

Planning Meals and Snacks for Early Learning and Child Care

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Using Canada's Food Guide

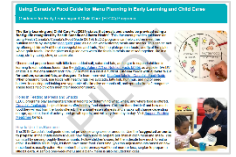
Meals: Offer ½ of the plate vegetables and fruits, ¼ of the plate protein foods, and ¼ of the plate whole grain foods. Offer milk to drink.

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

- Offer dark green and orange vegetables
- Offer plant-based proteins
- If offering packaged foods, choose foods with a lower % Daily Value (DV) for sodium, saturated fats, and sugars. 5% or less is a little and 15% or more is a lot of a 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](#)



[Cookspiration](#)



[Child Care Recipes - AHS](#)

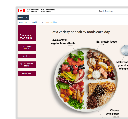


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Healthy Eating

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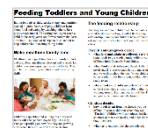
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