



DISCUSSIONS ON FOOD

WHAT IS DIFFERENT?

Parents must be provided with information relevant to food restrictions, allergies and nutrition. Now, staff will provide parents with some guidance on the types of snacks that are suitable to bring from home.

WHY IS IT IMPORTANT?

Parents who bring foods into the programs must understand children can become ill if they have a reaction to a particular food. Parents should also be aware that food restrictions exist for reasons other than health, including religious and cultural reasons.

Newcomer families may not be familiar with Canadian food choices and may not have access to some of the foods that they are used to. Offering guidance helps parents select foods from the options available to them, while providing for a child's nutritional and health needs.

IMPLEMENTATION

- Provide parents with information on your allergy and food restriction policies and procedures when they enrol in the program.
- Provide parents with information on nutritious foods and healthy eating. (Canada's food guide is available in ten languages.)
- Inform parents that staff have specialty training and can respond in the event of an allergic reaction.
- Review any allergy and food restrictions with parents as needed.
- Always check the food brought by parents to ensure staff can maintain a safe environment for children with an allergy or food restriction.
- If parents bring unhealthy snacks, talk to them about healthy alternatives in a respectful way.



SUPPORTING DOCUMENTS

WEB RESOURCES

- Canada's Food Guide available in multiple languages - <http://www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php>

REQUIREMENTS

4–2 Food Safety and Food Service

Communicating with Parents and Children about Food and Nutrition

- h. CNC staff help parents and children, as appropriate to their age, understand the meaning of the terms, “food allergy” and “food restriction,” and discuss the importance of ensuring that other children are not exposed to foods to which they are allergic or have a restriction.
- i. When parents bring food from home, CNC staff provide them with information and counselling on good nutrition and appropriate food and beverages for their children.