheat bread, quartered cherry tomatoes and fresh (or thawed frozen) berries to dunk in yogurt sauce), served with water.
8. Half of a ham and cheese sandwich (on whole wheat bread) served with raw vegetables and water
9. Egg salad wheels (hard boiled eggs chopped, mixed with small celery pieces and mayo) rolled in a whole wheat tortilla (or spread on whole wheat bread). Served with cranberries and orange wedges and half a cup of milk (125 mL).
10. Egg muffin (half a whole wheat English muffin topped with a hard boiled egg and hard cheddar cheese) served with cucumber slices, orange wedges and water

Adapted from healthycanadians.gc.ca and the Government of Yukon Childcare Act and Regulations



PRACTICES

More Snacks

This information supports the following Healthy Beginnings 2-5 guideline:

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

It is as easy as 1-2-3!

Step 1: **Start with a vegetable and/or fruit.**

Step 2: **Add one choice from the other three food groups.**

Step 3: **Serve using the preschooler portion sizes suggested in *Eating Well with Canada's Food Guide*.**



Here are some healthy snack options that contain two food groups.

Snacks served with fruit:	Snacks served with vegetables:	Serve these snacks with a vegetable or fruit:
Homemade muffin and applesauce	Hard cheese chunks and vegetables with or without low-fat dip	Whole grain toast
Rolled oats with cinnamon and chopped fresh or frozen berries	Slices mushrooms and cucumber with ½ cup (125 mL) of plain milk	Hard cooked or scrambled eggs
Fresh fruit and plain yogurt	Fresh vegetables with or without low-fat dip and whole grain crackers	Banana bread
Whole wheat bannock and fresh fruit	Sliced bell peppers served with hummus	Plain yogurt
Banana slices with nut or soy butter	Half of a whole wheat English muffin pizza with cheese, peppers and tomato sauce	Lentil dhal
Low-sugar breakfast cereal with orange wedges	Vegetarian chilli (beans and chopped veggies)	Tuna with 1 tbsp. mayo
Smoothies made with fruit and yogurt or tofu	Vegetable soup and a whole wheat bun	Dry whole grain breakfast cereal
	Whole grain pita and chunky tomato salsa Hard cheese slices	

Adapted from *Healthy After Schools*



Healthy Celebrations

This information supports the following Healthy Beginnings 2-5 guideline:

- Serve two food groups for snacks. Ensure that one of the two food groups is a vegetable or fruit.
- Do not use food as reward or punishment

Birthdays and other celebrations occur often when you have groups of young children attending a childcare centre. Offering healthy food or food alternatives will allow you to celebrate the occasion without eating snacks high in sugar and fat.

For special occasions other than birthdays, prepare a menu specific to a country, culture or holiday. Have the children dress up, sing songs, play games or create crafts to learn about and acknowledge the celebration.



Celebrate by:

Allowing the birthday child to:

- Be the leader of the day
- Wear a birthday crown
- Choose a healthy snack
- Help prepare the snack
- Choose the game for outdoor/indoor play
- Choose the background music for the day

Celebrate with healthy snacks such as:

- Vegetables and fruit mosaic platter (arrange cut up fruits or vegetables into a fun shape like a flower, a gold star, or the number of the child's birthday)
- Fruit salad cones (fill flat-bottom ice cream cones with cut up fruit salad)
- Fruit fondue with yogurt dipping sauce
- Mini muffin (still a sugary item but in smaller portions to help limit the added sugar)

Adapted from Healthy After Schools



Food Free Rewards

This information supports the following Healthy Beginnings 2-5 guideline:

- Do not use food as reward or punishment.

It is important that food is never used as a reward or punishment in your centre. Teach preschoolers to think of food as a way of giving their bodies the nutrients they need to be active, strong and healthy. They can also take pleasure in eating with friends and celebrating special events.

When food is used as a reward, it can change a preschooler's understanding of food. Instead of learning about making healthy food choices, preschoolers learn to associate foods with good behaviour or success. Not only is this confusing for young children, but it can also lead them prefer unhealthy foods and develop unhealthy eating habits.



