

## Alberta Nutrition Guidelines for Children and Youth

### Presentation for Childcare Facilities



Developed by Registered Dietitians  
Nutrition Services  
Alberta Health Services

<p><b>Audience:</b> Childcare providers  <b>Length:</b> 45 – 60 min  <b>Location:</b> Variable</p>	
Outcomes	Materials needed/Introduction
<p>By the end of this presentation participants will:</p> <ol style="list-style-type: none"> <li>1. Gain an understanding of the <i>ANGCY</i> as they apply to childcare facilities.</li> <li>2. Gain an understanding of food classification, label reading, and menu planning.</li> <li>3. Develop knowledge and skills to incorporate the <i>ANGCY</i> into menu plans at specific childcare facilities.</li> <li>4. Gain an understanding of additional resources that can be used to support the implementation of the <i>ANGCY</i> in childcare facilities.</li> </ol> <p><b><u>Introduction</u></b></p> <ul style="list-style-type: none"> <li>• Ask audience how many children they serve in their childcare center</li> <li>• Ask audience if they have recently made any menu changes</li> </ul>	<ul style="list-style-type: none"> <li>• Laptop and projector</li> <li>• food labels</li> <li>• paper, pens</li> <li>• Lunch bag portion kit</li> <li>• Alberta Nutrition Guidelines for Children and Youth (2010)</li> <li>• Childcare Menu Planning Activities</li> <li>• Optional: Mini (halloween sized treats such as chocolate bars or chips).</li> </ul> <p><b><u>Handouts</u></b></p> <ul style="list-style-type: none"> <li>• Alberta Nutrition Guidelines for Children and Youth: An Overview</li> <li>• Feeding Tiny Tummys</li> <li>• Food Guide Serving Sizes for 1-5 Years</li> <li>• Childcare Menu Planning Activities handouts</li> </ul> <p><b><u>Optional Handouts</u></b></p> <ul style="list-style-type: none"> <li>• Eating Well with Canada’s Food Guide</li> <li>• Healthy Preschoolers: A Guide to Writing Nutrition and Physical Activity Policies and Procedures</li> </ul>
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## Outline

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- Childcare licensing standards
- Alberta Nutrition Guidelines for Children and Youth
- Benefits of healthy food choices
- Providing healthy food choices
- Menu planning



### Outcome:

### Key Messages

### Facilitator Notes

Today we will be working with you to discuss the nutrition guidelines for providing food to children in your care.

We will cover the following information:

- licensing standards for your daycare,
  - the Alberta Nutrition Guidelines for Children and Youth,
  - what these guidelines are and how you can use them in your facility,
  - the benefits of providing healthy food choices to children and how to provide healthy food choices that meet the nutrition guidelines.
- 
- We will also do some activities to help with menu planning and providing healthy foods to children.
  - Any questions before we get started?

## Licensing Standards

- Mandated by Alberta Children and Youth Services
- Outlines requirements for licensed daycare centres, group family childcare and pre-school programs
- Includes sections about:
  - Nutrition
  - Menus
  - Manner of Feeding
- See licensing regulations and The Family Day Home Standards Manual online at: <http://www.child.alberta.ca/home>

**Outcome:** Become familiar with nutrition and menu licensing standards in childcare facilities in Alberta.

### Key Messages

- Alberta Children and Youth Services requires that all Day Home and Daycare facilities must meet the minimum requirements for licensing outlined in the Licensing Standards.

### Facilitator Notes

Requirements relating to providing food in these facilities include:

#### Nutrition

A licence holder must:

- (a) provide or require parents to provide meals and snacks for children in the program,
  - (b) where the licence holder provides meals and snacks, ensure that the meals and snacks are provided to children
    - (i) at appropriate times and in sufficient quantities in accordance with the needs of each child, and
    - (ii) in accordance with a food guide recognized by Health Canada,
- and
- (c) ensure that infant nutrition provided by parents is clearly labelled with the infant's name.

#### Menus

A licence holder must ensure that menus for meals and snacks provided by the licence holder are posted in a prominent place on the program premises.

