

Child care Package Outline	
Audience	Family day home providers and child care staff.
Goal(s):	Child care personnel have a practical knowledge of menu planning and positive eating environments, including an understanding of the Alberta Nutrition Guidelines for Children and Youth.
Resources:	<ul style="list-style-type: none"> • AB Nutrition Guidelines power point presentation for child care and supplementary childcare workshop activities* • <i>“Feeding Tiny Tummys – A Guide For Childcare Providers”</i> manual • Copy of Policy Manual – <i>“Healthy Preschoolers – A Guide to Writing Nutrition and Physical Activity Policies and Procedures”</i>
Materials:	<ul style="list-style-type: none"> • Ice breaker activity if desired • Copies of Feeding Tiny Tummys for all participants • Sizing Up Food Guide Servings poster- www.albertamilk.com • Let’s Make a Healthy Meal-Ideas for Aboriginal Head Start and Day Care Cooks, First Nations and Inuit Health Branch Alberta (Health Canada) • Alberta Nutrition Guidelines for Children and Youth - An Overview • Eating Well with Canada’s Food Guide • Serving size props as desired (e.g. Halloween size chocolate bar/chips, hockey puck, tennis ball, etc) • *See list of items needed if doing the workshop activities