Here are some food-free ways to reward preschoolers:



- Positive verbal reinforcement (i.e. awesome, great work)
- High fives
- Positive material reinforcement
 - Awards, certificates, stickers
- Give extra physical activity time
- Give extra free playtime
- Allow children to choose the next activity
 - Let children choose where they want to do the next activity: the playground, the field, local baseball diamond
- Let children be a special helper
- Have a treasure box that kids can select a reward from
 - Stock it with stickers, chalk, bubbles, small balls, crazy straws and other non-food items

Adapted from Feeding Preschoolers, Government of Alberta and Healthy Eating for Your Toddler, Government of Newfoundland and Labrador



Marketing and Advertising to Children

This information supports the following Healthy Beginnings 2-5 guidelines:

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

Marketing and advertising directed at children (and parents) has a strong impact on the kinds of foods and beverages that children want to eat. The Internet, television, games, toys and characters on food products, clothing, utensils and placemats are all marketing tools that companies use to sell their products. Among children two to six years old, even a brief exposure (10 to 30 seconds) to advertisements can influence their food, drink and toy preferences (Henry, H. K. M., & Borzekowski, D. L. G., 2011). Marketing companies direct advertising at children to build lifelong brand loyalty, meaning a person will buy products repeatedly from the same company. (Childhood Obesity Foundation, 2013).

Most foods and beverages promoted to children are high in sugar, fat and/or salt (sodium) (Food Marketing to Youth, 2013) and therefore do not meet Canada's Food Guide recommendations. Marketing and advertising encourages children to develop the unhealthy attitudes, behaviours and preferences for unhealthy food and beverages that we all want children to avoid (Media Smarts, 2013).

Studies show that children under the age of five years cannot tell the difference between commercials and television programming (Childhood Obesity Foundation, 2013). Even older children do not have the cognitive abilities to distinguish sales pitches from facts and stories (Childhood Obesity Foundation, 2013). Children usually believe what they are told in advertising of unhealthy food and beverages and this negatively affects their food preferences (Childhood Obesity Foundation, 2013). Television commercials cause children to influence parental purchasing, as children are more likely to ask their parents for items they have seen advertised on TV (Henry, H. K. M., & Borzekowski, D. L. G., 2011). It has been estimated that in 2005, 99 % of food and drink advertised to children during Saturday morning children's television programming was high in sugar, fat and/or salt (sodium) (Faculty of Public Health of the Royal College of Physicians of the United Kingdom, 2005).



Early learning practitioners have a responsibility to support healthy childhood growth and development by creating supportive healthy environments that are free of marketing and advertising, and that foster healthy choices (Government of Nova Scotia, 2011). Together, we need to create supportive environments where children and families live, work and play.



Here are some tips to help do this.

1. Allow only commercial-free TV programs or tape TV programs and movies in advance. Be sure to fast-forward through commercials in both TV programs and movies. Watch children's programming on commercial-free channels.
2. If children are using computers, avoid company-sponsored websites, advertisements on Internet sites and all digital advertising through email, text messaging, online quizzes, puzzles and advergimes (videogame promoting a brand-name product by featuring it as part of the game).
3. Educate families so they also limit their children's screen time and become advocates for stricter rules on food and beverage advertising to children.
4. Do **not** accept any of the following:
 - a) Promotional products such as collectible toys, books and sports equipment that intend to advertise specific brands or characters that promote unhealthy food.
 - b) Sponsorship of items such as playground equipment or facility furniture by companies that promote unhealthy food and beverages.
 - c) Promotional placemats, dishes, utensils, trays and napkins that advertise specific brands or characters (Government of Nova Scotia, 2011).
 - d) All donations of food/beverages from companies that promote unhealthy food and beverages.
 - e) Free samples of food/beverages or discount coupons for food/beverages that have been provided by companies who do not promote healthy food choices.
5. Do not sing songs (such as the "fast food song"), read books or play games that promote unhealthy food and beverages.
6. Encourage families to talk about inappropriate marketing and advertising with their children. Suggest that families discuss what a particular advertisement is trying to do (the advertiser's motives) and how that fits into a healthy lifestyle.





Other Useful Information

Tips and ideas that will encourage healthy eating and reduce sugar sweetened beverages

Other Useful Information



PRACTICES

Serving Sizes



Servings are not the same as portions and children may not eat a full serving at once. For children, divide servings into small portions. Spread the portions over the day.

Children have small stomachs. A portion might only be half of one serving. Children can eat portions throughout the day during snacks and meals to build up to the recommended number of serving.

The following are examples of serving sizes from Eating Well with Canada's Food Guide.

