



early childhood community development centre

Child Care Centres Cook's Network Meeting Minutes

Wednesday June 24th 2015

2:30 to 4:30 pm at the ECCDC

1. Welcomes and Introductions

Participants introduced themselves. Present were Elizabeth Van Dyk, France Proctor, Melissa Westoby, John Burnett and Ginette Wilson (facilitator and minutes)

2. Minutes from last meeting

The minutes were accepted however, they could not be adopted as there was only one person present at this meeting who has attended the previous meeting.

3. Acceptance of agenda

The agenda was accepted with no amendments.

4. Update from Niagara Region Public Health-John Burnett

- Food Handler Certification is required to renew every five years. Course schedule for 2015 was circulated. See attached with the minutes. Once further dates have been scheduled they will be shared with centres and will be available on-line.
- Canada food inspection agency notifies the Regional Public Health departments of any major recalls and Public Health will be notifying centres. This service will be rolled out after the summer and inspectors will drop off letters to centres, as they will need to sign up for this service. However, centres can look up recalls themselves on the Canada food inspection agency website.
- If centres are holding BBQ's they are advised to store hazardous foods in a mechanical fridge rather than a cooler and to ensure there is a hand washing system in place. This can be reviewed with your inspector.
- Centres are advised to monitor the fridge temperatures during the summer months, as fridge's can fail in the summer when external temperatures rise.
- Centres are advised to check the labels regarding the directions for dilution of sanitizers and disinfectant products. Sanitizer only for kitchen use and it was recommended that centres only use products that do not require a rinse.
- Question; Do servers need to wear a hairnet and gloves when serving food to the children? It was thought that it would be sufficient to tie long hair back and use tongs when handling food. John will gain clarification.

5. Training/Network Development Activity

- Menu planning presentation by Melissa Westoby from Niagara Public Health
 - Menu planning information is available in chapter 10, Nutrition, page 63 of the Niagara Region's Health and Safety Manual for Child Care Providers
<https://www.niagararegion.ca/living/childcare/providers/pdf/manual/Chapter10.pdf>
 - It is beneficial for young child to be exposed to healthy foods at an early age. Introduce a variety of healthy foods starting at about six months. Children attending day care can obtain ¾ of their daily nutrition there.
 - Normal eating for children; Toddlers and preschoolers are often skeptical of new foods and

can be picky eaters. Appetites will vary from meal to meal; therefore it's important to look at what they eat over the week. Research shows that young children will stop eating when full. Children need 10-15 exposures to new foods, although some children are more cautious. Recommend that when introducing new foods may want to cook less to avoid waste, but keep on menu to help children learn to like new foods. Children should have 2-3 hours between meals and adults should sit and eat with them when they eat.

- Tips for feeding children; involve children in the growing and preparation of foods also encourage parents to do this too. Offer new foods with familiar foods. Offer smaller portions as to not overwhelm the child. If a child serves themselves they may be more likely to try the food. A child size portion is about; toddler $\frac{1}{4}$ - $\frac{1}{2}$ of a Canada's Food Guide serving, preschooler/kindergarten $\frac{1}{2}$ -1 Canada's Food Guide serving. Allow children to have more if they are still hungry.
- Juice is not needed. Recommend either milk or water to drink. Try smoothies as children get milk and fruit. Copies of Canada's Food Guide can be ordered or viewed it online: www.canadasfoodguide.org
- Open cup for children from 6 months of age to develops skills which sippy cups don't. Open cup also makes it easier to wean them off the bottle and can help prevent children from drinking too much milk or juice.
- Tips for fruit and vegetables; hummus and yogurt dips, however don't overcook the veggies as this makes them bitter. Don't try to hide veggies and respect children's wishes not to try foods. Include textures, shapes, grated, chopped, mashed, sliced, cubed, sticks etc. Add pureed or grated veggies to soups, sauces and casseroles. Add grated fruit and veg to baked products. Includes food activities such as planting and growing, stories, positive conversations and so on.
- Grains; at least $\frac{1}{2}$ whole grains. Whole grain should be first on ingredients list. Multi grain may NOT be whole grains. 100% whole wheat should be first on ingredients list.
- Milk and alternatives; cream cheese and sour cream are considered added fats and are NOT considered a serving of milk products. 12 month to 2 years of age homogenized milk, 2 years 1% or 2% milk, Fortified Soy milk is NOT recommended for children under 2 years as it doesn't have sufficient fat content. Vegetarian beverages such as almond milk, rice milk, coconut milk etc. are NOT recommended for young children because they are low in fat and protein and do not contain the same nutrition as cow's milk. No more than 3 cups of milk per day. Use plain yogurt as a base for dips and in place of sour cream. Use pureed fruit to sweeten plain yogurt if required.
- Meat and alternatives; Offer children 1 CFG serving per day. A CFG serving is 2 eggs, 2.5oz of meat or fish, 2 tbsp. of peanut butter. This can be split up throughout the day e.g. 1 tbsp. peanut butter at breakfast, 1 egg at lunch, 1 oz. meat a dinner. Recommend 1 vegetarian meal per week to expose children and it's more cost effective and can include beans, tofu, lentils and TVP (textured vegetable protein). Use in soups, salads, omelets, puree in pasta sauces or cheese sauce. Allergenic foods (e.g. eggs, fish and shell fish, milk products etc.) can be offered after 6 months of age and if no family allergies. Contact Public Health for advice regarding allergies.
- Oils and fats; use healthy oils and fats such as vegetable oils (e.g. canola, olive, soybean), non-hydrogenated soft margarine, salad dressing, mayonnaise) and avoid hard margarine, lard, shortening and butter. Children should not have low fat diets.
- Refer to charts in H&S manual for foods to serve often, sometimes and avoid low nutrition and high sugar/salt. Along with choking hazards list for under 4's.
- Planning menus; start with lunch first then snacks to ensure requirements met. Avoid sticky foods for snacks, as this can promote tooth decay. Menu planning templates are available in the H&S manual or on the ECCDC website.
- Other suggestions; let children serve themselves, healthy snacks for celebrations, some Zehrs stores have a dietitian in store and on line resources are available 'EatRight Ontario' for recipes, menu ideas, tips for feeding children (and more!) www.eatrightontario.ca or to call or

email a dietitian for free, 'Trust me. Trust my tummy' – tips for feeding children:
https://www.niagararegion.ca/living/health_wellness/healthyeating/ella/default.aspx Good
Beginnings – a free online preschool nutrition course for child care professionals
<http://goodbeginnings.ca/>

6. Round Table Discussions

Sharing Updates, Kitchen Organizing Tips and Time Saving Strategies from Network Participants

- A discussion took place regarding centres that transport food (A Child's World and Le Boite Solie) and the types of foods on menus when transporting cooked food to centres. If anyone has suggestions please pass them on. Maybe this could be part of a future network meeting.

7. Network Development Activity

- Future network development-suggestions included transporting food and menus for seasonal produce. Looking at 'How Does Learning Happen? Ontario's Pedagogy for the Early Years' and the new Child Care & Early Years Act in relation to food and nutrition. Asking Melissa Westoby to facilitate a meeting focusing on seasonal menu planning.

8. ECCDC Display, Resources and Training Update-see attached with the minutes.

9. Meeting Evaluation

10. Next Meeting Date-11th November 2015 2.30pm-4.30pm at the ECCDC. Please this date has been rescheduled. See the Winter ESTEEM for details