#### Manner of Feeding

A licence holder must ensure that:

- (a) the manner in which children are fed is appropriate to their age and level of development,
- (b) children are seated while eating and drinking, and
- (c) no beverages are provided to children while they are napping.

## Alberta Nutrition Guidelines for Children & Youth

- Optional guidelines released by the Alberta Government in 2008
  - updated version released in 2010
- Supplement existing provincial licensing standards
- **Purpose:** Ensure access to healthy food choices for children and youth wherever they go
- **Goal:** Equip facilities and organizations with the tools they need to provide children and youth with healthy choices

**Outcome:** Become familiar with the Alberta Nutrition Guidelines for Children and Youth.

### Key Messages

- The purpose of these guidelines is to ensure that children and youth have access to healthy food choices wherever they go.
- The goal of the guidelines is to equip facilities and organizations with the tools they need to provide healthy choices to children and youth.

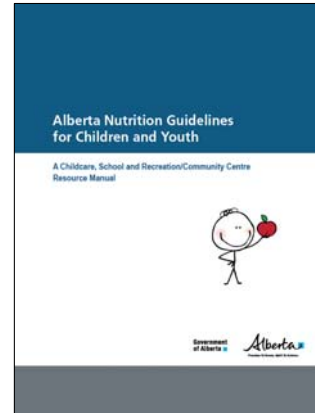
### Facilitator Notes

The Alberta Nutrition Guidelines for Children and Youth are optional guidelines that were originally released by the Alberta Government in June, 2008. An updated version was released in October 2010.

The guidelines are intended to supplement the provincial licensing standards.

## Alberta Nutrition Guidelines for Children & Youth

- Based on Canada's Food Guide
- Uses a food rating system:
  - Choose Most Often
  - Choose Sometimes
  - Choose Least Often
- Contains menu planning guidelines and tips
- Access the guidelines at:



[http://www.healthyalberta.com/Documents/21500\\_Nutri\\_Guidelines-Fall2010.pdf](http://www.healthyalberta.com/Documents/21500_Nutri_Guidelines-Fall2010.pdf)

**Outcome:** Become familiar with the Alberta Nutrition Guidelines for Children and Youth.

### Key Messages

### Facilitator Notes

- The nutrition guidelines are based on Eating Well with Canada's Food Guide and also include a food rating system to identify healthy food choices.
- Foods are rated as Choose Most Often, Choose Sometimes or Choose Least Often. The guidelines include menu planning guidelines and tips to help facilities provide foods to meet the guidelines. We will discuss more about menu planning later on in the presentation.
- An online version of the guidelines is available on the website. If you have a 2008 hard copy (binder) of the guidelines in your facility, please refer to the website for the most up to date version.

## Benefits of Nutrition Guidelines

- Good nutrition has been linked to better behaviour in children
- Support healthy growth and development
- Supports compliance with provincial child care regulations
- Assists with menu planning:
  - Saves time, energy and money
  - Reduces waste



**Outcome:** Become aware of the benefits of nutrition guidelines.

### Key Messages

### Facilitator Notes

- The nutrition guidelines have the potential to provide multiple benefits for the facility, the children in the facility as well as parents and guardians.
- Highlight important role that childcare providers play in a child's health. More information in *Introduction to Healthy Preschoolers: A Guide to Writing Nutrition and Physical Activity Policies and Procedures* (page 4).
- Studies have shown a link between good nutrition and better behaviour in children (Walsh-Pierce and Wardle, 1997; Corbin et al., 1997; Whalley, 2004). Good nutrition also supports healthy growth and development.
- Using the nutrition guidelines in menu planning and provision of foods will help in meeting the requirements for provincial licensing.
- The nutrition guidelines also assist with menu planning which in turn can save time, energy, money and reduces waste.