Vegetables & Fruit	Grain Products	Milk & Alternatives	Meat & Alternatives
125 mL (½ cup) fresh, frozen or canned low salt (sodium), 100 % vegetable or fruit juice	1 slice (35 g) bread or ½ bagel (45 g)	250 mL (1 cup) milk or fortified soy beverage	75 g (2 ½ oz.)/125 mL (½ cup) cooked fish, shellfish, poultry or lean meat
250 mL (1 cup) leafy raw vegetables or salad	½ pita (35 g) or ½ tortilla (35 g)	175 g (¾ cup) yogurt	175 mL (¾ cup) cooked beans
125 mL (½ cup) of chopped vegetables	125 mL (½ cup) cooked rice, pasta, or couscous	50 g (1 ½ oz.) cheese	2 eggs
1 piece of fruit	30 g cold cereal or 175 mL (¾ cup) hot cereal		30 mL (2 tbsp.) nut butter



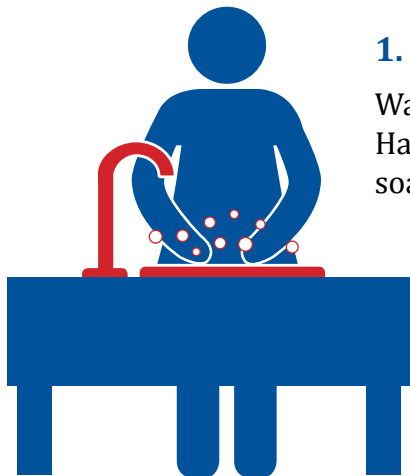
Adapted from Eating Well with Canada's Food Guide



Preparing Food – 10 Steps to Make Food Safe

Eating foods or drinking beverages contaminated by germs can cause food poisoning or food-borne illness. The food or beverage becomes contaminated when it is not prepared or stored safely, or if it is handled by someone with food poisoning.

Follow these steps to help reduce the risk of food poisoning or food-borne illness.



1. Wash your hands

Wash your hands properly before you eat and handle food. Hand washing includes scrubbing all parts of your hands with soap for at least 20 seconds and rinsing them under warm water. Dry hands with a clean cloth or paper towel.

2. Wash and Sanitize Surfaces and Utensils

Always wash and sanitize surfaces where you prepare and place foods. Many cases of food poisoning and contamination are caused by using the same cutting board, plate or utensil to prepare raw meat and ready-to-eat foods. Cutting boards, plates and utensils must always be

washed and sanitized immediately before foods are placed on them.

Use the 3-Step Sink Method for washing: wash, rinse and sanitize (with bleach or a sanitizing solution).

It is important to wash dishcloths. Warm and damp dishcloths can be ideal breeding grounds for germs. They are often used to wipe contaminated surfaces and can spread harmful germs to areas where food are placed. Dishcloths must be sanitized regularly. You can make a sanitizing solution as follows:

- Mix ½ ounce or 1 tablespoon of household bleach into 1 gallon of water at normal room temperature, or
- Mix 1 teaspoon of household bleach into 1 litre of water.

3. Protect your food

Transport and refrigerate your perishable food as quickly as possible. Cover or wrap ready-to-eat foods and store them in the fridge above uncooked food. Always read the label for storage instructions.

4. Prepare food

Harmful germs can be spread from people to the food being prepared or handled. Some of these, such as Salmonella, Hepatitis A and E.coli are then passed on to people who eat the food. This can make people sick. Therefore, any person who gets sick or has diarrhea or vomiting, or infected cuts or sores, should not be allowed to handle food in any way.



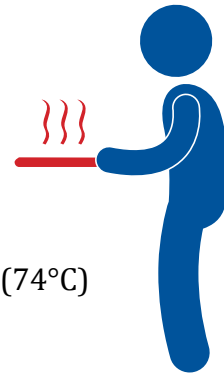


5. Cook it

Many foods may contain harmful germs. Meats, poultry, fish and eggs are some examples of food that contain these. Remember to cook the following foods to these temperatures before you eat them.

- Cook steaks, fish fillets and eggs to a minimum of 145°F (63°C)
- Cook pork and ground fish or meat to 160°F (71°C)
- Cook poultry, field dressed wild game and stuffed meats to 165°F (74°C)

Some oven thermostats are inaccurate, so remember to use a clean meat thermometer (put into the deepest part of the food, but do not touch a bone) to make sure the proper cooking temperature has been reached.



