

NUTRITION POLICY

Park Place Daycare commits to promoting children's nutrition, and education focusing on where our food comes from, as an important aspect of quality childcare. Our program provides a healthy diverse range of snacks and meals to all children via a family style practice.

We have a robust food program, our healthy menu:

https://parkplacedaycareltd.com/uploads/Meal_Program.pdf

PROCEDURE

We recognize the important connection between a healthy diet and a child's ability to learn, participate and grow. As such educators will:

- Ensure clean, well-maintained, family style eating environments
- Recognize and foster the sharing of food is a fundamental experience to nurture and celebrate our children in all their personal and cultural diversity
- Promote eating times as an excellent bridge for building friendships/a social time, and self-help skills
- Understand and respect the division of responsibility: it is up to children to decide how much and of what to eat; it is up to educators to provide a variety of choices.
- Encourage children to eat a variety of foods while respecting and balancing knowledge that children (as adults) have differing preferences
- Be sensitive and respectful to individual food preferences and cultural preferences
- Provide sufficient time to eat, and respect children's differing eating paces
- Be mindful of teaching children to listen to their bodies regarding hunger and fullness
- Never force a child to eat
- Ensure food is never used as a motivator or reward
- Support a families right to breastfeed their children while at the child care centre:
 - Proper handling and requirements for storing provided breast milk (or formula)
 - Provide a comfortable and private space for mothers to breastfeed at the centre
- Allergies will be posted and known by all educators:
 - A no nut/shellfish/eggs practice is in place to respect allergies and minimize harm to children
- A Food Allergy Action Care Plan is completed for each child with anaphylaxis reactions:
 - Families/Parents get physician to fill out form (in child's file)
 - See Allergy Policy (prevention, symptoms, treatment, medical assistance)
 - See Medication Policy (storage, labeling, training)
- Use of the latest Canada Food Guide and ensure snacks/meals include all food groups and incorporate at least half the daily recommended serving based on age.
- Incorporate nutrition into education & programming (ex. planting gardens/pots, greenhouse, foodie kits, harvesting, meal preparation participation, inclusive conversations, etc.)
- All cooks are Food Safe Certified
- Model healthy attitudes toward food and meal times
- Ensure proper hand washing and hygiene regarding snack/meal times
- Ensure disposal of unused liquids preventing the spread of germs and ensuring food safe standards
- Infant Programs, educators will:
 - Ensure all babies are held during bottle feeding (no bottles will be in cribs)
 - Respect the parent's/family's decision as to when and what solid foods will be introduced, while working within the guidelines of the BC Ministry of Health "Baby's First Foods".
- Educators will encourage families to pack healthy options if supplying infant food/infant milk: fruit, vegetables, grain variety, protein variety, etc. (Infants only, no outside food in other child care rooms)