## Food Rating System

- 3 Categories:
  - Choose Most Often
  - Choose Sometimes
  - Choose Least Often
- Foods rated based on total fibre, sugar, salt, protein, cholesterol unhealthy fat content, and nutritional value
- 100% of foods available in childcare facilities should be Choose Most Often foods

Taken directly and/or adapted from: Alberta Nutrition Guidelines for Children and Youth, Alberta Health and Wellness – Public Health Division, Healthy Living Branch (June 2010)

**Outcome:** Become aware of the food rating system and categories of foods.

### Key Messages

- A food rating system is used in the guidelines to categorize foods as either Choose Most Often, Choose Sometimes or Choose Least Often foods.
- It is recommended in the guidelines that 100% of the foods available in childcare facilities should be Choose Most Often.

### Facilitator Notes

- All foods are rated based on total fibre, sugar, salt, protein, cholesterol and unhealthy fat content. More information on the food rating system can be found on pages 12 and 13 of the Nutrition Guidelines and pages 14-29 outline the criteria for each of the 3 categories.

It is recommended in the guidelines that 100% of the foods available in childcare facilities should be Choose Most Often foods to ensure that children will be getting nutritious foods while in childcare facilities.

Examples of Choose Most Often foods are listed in Feeding Tiny Tummies.

## Choose Most Often Foods

- Foods to be consumed daily in appropriate amounts and portion sizes
- All healthy choices in Canada's Food Guide
- Examples: carrot sticks, canned peaches
- See criteria in ANGCY (pages 14-21) to identify Choose Most Often foods



Taken directly and/or adapted from: Alberta Nutrition Guidelines for Children and Youth, Alberta Health and Wellness – Public Health Division, Healthy Living Branch (June 2010)

**Outcome:** Become aware of the food rating system and categories of foods.

### Key Messages

- Choose most often foods are healthy choices that are included in Canada's Food Guide.
- These foods should be consumed daily in the amounts and portion sizes recommended for each age group.

### Facilitator Notes

Use pages 14-21 in the Nutrition Guidelines to identify Choose Most Often foods from each of the four food groups.

*Refer to page 14:* On page 14 of the guidelines we have the criteria for Choose Most Often foods in the vegetables and fruit food group. The serving sizes are based on those recommended in Canada's Food Guide. A food serving must fit the criteria outlined to be classified as a choose most often food.

- For example, a serving of natural vegetables and fruit (ex. carrot sticks or apple slices) must have only naturally occurring fat and 100 mg or less of sodium to fit in this category. Please note there are additional criteria for both dried and baked vegetables and fruit.
- Fresh, frozen or canned fruit or vegetables that have no added sugar and are low in salt count as choose most often foods.

## Choose Sometimes Foods

- May provide beneficial nutrients
- Often higher in added sugars, unhealthy fats and sodium
- Examples: Chocolate milk, deli/luncheon meats



Taken directly and/or adapted from: Alberta Nutrition Guidelines for Children and Youth, Alberta Health and Wellness – Public Health Division, Healthy Living Branch (June 2010)

**Outcome:** Become aware of the food rating system and categories of foods

### Key Messages

- Foods in the Choose Sometimes category may provide beneficial nutrients but are often higher in sugar, fat or sodium.

### Facilitator Notes

- Flavored or chocolate milk is an example of a Choose Sometimes food. Regular milk is considered a Choose Most Often food and provides many important nutrients. Chocolate milk contains the same important nutrients but the added sugars place it in the Choose Sometimes category.

Note: The guidelines state no more than **3** servings per week are recommended from this category.

## Choose Least Often Foods

- These foods are not recommended
- Generally high in unhealthy fat, sugar and salt, low nutrient value
- Examples: Chips, Cookies

Taken directly and/or adapted from: Alberta Nutrition Guidelines for Children and Youth, Alberta Health and Wellness – Public Health Division, Healthy Living Branch (June 2010)

**Outcome:** Become aware of the food rating system and categories of foods.

### Key Messages

- Foods in the Choose Least Often category are not recommended.
- These foods are high in unhealthy fat, sugar or salt and generally low in beneficial nutrients.

### Facilitator Notes

Serving sizes for Choose Least Often foods are based on 100 calories per serving.