6. Cool it

Improper cooling is one of the leading causes of food poisoning. Do not leave food to cool on the counter for longer than two hours. To save cooked food, separate large items such as roasts or soups into portions no more than three inches thick and place in the refrigerator or freezer within two hours.

7. Reheat food

To make sure the food you are reheating is safe, reheat to at least 165°F (74°C).

8. Microwave cooking

Microwave cooking is fast, however, the heat distribution is uneven. Stir or rotate food in the microwave at least once during cooking to improve heat distribution.

Heat food in the microwave to at least 25°F (14°C) higher than is recommended for conventional heating. Food reheated in microwave ovens needs to reach 190°F (88°C) and be allowed to stand covered for two minutes afterwards.

9. Avoid the Danger Zone

Harmful germs can grow rapidly between 40°F (4°C) and 140°F (60°C). Therefore, food such as meat, poultry, dairy products, and eggs must be kept warmer than 140°F (60°C) or colder than 40°F (4°C). Always defrost food in the refrigerator, under cold running water, or in the microwave (if you plan on using it immediately). Do not leave frozen food to thaw on the counter.

10. If in doubt, throw it out

Finally, do not take chances with your food. Contaminated food may not look or smell bad so if in doubt, throw it out.

If you suspect a medicine, chemical or other substance has poisoned someone, call the Poison Control Centre, 911 or your local emergency number.

Adapted from BC Healthlink File #59a, "Food Safety: Ten Easy Steps to Make Food Safe"



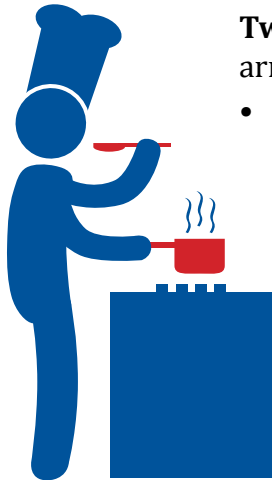
Kids Cooking Rules

1. Make sure you have all the ingredients and equipment before you start.
2. Always wash your hands before and after handling food.
3. Keep your mouth away from food during preparation.
4. Use a separate cutting board for raw meat.
5. Use caution when handling knives.
6. Wear closed toe shoes.
7. Walk in the kitchen and avoid fooling around.
8. Be careful around hot appliances.
9. Tie long hair back.
10. Clean up and put everything away when you are finished.



Suggestions

- When working with young children, have them assist by gathering cooking ingredients, passing materials and watching the preparation.
- Engage young children by telling them what you are doing, asking them to identify food, and asking for their ideas for the next step.
- Make a poster with the rules on it and read rules with children before cooking.
- Ask the children to demonstrate kitchen safety.
- Have small groups of two or three children helping at a time.



Two and three year olds are learning to use the large muscles in their arms and can help with these activities:

- Wiping table tops
- Moving premeasured ingredients from one place to another
 - Playing with utensils such as mixing spoons, spatulas and other soft items
 - Rinsing and tearing lettuce and salad greens
 - Scrubbing and dipping vegetables and fruits
 - Mixing ingredients (use an extra large bowl to contain mess)
 - Kneading dough and simple shaping
 - Putting trash in the garbage can

Four and five year olds are learning to control smaller muscles in their fingers. Offer experiences such as:

- Setting the table
- Mashing soft fruits (bananas) and cooked vegetables with a fork
- Forming rounds shapes with hands
- Measuring ingredients
- Peeling loose-skinned oranges and hard-cooked eggs
- Beating eggs with a whisk



Be Allergy Safe

What is a food allergy?

A food allergy occurs when the body mistakes a particular food (called an allergen) as harmful. An allergic reaction is the body's immune system fighting back. A severe allergic reaction is called anaphylaxis, which can happen quickly and be life-threatening.

Although childcare facilities cannot be food allergen free, they can aim to be allergy safe. An allergy safe childcare facility must ensure the following:



- Each child with a food allergy has a care plan that facility staff and the child's parent have developed together.
- The care plan includes an anaphylaxis emergency plan in case of an accidental exposure to a food that causes a severe allergic reaction.
- The child can avoid the food that causes an allergic reaction.
- All staff understands the child's allergy and they are trained to deal with an allergic reaction if one occurs.

What are the symptoms of a severe allergic reaction?

