



Healthy Snacks

Waterloo Co-operative Preschool is committed to ensuring that healthy snacks are provided during class. A snack schedule is posted in the classroom and is emailed to the membership with the September calendar. Any substitutions will be indicated on the menu in the hall and documented in the journal as a permanent record.

All snacks contain a food that promotes good dental health and will contain at least two food groups from Eating Well with Canada's Food Guide <https://food-guide.canada.ca/en/> (ie. a carbohydrate and vegetable or fruit), while respecting religious and individual nutritional needs. They must meet recommendations set out in Health Canada documents. Snacks are served between meals and midway through the class time. More than half of grain products are whole grain. Fresh and, when possible, local fruits and vegetables will be included in the menu. Condiments such as margarine, ketchup, mustard, relish, mayonnaise, sauces, syrups, salad dressings, gravies, jams, fruit butters, pickles and olives will not be used for snacks. Hummus will be used as a dip. No sugary products will be served. Products with a sodium content of 5% or less of the daily value will be chosen when they are offered (ie. rice cakes). Packaged food that contains industrial trans fat will be avoided.

Filtered and flushed tap water is available and accessible to children at all times. Children are to bring their own water bottle labeled clearly with their name.

Allergies and Restrictions

Allergy awareness procedures are available for parents to view at any time. Our allergy policy will be reviewed with duty parents and volunteers during their orientation. All food allergies and restrictions are posted in the kitchen and classroom. Food labels are read to ensure products do not contain any ingredients on the posted list. No food containing a substance a child is allergic to is served to that child's class if the child requires an epi-pen due to severe reaction or by touching, otherwise it will only not be served to the child. The snack menu avoids common allergens and common culturally prohibited foods (nuts, dairy, egg, meat, fish).

Children with special dietary and feeding arrangements will be accommodated by following the written instructions of the parent, as provided on the child's ISP. Substitutes must also follow Eating Well with Canada's Food Guide. Parents may send their own substitute labeled with their child's name on it if no substitute is available at the preschool.

Food Safety

The supervising teacher attends a menu assessment workshop every three years. Both teachers also maintains an up-to-date safe food handling certificate by attending training on safe food handling practices at least every five years. Our safe food handling policy is available for parents to view at any time. The policy will be reviewed with duty parents and volunteers during their orientation. Food is stored, prepared, and served so as to retain maximum nutritive value and prevent contamination. High risk foods such as undercooked meat, poultry or fish, milk products, juices or honey that has not been pasteurized will not be served. All food is purchased from a reliable source such as a grocery store (i.e not markets) and must have a label with listed ingredients or be otherwise trackable (i.e. items such as fruit will have a numbered sticker that can be tracked to a description on the grocery receipt). All receipts are kept on site.

Careful attention will be paid to avoid food that could cause choking when planning, preparing and serving snacks for the children. Food will be adapted to reduce the risk of choking (ie. toddlers have cucumbers instead of carrots). Children wash their hands before and after snacks.

Creative Play and Teaching Activities for Children

Food-related books that feature healthy foods and eating behaviours will be chosen. Children will be given the opportunity to participate in age-appropriate snack preparation. Waterloo Co-operative Preschool will increase the amount of materials and resources that promote healthy foods and healthy eating and will make them accessible throughout the room. Eg. Posters, books, and dramatic play props (pretend healthy foods, cooking and eating utensils). Children will be taught about food customs of other countries and encourage them to experience and bring in pictures or samples of unfamiliar healthy foods.

Engaging, Supporting and Educating Parents and Child Care Staff

Staff training opportunities will be provided for safe food handling, how to assist if a child is choking and procedures for dealing with an allergic reaction. Waterloo Co-operative Preschool will work on developing and following written food and beverage policy statements and guidelines for functions, events and meetings. Appropriate training will be provided for staff to integrate nutrition activities into the curriculum. Feedback from staff, parents and children with regard to menu and program activities will be considered.

Nutrition screening with NutriSTEP is encouraged by providing access to the tool and follow-up services in partnership with public health services 905-546-3550. Link: www.nutristep.ca. This information is shared in our newsletter.

Non-food options or healthy food options are promoted for celebrations.

*Revised: September 2019 by Tracey Marques, Patty Fallis-Robbins and BOD.
Approved By: Leanne Wells (President) on September 18, 2019
Seconded By: Jana Strittmatter (President) on October 22, 2019*