

# Planning Meals and Snacks in Early Learning and Child Care

*To view online resources, click on underlined text*

## Menu Planning Resources

- [Child Care Menu Planning with Canada's Food Guide \(Alberta Health Services\)](#)

### Key Messages for Menu Planning with Canada's Food Guide

**Meals:** Offer  $\frac{1}{2}$  of the plate as vegetables and fruits,  $\frac{1}{4}$  of the plate as protein foods, and  $\frac{1}{4}$  of the plate as 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 throughout the week.
- Offer plant-based proteins like (canned) beans.
- If offering packaged foods, check the label and choose foods with a lower % Daily Value (DV) for sodium/salt, saturated fat, and sugar. 5% or less is a little and 15% or more is a lot of a nutrient.

## Recipes

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

## Food Safety

- [Health Canada Recalls](#)
- [AHS ELCC Food Safety Resource](#)

## Healthy Eating

- [Healthy Eating Resources - AHS](#)
- [Support Positive Mealtimes – AHS](#)
- [Words Matter! Healthy Relationship with Food - Video Series - AHS](#)
- [Feeding Toddlers and Young Children – AHS](#)
- [Food Allergies – AHS](#)
- [Canada's Food Guide](#)



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