Symptoms of a severe allergic reaction or anaphylaxis can vary and include any of the following:

- **Skin:** hives, swelling (including throat, tongue, lips or eyes), itching, warmth, redness, rash, pale skin or blue colour
- **Breathing:** wheezing, trouble breathing, cough, change of voice, throat tightness or chest tightness
- **Stomach:** vomiting, nausea, abdominal pain or diarrhea
- **Other:** weak pulse, feeling faint, trouble swallowing, runny nose and itchy watery eyes, sneezing, anxiety or headache

Symptoms can occur within minutes of eating or being exposed to the food, but they usually occur within two hours.



How do I treat a severe allergic reaction?



When a reaction begins, it is important to respond right away. A severe allergic reaction needs to be treated with a medication called epinephrine. Epinephrine helps reverse the symptoms of an allergic reaction and saves lives.

Steps for treating a severe allergic reaction include:

1. Inject epinephrine right away into the muscle of the outer thigh.
2. Call 911 or the local emergency number.
3. Have the child lie down, unless they are throwing up or having trouble breathing.
4. Do not leave the child alone.
5. Have another adult notify the parents.
6. A second dose of epinephrine can be given five to 15 minutes after the first dose, if symptoms do not get better or occur again.
7. The child must be taken to a hospital (sometimes a child has a second wave of symptoms). The hospital will observe the child for at least four hours to be sure he or she is OK and provide additional treatment if needed.

What training should early childhood educators have?

Staff need to have a valid CPR-C certificate, standard first aid training and be aware of how to treat a severe allergic reaction. Every child must have immediate access to a staff member with this training and knowledge.

Staff need to also receive additional training and know:

- Each child's allergy and how to help the child avoid the allergen.
- Signs and symptoms of a severe allergic reaction or anaphylaxis.
- The child's care plan and anaphylaxis emergency plan and be able to access them.
- The location of and how to use the child's epinephrine auto-injector.
- To call 911 or local emergency number when signs of a severe allergic reaction occur and be able to communicate the health concern.





What steps can I take as an educator to create an allergy safe facility?

- Keep each child's care plan and anaphylaxis emergency plan handy, while respecting the child's privacy.
- Keep each child's stored auto-injectors in a secure unlocked place that is easy to access by all staff.
- Children with severe food allergy must not eat if their auto-injector(s) is/are not available. Contact parents to bring an auto-injector.
- Always supervise children while they are eating.
- Place dishes and utensils on a napkin, not directly on the table, when serving meals.
- Provide a specific eating area for young children with food allergies to minimize exposure to allergens. Ensure children are still included in the group.
- Remind children to not share food, utensils or food containers.
- Store food out of reach of young children.
- Talk to parents about activities that involve food, such as field trips or celebrations.
- Parents need to approve all food offered to their children. If you are unsure whether a food is safe, do not offer it to the child. If needed, ask parents to bring in a substitute.
- Make sure all foods, packaged or prepared, and brought into the childcare centre have complete ingredient lists.
- When preparing food, prevent cross-contamination with allergens. Even a tiny amount of an allergen can cause an allergic reaction. Wash hands, utensils and surfaces fully in between preparing different food.
- Ensure that all children and staff wash their hands before and after eating to help avoid getting food on toys, clothing or other surfaces.
- Clean and sanitize tables and surfaces where children eat before and after eating.
- Ask parents, visitors and older children to help keep the facility allergy safe by washing their hands and not bringing food allergens into the centre.



Other Useful Information

EpiPen organization kits or starter kits can be ordered free online at www.epipen.ca

If you suspect a medicine, chemical or other substance has poisoned someone, call the Poison Control Centre, 911 or your local emergency number.

Adapted from Healthy After Schools



Reading Labels

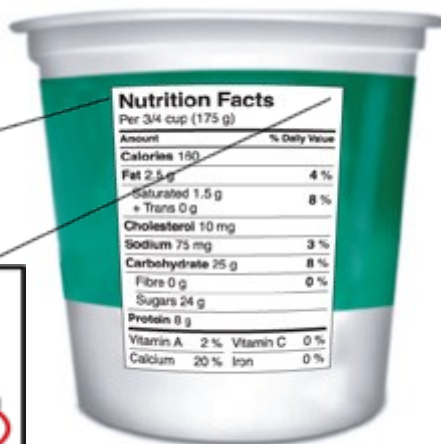
Buy natural, unprocessed foods at the store. If you need to buy a packaged food you can use the Nutrition Facts table to make sure you are making a healthy choice.

