



Planning Meals and Snacks for Early Learning and Child Care



Developed by Registered Dietitians
2023



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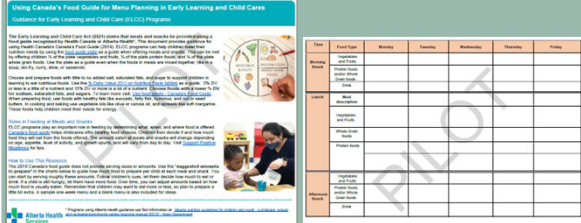
Topics Poll Question!

- Roles in feeding
- Using Canada's food guide to plan meals and snacks for ELCC
- Sharing meal and snack ideas
- Online resources



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Using Canada's Food Guide for Menu Planning in ELCC



Item	Food Item	Portions	Frequency	Seasonality	Thematic	Other
Breakfast	Whole grain cereal					
	Whole grain toast					
	Smoothie					
	Yogurt					
Lunch	Grilled chicken					
	Salmon					
	Beef					
	Pork					
Dinner	Grilled fish					
	Roast beef					
	Chicken					
	Pork					

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Planning Meals and Snacks for Early Learning and Child Care

From: www.healthycanadians.ca/en/healthy-eating-and-active-living/healthy-eating/early-learning-and-child-care

Using Canada's Food Guide

Meals: Offer 1/2 of the plate vegetables and fruits, 1/4 of the plate protein foods, and 1/4 of the plate whole-grain foods. Offer water to drink.

Snacks: Offer vegetables/fruit with a protein food, a whole-grain food or both. Offer water or milk to drink.

- Offer dark greens and orange vegetables
- Offer plant-based proteins
- If offering packaged foods, choose foods with a sodium to total fat ratio (SFR) of 100 or lower, saturated fats, and sugars 5% of less in a 100g and 10% or more in a 10L of nutrient.

Menu Planning - AHS

Using Canada's Food Guide for Menu Planning in Early Learning and Child Care
1-Week Menu Plan

Recipes

- [Canada's Food Guide Recipes](#)
- [Cookbook](#)
- [Child Care Recipes - AHS](#)
- [Inspiring Healthy Eating Recipes - AHS](#)

Healthy Eating

- [Canada's Food Guide](#)
- [Healthy Eating Resources - AHS](#)
- [Food Allergies - AHS](#)
- [Support Positive Nutrition - AHS](#)
- [Feeding Toddlers and Young Children - AHS](#)

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2023 Email: PublicHealthServices@AHS.ca

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Meal and Snack Ideas for Early Learning and Child Care

On this page, write your meal and snack ideas. You can add other ideas from the workshop, for examples of meals and snacks, see page 2 and 3.

Meals: Use Canada's food guide to plan meals.

- 1. Use Canada's food guide to plan meals.
- 2. Use your menu plan to plan meals.
- 3. Use the list of ingredients to plan meals.
- 4. Use the list of ingredients to plan meals.

Snacks: Use Canada's food guide to plan snacks.

- 1. Use Canada's food guide to plan snacks.
- 2. Use your menu plan to plan snacks.
- 3. Use the list of ingredients to plan snacks.

	Monday	Tuesday	Wednesday	Thursday	Friday
Meal					
Vegetables or fruit or both					
Protein food					
Whole-grain food					
Drink					

	Monday	Tuesday	Wednesday	Thursday	Friday
Snack					
Vegetables or fruit or both					
Protein food					
Whole-grain food					
Drink					

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Roles in feeding

Alberta Health Services

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Roles in feeding

Adult's role	Child's role
<ul style="list-style-type: none"> • WHAT foods to offer • WHEN to offer food • WHERE to offer food 	<ul style="list-style-type: none"> • HOW MUCH to eat • WHETHER OR NOT to eat

Source: Elynn Satter

Adults provide - Children decide

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Suggested amounts per child to help with planning and purchasing

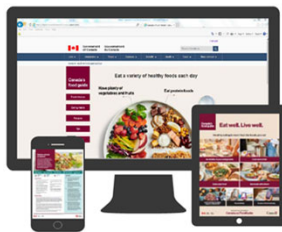
Example:

