

Child Care Facilities: Safe & Healthy Food

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Nutrition and food safety play an important role in creating a safe and healthy child care setting. Vancouver Coastal Health is committed to assisting facilities in creating environments where children are supported to become healthy eaters.



Nutrition

Establishing healthy eating habits in young children is important because these habits form the basis for lifelong healthy eating. This is true whether it is you, as a care provider, guardians, or parents that are providing the foods. The [Child Care Licensing Regulation](#) includes requirements for health and safety, policies and procedures and a program of activities (schedule G) to support children's healthy eating and relationship with food.

Teaching children about healthy eating is best done by modeling healthy eating and offering hands-on opportunities to explore and taste food. If a facility does not provide meals or snacks, regular opportunities to explore and learn about food, e.g. baking, growing food, eating together, are ways to support healthy eating.

The *Food Flair* manual is a great resource for Childcare facilities. It is full of activities, tips and recipes. A PDF is available through this link at Interior Health.

<http://www.interiorhealth.ca/YourEnvironment/ChildCareFacilities/Pages/NutritionFoodSafety.aspx>

You can purchase hard copies of Food Flair online through Decoda Literacy Solutions.

<http://decoda.ca/resources/online-resources/resources-child-family-literacy/leap-resources/leap-bc/food-flair/>

Free activity cards are also available through Decoda and are full of wonderful learning activities for young children.

<http://decoda.ca/resources/online-resources/resources-child-family-literacy/leap-resources/leap-bc/food-flair/#FoodFlair>™