Reading the Nutrition Facts table

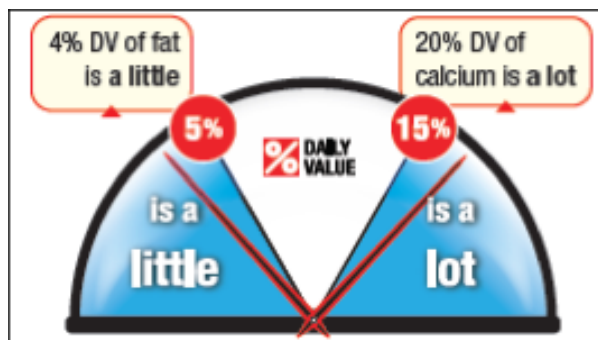
The Nutrition Facts table gives information about the amount of calories and up to 13 other nutrients in a portion of packaged food.

1. First, look at the serving size. Eating the amount listed will provide the calories and nutrients listed on the table. One serving might not be the same size as a serving from *Eating Well with Canada's Food Guide* or a portion that a child would eat.
2. Next, look at the calories. This is the amount of energy in one serving of the food.
3. Find the % Daily Value (%DV). This tells if there is a little or a lot of a nutrient.
4. Select foods that have less fat, sugar and sodium.
5. Select foods that have more fibre, vitamins A and C, calcium and iron.

Other Useful Information



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 %





Shopping Tips

Making healthy choices can be easy choices. Use the following shopping tips to help you shop for healthy food choices.

1. Choose lean meats, meat alternatives such as beans, lentils and tofu, and milk products.
2. % Daily Value on the food label tells you if there is a little or a lot of a specific nutrient such as fat, sodium, fibre, or vitamin C in a product.
3. Look for the Nutrition Facts table to find out vthe type of fat used in the product. Aim for less saturated fats and avoid trans fats.
4. Choose nutritious snacks such as yogurts, whole grain crackers with cheese, and fresh vegetables and fruit.
5. Choose healthy margarines. Choose regular or light margarines that are soft and non-hydrogenated.
6. Just because bread is brown does notnecessarily mean it is high in fibre. Look for whole grains at the beginning of the ingredient list.
7. Choose vegetables and fruit prepared with little or no added fat, sugar or salt and have whole vegetables and fruit more often than juice.
8. Look for foods with at least 2 grams or more of fibre per serving. Don't forget to drink plenty of water.
9. Look for the serving size in the Nutrition Facts table. The amount of calories, fat, sodium and fibre is based on the serving size. When you compare products, make sure the serving sizes are similar.
10. Choose colourful vegetables and fruit. They are full of vitamins A and C and are a great source of fibre.



Other Useful Inforamtion



Check out <http://healthcheck.org/> for more information and additional shopping tips!

From the Heart and Stroke Foundation of Canada



Healthy Eating for Early Learning Practitioners

Early childhood centres can be an important environment in supporting young children to make healthy food and beverage choices and lead active lives. Early childhood practitioners play a very important role in creating and maintaining a healthy environment in their centres. The example practitioners set is extremely important in fostering healthy children. The following section takes a break from focusing on preschoolers and concentrates on practitioners, keeping in mind the hectic pace and demanding nature of your work, to give some adaptable suggestions about packing lunch, maintaining an active lifestyle and modeling a healthy lifestyle.

What nutritional guidelines are important and what do they say?

Canada's Food Guide recommends that men and women consume the following number of food guide servings every day.

	Vegetables and fruit	Grain products	Milk and alternatives	Meat and alternatives
Ages 19-50				
Women	7-8	6-7	2	2
Men	8-10	8	2	3
Ages 51+				
Women	7	6	3	2
Men	7	7	3	3

Canada's Food Guide also recommends:

- Eating at least one dark green and one orange vegetable each day.
- Choosing vegetables and fruit more often than juice.
- Selecting whole grain products and those that are lower in sugar, salt (sodium) and fat.
- Consuming 500 mL of 1% or 2% milk per day.
- Picking meat alternatives often, eating fish twice per week, and selecting lean meats prepared with minimal added salt (sodium) and fat.
- Drinking water regularly.

Portion sizes are extremely important when using *Canada's Food Guide*. More information on serving sizes can be found at www.healthcanada.gc.ca/foodguide.



Guidelines are nice, but my life is busy.

How can I incorporate *Canada's Food Guide* into my schedule?