Examples of choose least often foods include chips, cookies, chocolate bars, sugary cereals and candy.

Note: Guidelines suggest **one** serving could be eaten once a week

## Special Events

- Choose Least Often or less healthy foods should be offered in only small portions
- Serving sizes based on 100 calorie portions
- Halloween-sized treats
- No more than ½ cup servings of sugary drinks
- See recipe books for fun and nutritious food ideas



Taken directly and/or adapted from: Alberta Nutrition Guidelines for Children and Youth, Alberta Health and Wellness – Public Health Division, Healthy Living Branch (June 2010)

**Outcome:** Become aware of the food rating system and categories of foods.

### Key Messages

- Choose Least Often foods should be offered only in small portions for special events.

### Facilitator Notes

- Foods that fit into the Choose Least Often category should be offered in only small portions.
- A portion size for these foods is based on a 100 Calorie serving.
- Halloween sized treats are an example of a serving.
- If pop or other sugary drinks are served, portions should be no larger than ½ cup.

Look through recipe books for fun and nutritious food ideas to serve for special events. We will give you a list of suggested recipe books at the end.

*Optional Props: Bring in a few samples of foods ie. mini chocolate bar, small bag of chips etc.*

## Beverages

- Serve milk or fortified soy beverages with meals
- Water should be encouraged for quenching thirst and promoting hydration between meals
- Unsweetened 100% fruit/vegetable juice should be limited to ½ cup per day
- Avoid caffeine containing beverages, sports drinks, iced tea and fruit flavoured drinks



Taken directly and/or adapted from: Alberta Nutrition Guidelines for Children and Youth, Alberta Health and Wellness – Public Health Division, Healthy Living Branch (June 2010)

**Outcome:** Become aware of the food rating system and categories of foods.

### Key Messages

- When planning menus, healthy beverage choices should be included.
- Skim, 1% or 2% milk or fortified soy beverage should be served with meals.

### Facilitator Notes

**Note:** Whole milk should be served to children under the age of 2.

- Water should be encouraged between meals to quench thirst and help maintain good hydration.
- If fruit juice is offered, it should be unsweetened 100% fruit juice (or vegetable juice) and should be limited to ½ cup per day.
- It is also important to make sure juice is always served in an open cup and not a bottle.
- Caffeine containing and sugar sweetened drinks such as sport drinks, iced tea and fruit flavoured beverages should be avoided.
- Caffeine can cause children to be excited, restless and irritable. It may also make it difficult for children to concentrate.

## Eating Well with Canada's Food Guide

### Recommended Number of Food Guide Servings per day

Food Group	Children 2-3 years old	Children 4-8 years old	Children 9-13 years old
Vegetables and Fruit	4	5	6
Grain Products	3	4	6
Milk and Alternatives	2	2	3-4
Meat and Alternatives	1	1	1-2

For information on serving sizes for children see  
Alberta Nutrition Guidelines for Children and Youth pages 37-42

**Outcome:** Become familiar with recommendations from Eating Well with Canada's Food Guide.

### Key Messages

Children should be eating foods from all four food groups according to the servings sizes outlined in Eating Well with Canada's Food Guide.

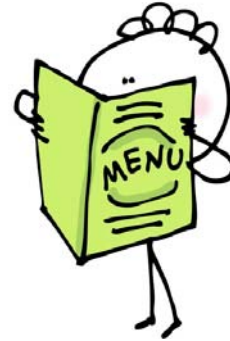
### Facilitator Notes

- As mentioned, the guidelines are based on Canada's Food Guide. This slide outlines the recommended number of food guide servings from each food group recommended per day by age group.
- Pages 37-43 in the Nutrition Guidelines provide information and examples of serving sizes.
- Keep in mind that these are the recommended servings for an entire day and that you provide a part of the whole days intake of food but not all of it.