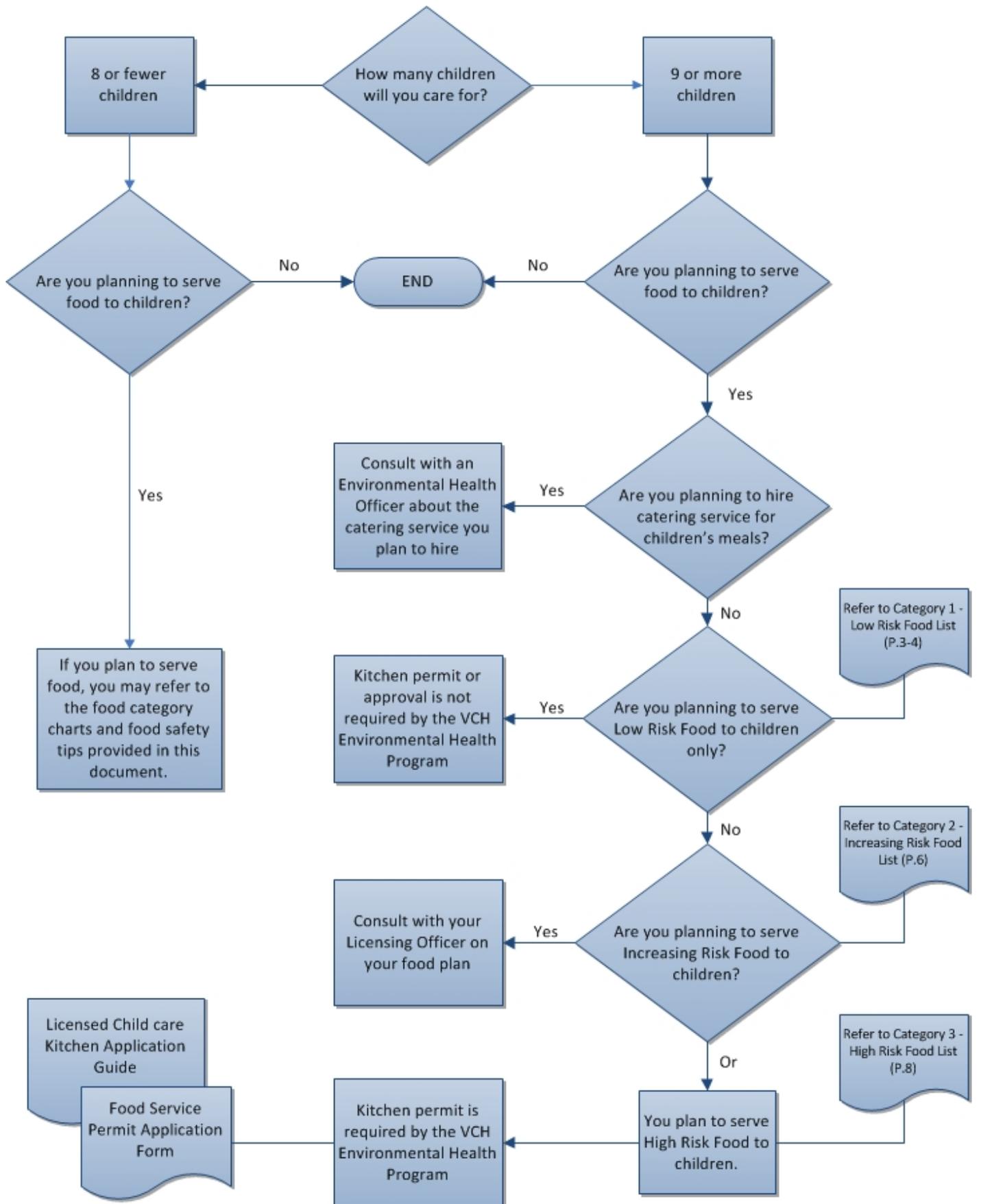
Food Safety

Food safety is an important consideration in the operation of a child care facility. Young children are more likely to get food borne illnesses than healthy adults.

- Good personal hygiene and food handling practices should be followed at all times in any facility.
- Choose food from approved sources, such as credible suppliers and retail stores.
- Store, prepare and serve food using safe food handling procedures, including proper temperature controls and good sanitation practices.
- Ensure staff members receive proper food safety training.

The *BC Food Premises Regulation* governs the approval and operation of kitchen facilities. Facilities that prepare food or offer food activities should review the Food Operation Decision Making Tree in Licensed Child Care Facilities on the next page. Your Licensing Officer can assist you to determine if your food plan requires further consultation with an Environmental Health Officer (EHO). An EHO will determine if your kitchen facility requires a permit to operate.

DECISION MAKING TREE for FOOD OPERATION in LICENSED CHILD CARE FACILITIES



No Food Operating Permit Required
Exempt from the health approval process by EHO

Requirements:

Child care licensees should ensure that proper care is taken in all food handling and sanitation to prevent causing a health hazard. Licensees must also promote healthy eating and nutritional habits.

Recommended Training Courses:

VCH Food Safety Short Course

OR

FOODSAFE (Level 1) or its equivalent certification

Guiding Principles:

1. Food is freshly prepared and eaten within 2 hours of preparation. No leftovers served or sent home with children.
2. These foods require minimal ingredients and minimal safe food handling. Refer to the Food Safety in Child Care Facilities for more information on safe food handling procedures.
<http://www.healthlinkbc.ca/healthfiles/hfile59d.stm>
3. Children may serve themselves from a common plate using spoons or tongs but must eat from individual plates/bowls, not directly from the serving tray or bowl.
4. Food prepared in permanent food service establishments (take out, caterers, restaurants etc) which is delivered, served and eaten within 2 hours is acceptable.

Food Examples

Use the brand name food list to help make choices when purchasing commercially prepared products.

<https://bnfl.healthlinkbc.ca/>

These may be dispensed from larger containers to individual dishes/cups for immediate service and consumption – no additional preparation.

Examples

- Canned and frozen unsweetened fruit
- Canned unsweetened fruit sauces (e.g. applesauce)
- Cooked apple/fruit sauce (prepared on site)
- Dried fruit (commercially prepared or prepared on site)
- Fruit and vegetable 100% juice (pasteurized)
- Milk¹, soy beverages¹
- Hard cheese¹, cheese strings¹, yogurt¹
- Nuts, seeds, and seed and nut butters
- Prepared condiments¹ (e.g. pasteurized honey², jam, ketchup, mustard, butter, soft non-hydrogenated margarine, salad dressing, miracle whip, mayonnaise, etc)
- Hummus¹, salsa dips¹ (dispense into small portions as required)

¹ Commercially prepared products from approved sources.