Starting your morning off with a filling, nutritious breakfast can kick start your metabolism and set you up for a busy day. Breakfast should be eaten every morning, and should include all four food groups. Try these ideas:

- Microwave scrambled eggs, and pop them in a whole grain tortilla with some salsa or vegetables.
- Toast a whole grain English muffin, and top it with nut butter or low-fat cream cheese spread and banana or berries.
- Cook some stone-ground oats overnight in a slow cooker, with some cinnamon. In the morning, top it off with some milk or low-fat plain yogurt and fresh fruit.
- Whip up a cold smoothie by blending frozen fruit, low-fat plain yogurt, and a nut butter, with a little 100 % juice or milk.

Packing healthy lunches can help you reach the daily-recommended food guide servings given by *Canada's Food Guide*. Here are some quick and easy ideas for packed lunches that meet the nut free requirements of many early childhood education centres. While eating with children is important, these lunches can be eaten on the go in a pinch:

- Pack a sandwich with whole wheat bread. Try using an avocado with lime juice, hummus or mustard instead of a higher-fat spread, use only low-fat cheese, and include leafy greens and many vegetables.
- Fill a whole grain tortilla with lightly dressed green salad. Chickpeas, dried fruit, pumpkin seeds and feta cheese make tasty add ins.
- Make a low-fat plain Greek yogurt parfait, loaded with fresh fruits and topped with pumpkin seeds for an easy snack.
- An omelette, with two eggs, low-fat cheese, and loaded with vegetables and wrapped in a whole wheat tortilla can be easily reheated.

Make the most of your time by preparing either parts or your whole dinner in advance. The ideas below are quick to prepare and double as great leftovers for the next day.

- Load your slow cooker with low salt (sodium) chicken or vegetable broth, frozen chopped vegetables, herbs such as thyme or rosemary, pre-soaked beans, and barley or wild rice. Cook all day, and when you get home, stir in some fresh spinach or kale. Adding red wine vinegar, low salt (sodium) soy sauce, or some low-fat condensed milk are easy and tasty alterations.
- Pop low-salt (sodium) canned tomatoes, sautéed garlic and onions, rosemary and oregano, chopped carrots and mushrooms, and a splash of water in your slow cooker. Simmer all day, and before serving, stir in some spinach, kale, arugula, sautéed eggplant or zucchini. Serve over whole grain pasta, with a lean protein if you wish.
- Whip up a salad with interesting proteins; try mixing quinoa into your greens and vegetables, or top your salad with a black bean patty or filet of salmon. Create your



PRACTICES

own salad dressing by mixing plain low-fat yogurt, vinegar and fresh herbs, or create vinaigrette by blending vinegar, mustard, honey and a bit of extra virgin olive oil.

- Create a flatbread pizza by spreading tomato sauce, vegetables, and low-fat cheese on a whole grain tortilla, pita, English muffin, naan or lavash bread. Roasting your vegetables the night before, or experimenting with unconventional pizza toppings, such as corn, spinach, beets or broccoli can add flavour. Hummus, pesto and salsa are tasty variations from tomato sauce.

Salad is a great meal option for lunch or dinner, and with a little creativity, even breakfast. This salad matrix is an easy way to create creative meals. Salads are great eaten cold, topped with warm broth, used to fill a sandwich, rolled in a tortilla or pita, tossed with whole grain pasta, or baked on a whole grain pizza crust. Load your salad with unique greens and hot or cold vegetables, mix in a serving of legumes, grains or fish or animal protein, and include a few delicious toppers.

LEAFY GREENS	VEGETABLES	GRAINS	PROTEIN	FLAVOURINGS	TOPPERS
Spinach	Asparagus	Farro	Edamame	Scallions	Avocado
Kale	Broccoli	Wild rice	Poached egg	Red Onions	Walnuts
Arugula	Mushroom	Brown rice	Hardboiled egg	Thyme	Pecans
Red or green Cabbage	Apple	Barley	Tofu	Parsley	Pistachios
Cooked Swiss chard	Peach	Bulgur	Cannellini beans	Basil	Pumpkin seeds
Leaf lettuce	Fennel	Quinoa	Chickpeas	Cilantro	Capers
	Sunflower sprouts	Whole grain couscous	Lentils	Hot peppers	Raisins
	Zucchini (shaved or roasted)	Whole grain pasta (small or large)	Black beans	Citrus zest	Blue Cheese
	Carrot (chopped, grated, roasted)	Toasted whole grain bread croutons	Smoked or canned fish	Dill	Feta Cheese
	Beet (pickled or roasted)	Wheat berries	Fresh sautéed fish or chicken	Grated ginger	Cheddar Cheese
	Corn	Orzo	Veggie patty	Roasted garlic	Cheese
	Snap peas	Oats	Turkey burger	Honey	Dried apricots
	Snow peas	Millet	Grilled or roast beef	Sesame	Hemp seeds
	Grapes		Traditional meat or wild game	Soya	Olives
	Radish			Pesto	Goat cheese
	Sweet potato				Almonds
	Berries				Pomegranate
	Citrus				Greek yogurt
	Squash				Sundried tomatoes
					Artichoke hearts

