

Regional Nutrition Policy

Childcare Centers and Head Start 2010

- 1. Exclusive breastfeeding for the first 6 months of a child life is promoted and supported.**
- 2. Complementary feeding starting from the age of 6 months with continued breastfeeding up to 2 years of age and beyond is encouraged.**
- 3. If an infant is not breastfed, parents provide iron-fortified formula until 1 year old.**
- 4. Meals and snacks are prepared and served in a way to eliminate choking hazards.**
- 5. Cooks prepare nutritious menus which are reviewed by a Nutritionist and follow the recommendations of the Canada Food Guide for First Nations, Inuit and Métis.**
- 6. Water is available at all times and served to children.**
- 7. Milk is served twice a day to children over 1 year old. Children aged 1 to 2 years old receive 3.25% milk and children older than 2 years old receive 2% milk.**
- 8. In case of food allergies, the menu is adapted to the needs of the child in collaboration with the parents.**
- 9. The Childcare Center and Head Start rooms must be peanut and peanut butter free zones.**
- 10. Junk food, pop, sweet drinks, energy drinks, sports drinks and artificial sweeteners are not served in the Childcare Center and in the Head Start rooms. Coffee, tea and other caffeinated drinks are not served to children.**
- 11. Workers act as positive role models for children at all times.**
- 12. Meals take place in a safe and enjoyable environment.**
- 13. Workers observe and respect Food Safety & Hygiene Standards at all steps of food handling: receiving, storing, preparing, and serving.**