² Exclusions – these should not be served due to higher risk: (a) raw seed sprouts should not be served to children under age two; (b) honey should not be served to children less than one year of age.

- Roasted pumpkin seeds
- Edamame cooked according to package instructions
- Edamame salad (eg. Edamame, chopped red pepper, frozen corn and bottled dressing³)
- Homemade baked kale chips
- Bean burritos³, cooked according to package directions.

Vegetables and Fruits

Most whole or sliced fresh fruits and vegetables may be prepared on site including garden produce grown on site (see Health File – Food Safety for Fresh Fruits and Vegetables).

<http://www.healthlinkbc.ca/healthfiles/hfile59b.stm>

Grain Products (No cream fillings)

- Bread, buns, bagels, tortillas, (may be toasted)
- Baked bannock, crackers
- Pancakes (add water from pancake mix³)
- Baking on site of low-hazard grain products (e.g. cookies, muffins, biscuits, bread, etc)
- Products made in a bread machine
- Dry cereal (may serve immediately with 2% milk)
- Sandwiches made from nut butter/hard cheeses³/ and vegetables

Other

- Salad dressing from scratch using oil and vinegar but no protein (e.g. no mayonnaise) example recipe: oil, vinegar, mustard, sugar or pepper
- Heating of breast milk or infant formula³
- Catered foods from permitted premises

If you plan to offer [traditional foods](#), foods for special occasions, or foods other than foods from Category 1, consult with your Licensing Officer.

³ Commercially prepared products from approved sources

Low Risk Foods

Recipes for Low Risk Foods in the <i>Food Flair</i>™ Early Years Practitioners Resource	
Food Items	Page Number
Bagel Dippers	152
Baked Bannock with Berries	148
Banana Muffins	158
Counting Fruit Salad	131
Crock Pot Apple Sauce	125
Crunchy Trail Mix	147
Dip for Fruits	127
Flat Bread	150
Flatbread Dippers	151
Fruit Kebab	126
Instant Banana Pudding	133
Oatmeal Cookies	157
Roasted Pumpkin Seeds	145
Squashy Muffins	160
Sunomono Salad	138
Tortilla Triangles	153
Veggie Fruit Mini Muffins	159
Yummy Yams	143

No Permit Required

Consult with your local Licensing Officer if you plan to offer food from Category 2

Requirements:

Child care licensees should ensure that proper care is taken in all food handling and sanitation to prevent causing a health hazard. Licensees must also promote healthy eating and nutritional habits.

Recommended Training Courses:

VCH Food Safety Short Course

OR

FOODSAFE (Level 1) or its equivalent certification

Guiding Principles:

1. Food is freshly prepared and eaten within 2 hours of preparation. No leftovers served and should be discarded.
2. These foods require minimal ingredients with some food handling and cooking permitted. Refer to the Food Safety in Child Care Facilities for more information on safe food handling procedures.
<http://www.healthlinkbc.ca/healthfiles/hfile59d.stm>
3. Children may serve themselves from a common plate using spoons or tongs but must eat from individual plates/bowls, not directly from the serving tray or bowl.
4. Food prepared in permitted food service establishments (i.e. restaurants and caterers) must be purchased, delivered and consumed within 2 hours.

Food Examples (and including all listed foods in Category 1):

- Cooked, fresh or frozen vegetables
- Commercially prepared canned beans/lentils
- Plain single grains (from dry) including oatmeal, rice, couscous, quinoa, barley, bulgur
- Cooked oatmeal (from scratch)
- Baked fries prepared on-site from whole yams/potatoes
- Whole baked potatoes (do not use foil to bake)
- Hard boiled eggs and sandwiches made from hard boiled eggs (no cracks)
- Vegetable soup
- Vegetarian pizza
- Hummus and bean dips (from scratch)
- Fresh salsa (no cooking)
- Green salad (vegetables only)
- Fruit salad
- Fruit and yogurt parfait
- **Fruit smoothies⁴**
- Dips and dressings made from yogurt/sour cream/mayonnaise
- Pancakes made from scratch
- Grilled cheese sandwiches