Whole Grain Foods	Suggested Amounts to Prepare Per Child at Meals and Snacks	
	1-3 Years	4 Years and over
Bread	1/2 -1 slice (18 g-37.5 g)	1-2 slices (37.5 g – 75 g)
English muffin	1/4 muffin (17 g)	1/2 muffin (35 g)
Tortilla	1/2 tortilla (27.5 g)	1 tortilla (55 g)
Rice, quinoa, couscous, pasta	1/3 – 1/2 cup (75 mL-125 mL) cooked	3/4 cup (175 mL) cooked
Hot cereal	1/2 cup (125 mL) prepared	1 cup (250 mL) prepared
Cold cereal	1/2 cup (125 mL) dry cereal	1 cup (250 mL) dry cereal
Crackers	3-5 crackers (10-15 g)	6-10 crackers (20-30 g)

Children always decide how much to eat

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Poll Question!



Canada.ca/FoodGuide

Using Canada's Food Guide to plan meals and snacks



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Canada's Food Guide



- Use the plate as a guide
- Cook more often
- Enjoy your food
- Eat meals with others

Healthy eating is more than the foods we eat

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Using Canada's food guide to plan meals for child care

- ✓ Plan half of the meal as vegetables and fruits
- ✓ Offer ¼ protein food
- ✓ Offer ¼ whole grain food
- ✓ Offer milk to drink



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Using Canada's Food Guide to plan snacks for child care

- ✓ Offer vegetables and fruits
- ✓ Add a whole grain food, a protein food, or both
- ✓ Offer water or milk to drink

What snacks do you offer in your program?



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Recipes

Child care recipes, Healthy Eating Starts Here, AHS

Kid-friendly recipes, Canada's food guide

Cookspiration

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Vegetables and Fruits

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Vegetables and Fruits

- Include vegetables and fruits at meals and snacks
- Offer fresh, frozen, or canned

Poll Question!

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Share Ideas!

Unmute or add your ideas to the chat!



What dark green and orange vegetables do you offer?

How do you include them as part of a meal or snack?



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Suggested amounts per child to help with planning and purchasing

Vegetables and Fruits	1-3 Years	4 Years and older
Cooked, canned, fresh, or frozen	¼ cup (60 mL)	½ cup (125 mL)
Leafy vegetables or salad	½ cup (125 mL)	1 cup (250 mL)

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Protein Foods

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Protein Foods

Beans, peas, and lentils

Fish, eggs, lean meats, and poultry

Tofu, fortified soy beverage, and other soy products

Milk, yogurt, cheese, kefir and other dairy products

Nut, seed, or soy butter

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Suggested amounts per child to help with planning and purchasing

Protein Foods		1-3 Years	4 Years and Over
Calcium Foods	Plant based	Fortified soy beverage	2-3 years: ½ cup (125 mL) 1 cup (150 mL)
		Tofu	cup (40g) cup (85 g)
	Animal based	Milk	½ cup (125 mL) 1 cup (250 mL)
		Cheese	15 g (1.5 cm cube) 30g (3 cm cube)
	Yogurt	cup (80 g) ¾ cup (175 g)	
Iron Foods	Plant based	Beans, lentils	¼ cup (65 mL) ½ cup (125mL)
		Nut butters	½-1 Tbsp (7/5-15 mL) 1 Tbsp (15 mL)
	Animal based	Fish, meat, and poultry	30-60 g, cooked 55-100 g, cooked
		Eggs	1 egg 2 eggs

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Share Ideas!

Unmute or add your ideas to the chat!

What is your favourite lunch to serve?

What is the protein food?

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Whole Grain Foods

Unmute or add your ideas to the chat!

- Offer a variety of whole grain foods:
 - whole grain bread, whole grain pasta, brown rice, oatmeal, barley

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Ingredient List

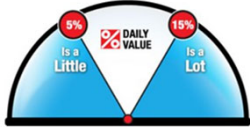
- Look for a shorter list of ingredients
- Ingredients are listed in order of weight, from highest to lowest amount
- Look for words "whole grain" or "whole wheat"

Ingredients	
Durum	Whole Grain Whole Wheat
Semolina	

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Nutrition Facts

- Percent daily value (%DV) is found on most packaged foods



Nutrition Facts Valeur nutritive	
Per 1 cup (250 mL) pour 1 tasse (250 mL)	
Amount	% Daily Value*
Calories 110	
Fat / Lipides 0 g	0 %
Saturated / saturés 0 g	0 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 26 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 22 g	22 %
Protein / Protéines 2 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 0 mg	0 %
Potassium 450 mg	10 %
Calcium 30 mg	2 %
Iron / Fer 0 mg	0 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

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Which cereal would you offer?

