



Ontario Society of Nutrition  
Professionals in Public Health

La société ontarienne des professionnel(le)s  
de la nutrition en santé publique

November 18, 2017

Dear Colleagues,

Members of the Child Care Working Group, a subgroup of the Ontario Society of Nutrition Professionals in Public Health (OSNPPH), are pleased to announce the release of the [\*\*Menu Planning & Supportive Nutrition Environments in Child Care Settings Practical Guide\*\*](#). OSNPPH is the official voice of public health nutrition professionals in Ontario and represents Registered Dietitians working in the 36 public health units across the province.

Public Health professionals, program advisors, municipal managers, child care supervisors, Early Childhood Educators, cooks, caterers, and licensed home child care providers can use this guide to assist in menu planning and creating supportive nutrition environments in child care settings. The guide, developed by Public Health Dietitians, was designed to operationalize the food and drink requirements of the [\*\*2014 Child Care and Early Years Act\*\*](#) (CCEYA) for children one year of age or older. The Act provides the broad directive to follow these Health Canada documents:

1. Eating Well with Canada's Food Guide
2. Canada's Food Guide for First Nations, Inuit and Metis
3. Nutrition for Healthy Term Infants

***The Practical Guide*** includes information on menu planning, food and beverages that should be served, appropriate portion sizes for different age groups, reading food labels, sample menus and templates as well as strategies to create a supportive nutrition environment. These recommendations are the “gold standard” for nutrition in child care settings and go above and beyond the requirements in the CCEYA.

This work supports the Government of Ontario's strategic directions, outlined in the [\*\*No Time to Wait: The Healthy Kids Strategy\*\*](#) report, specifically to create healthy environments for preschool children as part of the healthy communities where children live, play, and learn. It is our hope that child care settings, and the individuals that work with them, will use this guide to ensure the provision of healthy food choices and supportive nutrition environments across the Province of Ontario.

For more information, please visit our website at <https://www.osnpph.on.ca/child-care-resources> or contact us by e-mail at: [info@osnpph.on.ca](mailto:info@osnpph.on.ca).

To find out how your local health unit can support you in implementing the new nutrition recommendations, please contact Courtney-Brooke Laurie, Public Health Dietitian from the Haldimand-Norfolk Health Unit. For general nutrition questions, please contact Eat Right Ontario (1-877-510-5102) and speak with a Registered Dietitian for FREE.

Sincerely,



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