⁴ Prepared from pasteurized or commercially prepared products from approved sources – Operators should ensure that all juices are pasteurized and are kept refrigerated. Reference: HealthLink BC File #72 (<http://www.healthlinkbc.ca/healthfiles/hfile72.stm>)

Increasing Risk Foods

Recipes for Increasing Risk Foods in the <i>Food Flair</i>™ Early Years Practitioners Resource	
Food Items	Page Number
Apple Cheddar Quesadillas	165
Black and Orange Salad	137
Cool Berry Smoothies	132
Dinosaur Dip	139
Spinach Dip	141
Egg Salad Crackers	173
Fro-Yo on a Stick	130
Fruit Pizza	129
Fruit Yogurt Parfait	128
Grate Salad	136
Hummus Dip	170
Japanese Rice Balls	149
Oven Baked Potato Wedges	142
Pumpkin Soup *using canned pumpkin & milk	144
Salad in a Bag	134
Vegetarian Participizza *no meat, fish, poultry or pasteurized soft cheeses	163

CATEGORY 3: HIGHER RISK FOOD AND/OR HIGHER RISK PROCESSES

FOOD PERMIT REQUIRED
Consult your local EHO

Requirements

- Accepted written Food Safety and Sanitation Plans
- Valid Permit to Operate ([Food Service Permit Application Form](#))

Training Requirement

- At least ONE staff member must have a valid FOODSAFE (Level 1) or its equivalent certificate

Guiding Principles

1. Food is freshly prepared and eaten within 2 hours of preparation. Leftovers may be served.
2. High protein foods allowed e.g. Meat, chicken, fish and tofu
3. Children may serve themselves from a common plate using spoons or tongs but must eat from individual plates/bowls, not directly from the serving tray or bowl.

Food Examples (and including foods in Category 1 and 2):

- All meat, poultry and fish products
- Cooked eggs
- Cheese and meat tortellini
- Grains, cooked in advance, including oatmeal, brown rice, whole grain couscous, quinoa, barley, bulgur, plain pasta, beans/lentils
- Tofu
- Cooked vegetables, tomato sauce, baked fries
- Stews, casseroles, pasta dishes, chili
- Soup
- Sandwiches
- Meat pizza
- Pasteurized soft cheeses (Camembert, Brie, Feta)
- Cooked puddings and custards
- **Home canning can be a higher risk practice and is prohibited**

High Risk Foods

Recipes for High Risk Foods in the *Food Flair™* Early Years Practitioners Resource

Food Items	Page Number
Baked Vegetable Frittata	174
Bean Bag Chowder	167
Bean Burritos	166
Black Bean Fuentes	168
Bread Dough Pretzel Shapes	161
Crispy Tofu Lettuce Wrap	171
Easy Cheesy Macaroni, Tuna & Vegetables	175
Fish and Veggie Wraps	177 & 169
Let's Try Stir Fry	172
One Potato, Two Potato Salad	135
Participizza	163
Puffy Pancake	154
Rabbit Pancake	155
Stone Soup	146
Salmon Patties	176
Terrific Turkey Taco	162

This guide provides some key Vancouver Coastal Health requirements for operating a permitted kitchen in a licensed child care facility. Contact your local Licensing Officer for further information.



Prior to OPENING a newly constructed permitted kitchen, all owners/operators are required to:

- Obtain approval for the kitchen floor plan from Vancouver Coastal Health prior to beginning construction/renovation.
- Submit a completed **FOOD SERVICE PERMIT APPLICATION FORM** with a food plan and written food safety and sanitation plans.
- Hold a valid **FOODSAFE (LEVEL 1)** or food training equivalent certificate.
- Arrange for a final inspection of the premises and obtain a Permit to Operate.

Floor Plan Requirements

Required for all NEW FACILITIES or RENOVATIONS to Existing Kitchens

Plans must show the detail of the facility including kitchen, washrooms, food storage, dimensions of the kitchen, storage, and total area of the facility.

Note: You may also be required to submit these plans to your local municipality.

An approved copy of the plans must be kept on the facility during construction and be present at the time of final inspection.