Adapted from *Planning Meals using Eating Well with Canada’s Food Guide and Cook Healthy* by Dietitians of Canada, available at <http://www.dietitians.ca/Your-Health/Plan-Shop-Cook/Plan-Well.aspx>, www.wholegrainscouncil.org/recipes/ and startcooking.com/salad-greens-from-a-to-z



Additional healthy recipe suggestions that fit your busy lifestyle can be found at:

- www.healthcheck.org/page/recipes
- www.eatracker.ca
- www.getcracking.ca/mealplanningmadeeasy/
- www.heartandstroke.com/site/c.iklQLcMWJtE/b.3484019/k.6437/HeartHealthy_Recipes.htm

What about snacking for adults?

Canada's Food Guide recommends snacks that count towards your recommended servings of each food group, while avoiding snacks that are high in fat, salt (sodium), or sugar. Snacks should include two of the four food groups. Here are some suggestions that are appropriate for an early childhood education centre.

- Fresh fruit or raw vegetables, with fat free plain Greek yogurt or hummus to dip
- Homemade trail mix, with plain popcorn, pumpkin seeds and dried fruit
- Low-salt (sodium) pretzels or plain graham crackers with a medium-sized fruit
- Half of a whole grain bagel or English muffin with nut alternative spread

Dietitians of Canada recommend no more than three snacks per day. Snacks should not contain more than 200 calories. Use *Canada's Food Guide* for serving sizes and include options from two different food groups.

Adapted from www.dietitians.ca/Nutrition-Resources-A-Z/Factsheets/Healthy-Eating---General/Healthy-Snacks-for-Adults.aspx

Drink water! It can help keep your energy up

Canada's Food Guide recommends choosing water over all other beverages. For people older than 18 years of age, Dietitians of Canada recommends at least:

- 3 L (12 cups) of fluid a day for males
- 2.2 L (9 cups) of fluid a day for females

While fluid refers to water, juice, milk, coffee and tea, it is best to avoid sugar sweetened beverages such as pop. Juice should be limited, and you should aim for 500 mL of low-fat milk per day.





How can I keep my energy up?

Caffeine can be a part of a balanced diet, but should be limited. Health Canada recommends no more than 400 mg of caffeine each day for adults. This is equivalent to:

- Two 10 oz. cups of coffee
- Three 16 oz. cups of black tea

Caffeine and food energy are available from these other sources. Chocolate contains caffeine, although chocolate should be consumed in small quantities, as it is high in sugar. Healthy choices to boost your energy include:

- Whole grains, such as whole grain crackers with low-fat cheese
- Water – staying hydrated increases energy
- Bananas and apples, or a smoothie
- Seeds or nuts

Adapted from www.hc-sc.gc.ca/hl-vs/iyh-vsv/food-aliment/caffeine-eng.php and www.cspinet.org/new/cafchart.htm#table_teas

In addition to the many tips already outlined in this document, some ways that you can model healthy nutrition choices in the centre include:

- Eat what you hope children will eat. Avoid telling them your food is adult food.
- Eat where you expect children to eat. Sit with them at mealtime and enjoy your meals together.
- Discuss what you are eating – what are you enjoying, what textures are in your food. Ask children if they have eaten what you are eating, and encourage them to ask questions about their meals.
- Eat portions that demonstrate portion control. Show the children in your care that your meal might be larger, but it contains the same food groups. Eat small amounts and have more if you still feel hungry.
- Try new foods with children. If there is a food you avoid, explain why.
- If possible, grow or prepare food together.
- Encourage children to try new foods often, but don't force them to eat a food they refuse.
- Involve children in making food choices for special events.



Adapted from http://kidshealth.org/parent/nutrition_center/, www.healthycanadians.gc.ca/ and decoda.ca/children-families/leap-bc/