



healthyeatingstartshere.ca



Healthy Eating at Child Care Centres



Menu Planning

Resources to help you plan healthy menus in child care:

- Healthy Food Checker
- Feeding Tiny Tummies – A Guide for Child Care Providers
- Healthy Eating for Children in Childcare Centres
- Alberta Nutrition Guidelines for Children and Youth

Recipes

Choose Most Often, multicultural recipes that are preschooler and child care friendly.

Food Allergies

Handouts on common food allergies like peanuts, eggs, wheat, and milk.

Staff Training

Resources and tools for child care providers to learn more about healthy eating:

- Healthy Eating for Young Children Nutrition Tip Sheets
- Raising Our Healthy Kids Videos
- Food Guide Servings for 1 to 4 Years

Child Care Policy

Support materials to help child cares create and adopt their own health policies and procedures.

Healthy Eating Resources

Resources for child cares, parents, families, schools and workplaces on healthy eating.

Child Care Resource List

A comprehensive list of resources and materials to help child care educators learn more about nutrition, healthy eating environments and physical activity.

To contact a Public Health Dietitian in your area, email PublicHealth.Nutrition@ahs.ca