Kitchen Equipment and Layout Requirements

- ✓ Kitchen and equipment must be suitably designed for the intended food preparation, service and display and be pest proof.
- ✓ Floors, walls and ceilings in areas where food is prepared and stored and where hands or utensils are washed must be smooth, crack-free, washable, and impervious. Fixtures, counters, shelves etc. shall be of a good quality and workmanship. Floor & wall joints to be covered.
- ✓ Hand sink equipped with liquid soap and paper towel dispensers must be provided in the food preparation area.
- ✓ Sink dedicated for food preparation needs to be protected from the activities occurring in other sinks. Overhead counters should not obstruct views of the activity areas.
- ✓ Adequate and sufficient storage for food products.
- ✓ Adequate sized mechanical refrigeration units equipped with thermometers must be provided.
- ✓ Adequate storage for dishes/cutlery for all of the individuals attending as well as pots and other cooking equipment and food serving carts.
- ✓ Depending on the number of individuals enrolled in the facility more than one appliance may be necessary, such as individual refrigerators or stoves/microwave, ovens/bottle warmers for facilities offering infant/toddler/preschool programs.
- ✓ Connected to a source of potable water and a waste disposal system operating in compliance with the requirements of the government agency that has jurisdiction.
- ✓ An adequate supply of hot with a maximum temperature of 45°C and cold running water must be available at all times.
- ✓ Secure storage for products for cleaning and sanitizing.
- ✓ Lighting in food preparation and storage areas must be adequate for cleaning and pest control monitoring purposes and be equipped with protective shields.

Dishwashing Requirements

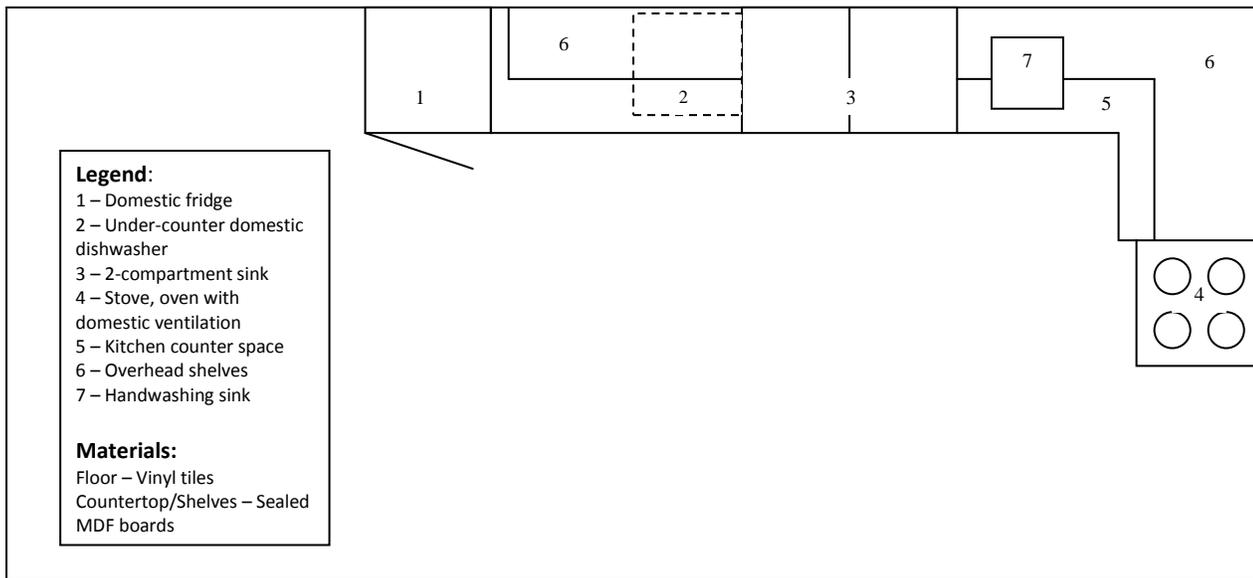
(a) An approved commercial mechanical dishwasher can be installed. Extra water heating equipment may be required if a high temperature dishwasher is used.

(b) At least a stainless steel double sink with drain boards that are sufficient size to permit complete immersion of the utensils to be sanitized.

