

# NUTRITION

## INFANT FEEDING

### Section 16(1)

Every licensee shall ensure that, where infants are cared for in the licensee's child care centre, the infants are:

- (a) fed by the same person for at least three-quarters of their feedings at the child care centre;
- (b) attended while eating or having a bottle; and
- (c) held while having a bottle unless they are able to hold the bottle themselves.

### Guideline

Child care centres should become familiar with current information on infant nutrition available from Manitoba Health.

Recommendations for infant feeding are general guidelines only and must be adjusted to fit each infant's development in consultation with parents.

Policies should be established for the safe storage of parent-supplied infant food (ex: once a bottle has been warmed, any remaining contents must be discarded).

To provide secure nurturing, prevent choking and reduce the risk of ear infection, an infant must not be put down with the bottle propped with such things as a pillow or blanket. A child capable of holding a bottle may be encouraged to do so.

### Best Practice

Parents of infants are encouraged to bring expressed breast milk or to breast feed at the centre.

Staff use infant feeding times to talk with children.

Children are allowed to practice feeding themselves.

## MENUS AND FOOD PROVIDED

### Section 16(3)

Where meals or snacks are supplied by the licensee to children in attendance at the licensee's child care centre:

(a) if the child care centre is a full time child care centre or school age child care centre, the licensee shall ensure that:

(i) nutritious foods in accordance with *Canada's Food Guide to Healthy Eating* issued by the Minister of Health (Canada) are served,

(ii) written menus are:

- prepared in advance
- posted in a visible location for the information of parents and guardians, and
- kept on file for a period of one year

(iii) only foods of low choking potential are served

(iv) no foods containing known peanut products are served to children under three years of age

(b) if the child care centre is a nursery school, the licensee shall:

(i) inform parents or guardians of the snacks provided for the children

(ii) comply with subclauses (a)(iii) and (iv)

### Guideline

Menus are for the information of parents and guardians and enhance the relationship between the child care centre and a child's home. The posted menu must be accurate at all times and must note any variations.

#### Best Practice

Mealtimes are pleasant, culturally-appropriate occasions and provide an environment for social learning and positive interaction.

Staff sits with children during snack and meal times to help create relaxing and enjoyable experiences. Meals are not rushed. Staff encourage children to eat but children decide when they are finished.

Staff encourages conversation about the concepts of colour, quantity and temperature of food, eating behaviour and events of the day.

Children can practice feeding themselves and are actively involved in mealtime activities, such as serving food, cleaning and setting the table.

Child-sized utensils and serving dishes are used by children.

Children are offered choices.

Food provided includes a variety of colours, textures, flavours, sizes, shapes and temperatures.

Staff encourage children to follow simple rules of hygiene.

All staff, including substitutes, know about food allergies and potential triggers.

## FOOD PROVIDED

### Section 16(4)

Every licensee shall ensure that:

- (a) if a child is in attendance during a recognized meal period, a meal is served to the child; and
- (b) if a child is in attendance prior to or after a recognized meal period, a snack is served after approximately three hours of attendance.

### Guideline

Where a meal is provided, registered dietitians recommend a balanced meal including at least:

- (a) one serving from Milk Products
- (b) one serving from Meats and Alternatives
- (c) one serving from Grain Products
- (d) two servings from Vegetables and Fruit

as outlined in *Canada's Food Guide to Healthy Eating*.

Where a snack is provided, the snack should promote good dental health and consist of at least:

- (a) one serving from Grain Products
- (b) one serving from Vegetables and Fruits
- (c) either one serving from Milk Products or one serving from Meats and Alternatives

as outlined in *Canada's Food Guide to Healthy Eating*(1992).

Portions of food served for preschool children should be equivalent to approximately one-third to one-half the serving size recommended in *Canada's Food Guide to Healthy Eating*.

A supplement must be supplied if a child's lunch or snack does not meet *Canada's Food Guide to Healthy Eating*.

The names of children with food allergies and their respective conditions should be posted in food preparation areas for the information of staff members only. Centres choosing to post this information in any other manner must obtain parental permission.

Special feeding instructions for a child in attendance in the centre should comply with written instructions from a parent or guardian.

Choking is a concern in feeding young children. Caregivers can help prevent choking by knowing the child's chewing and swallowing abilities, avoiding hazardous foods and supervising the children while eating. The greatest risk is for children under three years of age. Foods most likely to cause choking are those that are cylindrical in shape, such as wieners and whole grapes, hard pieces of food, such as candy, popcorn, nuts or vegetable pieces; and very sticky foods, such as peanut butter not spread on bread. Wieners and vegetables, such as carrots, are safer if cut in narrow lengthwise pieces. Children must be sitting upright while eating – not lying down, running or laughing.

Caregivers must not serve foods containing known peanut products to children under three years of age to reduce their risk of developing severe allergies. Caregivers who prepare and serve foods for children under three years of age should carefully read food labels to determine ingredients.

In school age centres, children should receive a snack both before and after school. Food portions served for school age children should be the equivalent of three-quarters to one serving recommended in *Canada's Food Guide to Healthy Eating* (1992).

The guidelines for feeding children are:

<b>AGE</b>	<b>GUIDELINE</b>
Infant	<i>Milk Your Baby's First Food, Breast-feeding</i> <i>Milk Your Baby's First Food, Infant Formula</i> <i>Feeding Your Baby Solid Foods, Pamphlet, 4-12 months</i>
Preschool	<i>Canada's Food Guide to Healthy Eating – Focus on Preschoolers – Background for Educators and Communicators</i> (1995)
School Age	<i>Canada's Food Guide to Healthy Eating Focus on Children Six to Twelve Years – Background for Educators and Communicators</i> (1997)

These booklets are available from Materials Distribution Agency, Government of Manitoba.

### **Best Practice**

Food and drink are nutritious.

Healthy eating habits are promoted.

## FOOD STORAGE, HANDLING AND SERVING

### Section 16(5)

Every licensee shall comply with all health regulations and guidelines pertaining to food storage, handling and serving.

#### Guideline

Food preparation areas must be supervised at all times while food is being prepared or while the oven is used. If the kitchen is readily accessible to the play area, an infant gate or other means of blocking access to the kitchen should be provided. *A Guide to a Healthy Child Care Environment* (2000) can be purchased from City of Winnipeg Environmental Health Department. This publication describes the health regulations about food storage, handling and service.

#### Best Practice

Staff uses effective and current food-handling standards and practices.

All staff involved in food preparation completes a food handling course. Information and skills acquired through the course are shared with all staff.

A food handler's manual for staff reference is available onsite.

Staff unable to enroll in the City of Winnipeg's food handling course, purchase the manual and take the exam.