*Audience Activity: Have participants turn to page 39 (Food Guide Serving Sizes for 1-5 Years) and discuss a few examples of serving sizes. If possible bring the 'lunch bag' portion kit to provide visuals of serving sizes (tennis ball, hockey puck, etc.).*

## Menu Planning Basics

- Provide regular meals and snacks (every 2-3 hours)
- Meals: Include all 4 food groups
- Snacks: Include at least 2 food groups
- Appropriate portion sizes
- Variety in foods, colours and textures



**Outcome:** Understand the benefits and basics of menu planning.

### Key Messages

- Menu planning is a tool that can help ensure that a variety of healthy foods are served in accordance with the nutrition guidelines and help you provide foods to meet the nutritional needs of the children in your facility.

### Facilitator Notes

After some practice menu planning will save you time and money.

We will go over some basic principles of menu planning and then do a menu planning activity.

- Children have tiny tummies and need to eat frequently. Regular meals and snacks should be provided every 2-3 hours with only water served between eating times. A meal includes foods from all four food groups from Canada's Food Guide and a snack includes foods from at least two of the food groups.
- Serving sizes need to be appropriate for children. A food guide serving may be divided into smaller portions and served throughout the day. A balanced and nutritious menu should include a variety of different foods from each of the food groups as well as a variety of colours and textures within each meal.

## Safe Eating Environments

- Be nut aware
- Know the guidelines for supporting children with allergies
- Know how to respond to adverse food reactions
- Avoid foods that have a high choking risk
- Avoid high risk foods
- Use safe food handling skills

Taken directly and/or adapted from: Alberta Nutrition Guidelines for Children and Youth, Alberta Health and Wellness – Public Health Division, Healthy Living Branch (June 2010)

**Outcome:** Become aware of how to keep childcare environments safe for eating.

### Key Messages

- In addition to providing healthy foods, childcare facilities can help to provide a safe eating environment.

### Facilitator Notes

- This includes being nut-aware as per the provincial guidelines, knowing how to support children with food allergies and knowing how to respond when a child has an adverse food reaction.
- To ensure that foods are safe, high risk foods such as undercooked meat, poultry or fish, unpasteurized dairy products, juice or honey should not be served.
- Foods should also be cut into appropriate sizes for children and foods that are high risk choking foods should be avoided.
- Safe food handling practices are especially important when preparing food for young children who may be more vulnerable to food borne illness.
- Feeding Tiny Tummies provides information on cleaning, cooking, chilling and storing foods properly to prevent food borne illness.

See page 33 of the guidelines for more information on safe eating environments.

## Support Healthy Food Choices

- Appropriate time and space to eat
- Make healthy foods appealing
- Serve age appropriate portion sizes
- Introduce new foods in small amounts on a regular basis
- Do not use food as reward or punishment



Taken directly and/or adapted from: Alberta Nutrition Guidelines for Children and Youth, Alberta Health and Wellness – Public Health Division, Healthy Living Branch (June 2010)

**Outcome:** Learn how to support healthy food choices in childcare facilities .

### Key Messages

### Facilitator Notes

- To help support children to make healthy food choices, childcare facilities should provide adequate time and space for children to eat their meals and snacks.
- Children should be encouraged to respond to their body's signs of hunger and fullness. This will help them to learn to eat to satisfy their hunger rather than eat because food is available.
- Healthy foods can be served in fun and interesting ways to make them appealing to children. To support healthy eating behaviours foods should be served in age appropriate serving sizes.

## Be a Positive Influence

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- Follow Canada's Food Guide
- Provide foods from each of the 4 food groups at meals
- Provide foods from at least 2 food groups at snacks
- Make 100% of the foods available Choose Most Often foods

Taken directly and/or adapted from: Alberta Nutrition Guidelines for Children and Youth, Alberta Health and Wellness – Public Health Division, Healthy Living Branch (June 2010)

**Outcome:** Recognize ways to be a positive influence on children, staff, and parents.

### Key Messages

- By providing healthy food choices and supporting children to make healthy choices in your facility, you can have a positive influence on food provided at home by parents and caregivers.