(c) Residential dishwashing machines that are certified with NSF/ANSI Standard 184 and have the ability to successfully deliver 3600 Heat Equivalent Units – which is based on the combination of time and temperature exposure required to achieve sanitization. Consideration should be limited to the child care facilities where they do minimum food handling and/or produce a very small volume of dishware. The machine should be equipped with the sanitizing cycle option, so that operators can select this cycle option before starting each cycle to achieve proper sanitization.



Sample Floor Plan Drawing



Reminder

You may need to contact your local municipality for building code ventilation requirements.

Health Protection Office Contacts

North Vancouver Office, 132 W Esplanade, Tel: 604-983-6700, Fax: 604-983-6702

Powell River Office, 3rd Floor, 5000 Joyce Ave., Tel: 604-485-3310, Fax: 604-485-3305

Richmond Office, 325-8100 Granville, Tel: 604-233-3147, Fax: 604-233-3175

Sechelt Office, Box 1040, 5571 Inlet Ave., Tel: 604-885-5164, Fax: 604-885-9725

Squamish Office, Box 220, 1140 Hunter Pl., Tel: 604-892-2293, Fax: 604-892-2327

Vancouver Office, 1200-601 West Broadway, Tel: 604-675-3800, Fax: 604-736-8651

Whistler Office, 202-4380 Lorimer Rd., Tel: 604-932-3202, Fax: 604-932-6953

References

BC Food Premises Regulation, Child Care Licensing Regulation & National Food Retail and Food Services Code

FOOD SAFETY PLAN for PERMITTED LICENSED CHILD CARE KITCHEN

Facility Name: _____

Facility Address: _____



Purchasing of Food

Foods are purchased from approved suppliers or approved grocery stores.
List of suppliers or grocery stores you use:

Transportation of Food

When transporting food explain how it will be stored and handled during transportation?

***Potentially hazardous foods are to be stored at 4 degrees Celsius or below.**

Storage of Food

Where are the foods stored in the facility?

Raw meats _____

Dairy & eggs _____

Seafood _____

Ready-to-eat meats _____

***Raw foods are stored away from ready-to-eat foods to prevent cross-contamination.**

***Potentially hazardous foods store in the cooler are to be at 4°C or below.**

***Potentially hazardous foods store in the freezer are to be at -18°C or below.**

***Thermometers are available to monitor temperatures of the coolers and freezers.**

***Temperatures are recorded in a temperature logsheet at least once per day.**

What do you do if the temperature of the cooler is not at 4°C or below?

Preparation of Food

How are the frozen foods thawed?

Handwashing

Proper handwashing prevents the spread of disease-causing organisms from being transmitted from a person's hand to food, co-workers, or children.

The appropriate length of time for proper handwashing is 20 - 30 seconds using warm running water, liquid soap and paper towels.

Chart 1 – Chill – Serve

†CCP: Potentially hazardous foods are kept at 4°C.

If the temperature of the foods is at above 4°C for more than 2 hours, the foods are to be discarded.

Serve the food items within two hours. Food items that are not served to be discarded.



Food Safety Tips:
 Check the internal temperature with a sanitized probe thermometer.

List of food items that follow this procedure:

Sanitation Instructions

1. Wash hands whenever they are contaminated.
2. Avoid cross-contamination at all time.

†Critical Control Point - is a point, step, or procedure in a food handling process at which control can be applied and, as a result, a food safety hazard can be prevented, eliminated, or reduced to an acceptable level.

Chart 2 – Cook – Serve

CCP: Cook potentially hazardous foods to an internal temperature of 74°C for at least 10 seconds.

CCP: Hold potential hazardous foods hot at 60°C or above.



Food Safety Tips:
Check the internal temperature with a sanitized probe thermometer.

List of food items that follow this procedure:

Sanitation Instructions

1. Wash hands whenever they are contaminated.
2. Avoid cross-contamination at all time.

Chart 3 – Cook – Chill – Serve

CCP: Cook potentially hazardous foods to an internal temperature of 74°C for at least 10 seconds.

If the temperature is not met, continue cooking until the temperature is met.

CCP: Chill foods from 60°C to 21°C within 2 hours by separating into small portions, using ice wands or ice water bath.