A)

Nutrition Facts	
Per 1 cup (49 g)	
Amount	% Daily Value
Calories 190	
Fat 1 g	2 %
Saturated 0 g	0 %
+ Trans 0 g	
Cholesterol 0 mg	
Sodium 5 mg	0 %
Carbohydrate 38 g	13 %
Fibre 1 g	4 %
Sugars 16 g	32 %
Protein 6 g	

B)

Nutrition Facts	
Per 1 cup (49 g)	
Amount	% Daily Value
Calories 190	
Fat 1 g	2 %
Saturated 0 g	0 %
+ Trans 0 g	
Cholesterol 0 mg	
Sodium 5 mg	0 %
Carbohydrate 38 g	13 %
Fibre 6 g	24 %
Sugars 2 g	4 %
Protein 6 g	

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Which granola bar would you offer?

A)

Nutrition Facts	
Per 1 bar (35 g)	
Amount	% Daily Value*
Calories 150	
Fat 2 g	3 %
Saturated 0.5 g	3 %
+ Trans 0 g	
Carbohydrate 29 g	
Fibre 4 g	14 %
Sugars 8 g	8 %
Protein 5 g	
Cholesterol 0 mg	
Sodium 85 mg	0 %
Potassium 100 mg	2 %
Calcium 0 mg	0 %
Iron 3 mg	17 %

*5% or less is a little, 15% or more is a lot

B)


Nutrition Facts	
Per 1 bar (35 g)	
Amount	% Daily Value*
Calories 160	
Fat 6 g	8 %
Saturated 2.5 g	13 %
+ Trans 0 g	
Carbohydrate 24 g	
Fibre 1 g	4 %
Sugars 17 g	17 %
Protein 2 g	
Cholesterol 0 mg	
Sodium 85 mg	0 %
Potassium 100 mg	2 %
Calcium 0 mg	0 %
Iron 3 mg	17 %

*5% or less is a little, 15% or more is a lot


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Share Ideas!

Unmute or add your ideas to the chat!



What whole grain foods can you serve as part of a snack?




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Suggested amounts per child to help with planning and purchasing

Whole Grain Foods	1-3 Years	4 Years and Over
Bread	½-1 slice (18-37.5 g)	1-2 slices (37.5-75 g)
English muffin	¼ muffin (17 g)	½ muffin (35 g)
Tortilla	½ tortilla (27.5 g)	1 tortilla (55 g)
Rice, quinoa, couscous, pasta	½ cup (75-125 mL) cooked	¾ cup (175 mL) cooked
Hot cereal	½ cup (125 mL) prepared	1 cup (250 mL) prepared
Cold cereal	½ cup (125 mL) dry cereal	1 cup (250 mL) dry cereal
Crackers	3-5 crackers (10-15 g)	6-10 crackers (20-30 g)

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Unsaturated fats

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Unsaturated Fats

- Offer and prepare foods with unsaturated fats
 - Fatty fish, nut and seed butters
 - Canola oil, soft margarine



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Drinks to offer



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Drinks to offer

- Water
- Milk or fortified soy beverage

Poll Question!

Serve drinks in an open cup




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Milk

For 1 to 2 year olds	For ages 2 and over
<ul style="list-style-type: none"> Breastmilk 3.25% milk 	<ul style="list-style-type: none"> Breastmilk 3.25%, 2% or 1% milk Fortified soy beverage

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To wrap up - Meal & snack ideas



Unmute or add your ideas to the chat!

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To wrap up - Summary



- Adults provide - Children decide
- Use Canada's food guide to plan meals and snacks:
 - Offer vegetables and fruits, whole grain foods, and protein foods
 - Offer milk and/or water to drink
- Use the percent daily value (%DV) on nutrition facts table

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