### Facilitator Notes

- Parents are in control of what foods are given to their children and implementation of the nutrition guidelines can influence but not dictate which foods parents choose to provide.
- To be a positive influence facilities can follow Canada's Food Guide and provide healthy food choices in appropriate amounts.
- Good nutrition can be reinforced by ensuring that meals contain foods from all four food groups and that snacks contain foods from at least two of the food groups.
- Making 100% of the foods available healthy choices from the Choose Most Often category may encourage parents to make healthy choices for their children at home.

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## Menu Planning Activity

**Outcome:**

**Key Messages**

**Facilitator Notes**

*Audience Activity:*

See Childcare Menu Planning Activities document.

## Budgeting and Grocery Shopping

- Buy fruits and vegetables in season
- Consider the cost of convenience
- Use flyers to plan around sales
- Serve plant proteins
- Buy and cook in bulk
- Purchase no name products equal in quality

Taken directly and/or adapted from: Alberta Nutrition Guidelines for Children and Youth, Alberta Health and Wellness – Public Health Division, Healthy Living Branch (June 2010)

**Outcome:** Become aware of strategies to use for food budgeting.

### Key Messages

### Facilitator Notes

A well planned menu shouldn't blow your budget. Here are a few budgeting tips:

- Buy fresh fruits and vegetables that are in season.
- Consider the cost of convenience-convenience foods such as pre-washed and cut up vegetables often cost more because you must pay for someone else to do the labour. Buying foods in their most natural state or making things from scratch can often save money.
- Taking advantage of sales and stocking up on essentials that can be stored and using flyers to plan menus around sale items can also help cut costs.
- Plant proteins such as nut butters, beans, peas or lentils can be served as a cheaper alternative to meat.
- Buying in bulk can save money as it reduces packaging costs and if you have the capabilities cooking in bulk and freezing is good time saving technique.
- No name products are usually cheaper than brand name products and equally as good. Just make sure to check the nutrition facts label to make sure it still fits the guidelines.

## Additional Resources & Websites

- Feeding Tiny Tum mies
- Healthy Preschoolers: A Guide to Writing Nutrition and Physical Activity Policies and Procedures  
[www.achsc.org](http://www.achsc.org)
- Alberta Nutrition Guidelines for Children and Youth
- Healthy Eating and Active Living For Your 1 to 5 Year Old
- Food Guide Serving Sizes For 1-5 Years  
[www.healthyalberta.ca](http://www.healthyalberta.ca)
- Alberta Nutrition Guidelines for Children and Youth: An Overview  
[www.albertahealthservices.ca/2925.asp](http://www.albertahealthservices.ca/2925.asp)

**Outcome:** Become aware of additional resources to support the ANGCY in childcare facilities.

### Key Messages

### Facilitator Notes

*The following list contains suggested cookbooks that may be brought in for the presentation, if available, to show examples of recipes. However, the recipes may not necessarily meet the nutrition guidelines.*

#### Suggested Cookbooks:

- C is For Cooking: Recipes From the Street By Susan McQuillan, RD
- Kids' Healthy Cooking By Jean Pare
- Canada's Best Cookbook for Kids with Diabetes By Colleen Bartley, RD
- Sensational Snacks By Barbara Beery
- The Top 100 Recipes for Happy Kids By Charlotte Watts & Gemini Adams
- Community Kitchens Cookbook and Shopping Guide -Kamloops Foodshare, 1994

## Additional Resources & Websites

- Eating Well with Canada's Food Guide  
[www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide)
- Nutrition information, recipe ideas and recipe analyzer  
[www.dietitians.ca](http://www.dietitians.ca)
- Sizing Up Food Guide Servings poster  
[www.moreaboutmilk.com](http://www.moreaboutmilk.com)
- Let's Make a Healthy Meal - First Nations and Inuit Health Branch  
Alberta

**Outcome:** Become aware of additional resources to support the ANGCY in childcare facilities.

### Key Messages

### Facilitator Notes

Let's Make a Healthy Meal: Ideas for Aboriginal Head Start and Daycare Cooks. Provides information on menu planning, label reading and expanding recipes to serve larger groups.

## Questions?

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**Outcome:**

**Key Messages**

**Facilitator Notes**