Store foods in food grade containers with fitted lids in a functioning cooler to continue cooling to 4°C within the subsequent 4 hours.

If foods cannot be chilled to 4°C within 6 hours, the foods will be discarded.



Food Safety Tips:
 Check the internal temperature with a sanitized probe thermometer.

List of food items that follow this procedure:

Sanitation Instructions

1. Wash hands whenever they are contaminated.
2. Avoid cross-contamination at all time.

Chart 4 – Cook – Chill – (Reheat) – Serve

CCP: Cook potentially hazardous foods to an internal temperature of 74°C for at least 10 seconds.

If the temperature is not met, continue cooking until the temperature is met.

CCP: Chill foods from 60°C to 21°C within 2 hours by separating into small portions, using ice wands or ice water bath.

Store foods in food grade containers with fitted lids in a functioning cooler to continue cooling to 4°C within the subsequent 4 hours.

If foods cannot be chilled to 4°C within 6 hours, the foods will be discarded.

CCP: Reheat foods to an internal temperature of 74°C for a minimum of 10 seconds.

If the temperature is not met, continue reheating until the temperature is met.

Leftover foods are to be used once and then discarded.

List of food items that follow this procedure:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____



Food Safety Tips:
 Check the internal temperature with a sanitized probe thermometer.

Sanitation Instructions

1. Wash hands whenever they are contaminated.
2. Avoid cross-contamination at all time.

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SANITATION PLAN for PERMITTED LICENSED CHILD CARE KITCHEN

Facility Name: _____

Facility Address: _____



This plan outlines how you will clean and sanitize your kitchen facilities - all of the equipment and utensils; the procedures for all detergents/chemicals in use and storage.

*It is important to understand the difference between **clean** and **sanitize**.*

To **clean** means to remove dirt or soil, such as food or grease.

To **sanitize** means to kill the disease causing organisms on utensils, equipment and work surfaces after a cleaning process has occurred.

Overall Premises Cleaning and Sanitizing Program

Indicate how the floors and walls are cleaned and how often: _____

Waste disposal: _____

Washrooms: _____

Equipment

Please circle the equipment used and describe how it is cleaned, sanitized, and maintained.

Fridge	Freezer	Stove	Oven
Griddle	Wok	Vent hood	Other:

Cleaning/Sanitizing Procedures:

Kitchen Utensils and Tableware

Please circle the method(s) of dishwashing and sanitizing used.

high temperature dishwasher
three-compartment sink

low temperature dishwasher
residential dishwasher



Describe **how you will clean and sanitize** the cooking utensils and the tableware:

Wiping Cloth Storage & Food Contact Surfaces

Describe how **wiping cloths** are stored and sanitized during and after use so they do not contribute to cross contamination of and food contact surfaces.

Describe how **food contact surfaces** such as cutting boards are cleaned and sanitized (methods and frequency):

Pesticides

Professional pest control operators should be consulted at least yearly for an assessment.

TEMPERATURE LOGSHEET



Month _____ Year _____

Date	Fridge (4°C or lower)	Freezer (-18°C or lower)				
1						
2						
3						
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8						
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Food Safety Resources



- 1. VCH Environmental Health and Child Care Licensing**
This website links to resources and services under the health protection including both Environmental Health and Facilities Licensing
 - http://www.vch.ca/your_environment/
 - https://www.vch.ca/your_environment/facility_licensing/child-care/
- 2. BC HealthLink Health Files**
HealthLinkBC Files are easy-to-understand fact sheets that provide BC specific information. This link contains many printable handouts on food safety and preventing food borne illness.
<http://www.healthlinkbc.ca/healthyeating/everyone/food-safety.html>
 - Food Safety in Child Care Facilities
This handout summarizes safety procedures in child care settings.
<http://www.healthlinkbc.ca/healthfiles/hfile59d.stm>
- 3. Public Health Act, Food Premises Regulation**
http://www.bclaws.ca/civix/document/id/complete/statreg/210_99
- 4. Caring About Food Safety; Simple Food Safety Course for Home Use**
This is a free 1 hour online course on food safety.
<http://www.health.gov.bc.ca/protect/food-safety-module/files/home.htm>
- 5. FOODSAFE**
The FOODSAFE Program is a comprehensive food safety training program.
www.foodsafe.ca
- 6. Food Safety for Children Ages 5 & Under**
This is an easy-to-read brochure on basic food safety information.
http://publications.gc.ca/collections/collection_2013/sc-hc/H14-55-4-2012-eng.pdf
- 7. BC Centre for Disease Control**
This site contains a video called Be Foodsafe, handwashing posters, guidelines and links to CFIA food recall information.
<http://www.bccdc.ca/foodhealth/default.htm>
 - This handout summarizes safety procedures in child care settings.
<http://www.healthlinkbc.ca/healthfiles/hfile59d.stm>

Nutrition Resources

- 8. Vancouver Coastal Health Dietitians**
This website links you to resources and services offered by dietitians in VCH. You can find local contacts.
http://www.vch.ca/your_health/health_topics/nutrition/nutritional_health
- 9. Dietitian Services at Health Link BC**
The BC Government provides free phone access to a dietitian, nurse and pharmacist. Call 8-1-1 toll free to speak to a representative who will connect you.
www.healthlinkbc.ca/healthyeating/

10. Food Flair Resource Manual

This is a pdf copy of a resource manual that provides details on topics such as menu planning, developing a food and nutrition policy and supporting parents to send healthy food.

https://www.interiorhealth.ca/YourEnvironment/ChildCareFacilities/Documents/FoodFlair_Resource_Manual_0908.pdf

11. Food Flair Activity Cards

These free printable activity cards include food themed activities, books and recipes to involve children in food preparation.

<http://decoda.ca/resources/online-resources/resources-child-family-literacy/leap-resources/?t=1876&st=40>

12. Brand Name Food List

The Brand Name Food List is a tool that helps British Columbians choose packaged and franchised food and beverages that meet the nutrition standards set for schools and public buildings. These ratings are also useful for child care settings.

www.brandnamefoodlist.ca

13. Healthy Families BC

HealthyFamilies BC is a family oriented one-stop online resource for health and wellness information.

www.healthyfamiliesbc.ca

14. Healthy Start Model Menu and Recipes

These links direct you to a 4 week menu plan and recipe book for all the menu items specifically for child care settings.

<http://www.wstcoast.org/pdf/healthystart/HealthyStartModelMenu.pdf>

<http://www.wstcoast.org/pdf/healthystart/HealthyStartRecipes.pdf>

15. What You Need to Know About Providing Traditional Foods in Early Childhood Development Settings

This resource encourages the safe use of traditional foods in Childcare facilities.

http://www.acc-society.bc.ca/files_2/documents/TraditionalFoodsInfoSheetFINALCOPY_reduce.pdf

16. Healthy Celebrations in Child Care Centres

These resources provide ideas on how to celebrate birthdays and special occasions with activities and healthier foods.

- <http://www.interiorhealth.ca/YourEnvironment/ChildCareFacilities/Documents/healthy%20Celebrations%20for%20childcare.pdf>
- <http://www.actionschoolsbc.ca/key-resources-equipment/supplementary-resources/eat-smart-celebrations>

17. Better Together BC

This site contains kid-friendly recipes, tips on involving children in food preparation and links to other resources about kids in the kitchen.

<http://bettertogetherbc.ca/>

18. BC Ministry of Education

This site contains links to the Early Learning Framework and StrongStart BC Operations Guide as well as the *School Meal and School Nutrition Program Handbook*.

<http://www.bced.gov.bc.ca>

19. Health Canada

This site provides contains information on Eating Well with Canada’s Food Guide and Nutrition Label Reading. You can order free copies of Canada’s Food Guide in 10 languages.

<http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/order-commander/index-eng.php>

20. Healthy Eating After School

This resource guides after school care providers towards implementing healthy eating guidelines as best fits the needs of their programs. The resource includes a variety of planning tools and cooking sessions designed especially for kids. Ask your local CCRR if they have a print copy of the manual and a box of cooking supplies to accompany the manual.

www.vanymca.org/health/HEAS/2014