



FOOD SAFETY & FOOD SERVICE

WHAT IS DIFFERENT?

The CNCR provides more detail related to food safety and for the interactions/information shared with parents.

- Children's bottles must be kept at a safe temperature (below 4 degrees C) until serving time. Bottles should not be unrefrigerated for more than 1 hour
- Food and beverages must not be kept in the temperature danger zone, between 4 and 60 degrees, for more than 2 hours.
- Drinking water must be available at all times.
- If you serve food/snack, you must post a menu or have some method of informing parents of the foods you intend to provide.
- CNC staff should help parents and children understand the importance of a food allergy or restriction.
- When parents bring food from home, CNC staff should provide them with information, as necessary, on nutrition and appropriate food and beverage choices for their children.
- CNC staff must be respectful of the feeding practices preferred by the parent, while helping to introduce Canadian practices, as appropriate.

WHY IS IT IMPORTANT?

Food safety and food service are important because they are both high-risk activities that need to be carried out safely, often in settings not originally designed for the purpose. To help mitigate risks, it is important to have clear procedures to follow and to have documented guidance from the local public health office and from parents. In the CNCR, the increased emphasis on communicating with parents reflects their key role in providing food for their children, as well as the importance of respecting allergies and restrictions to protect other children. It also reflects the growing awareness of the need to encourage healthy eating in the early years.



Health & Nutrition

When providing snacks for children it is important to ensure food and beverages are nutritious, respect known restrictions, and are typical of the cultures of the children, when possible. For many newcomer families, food and beverages available in Canada are new and relatively unknown. Some newcomers are from areas of food scarcity and have not established regular eating patterns. Obesity is a growing problem in wealthy nations and newcomers are surrounded by conflicting messages about food and beverage choices. Messages from commercial sources are often about what will “sell” rather than what is healthy.

Note that a parent may wish to show affection to a child by providing a treat that has been advertised. It is important to help the parent understand that advertised treats are not always healthy for children.

For all of these reasons, it is important for your program to provide positive role models for newcomers and, when possible, advice on healthy choices. You can use Canada’s Food Guide to Healthy Eating to guide you.

Restrictions

It is also critical to respect restrictions arising from allergies, medical conditions or religion. It is important too that everyone involved in the care of the children understands this. A newcomer parent may be unfamiliar with allergies and the acute impact they can have.

Note: It is especially important to ensure that staff are aware of any restrictions a child might have. Parents must be encouraged to provide information on their child’s CNC Registration Form and CNC staff must have access to that information. CNC staff cannot be held responsible if a child has an allergic reaction and a parent has not told them about the allergy. They are responsible, however, if the parent provided the program with the information but the staff were unaware of it.

Culture

Showing respect for a family’s culture comes in many forms. One of these is respecting what, and how a parent feeds their child. While it may not be possible to accommodate all of the feeding behaviours of all of the families, it is important to begin with this approach. The younger the child and the newer they are to the program, the more important it is to work closely with the parent, and explain Canadian feeding practices. Good communication in this area will support the child’s settlement.



Water

Access to drinking water is new in these requirements because of an increased understanding of the importance of being sufficiently hydrated at all times.

IMPLEMENTATION

- A first step in meeting requirements for food safety and food service is to develop or build on your relationship with your local public health office. Professionals there can provide advice related to your specific facilities and program needs.

NOTE: Your practices when providing Long Term Care in a permanent location that has food preparation facilities will differ from your practices when providing Short Term Care in a temporary location without special facilities.

- Ensure you have appropriate refrigerator thermometers.
- If you serve food/snack, you must post a menu or have some method of informing parents of the foods you intend to provide.
- Help parents and children understand the importance of a food allergies and/or restrictions.
- When parents bring food from home, CNC staff should provide them with information, as necessary, on nutrition and appropriate food and beverage choices for their children.
- CNC staff must be respectful of the feeding practices preferred by the parent while helping to introduce Canadian practices, as appropriate.
- Seek advice from the local public health office and, if possible, consult with a dietician.
- Become familiar with Canada's Food Guide to Healthy Eating. Look for menus and recipes that feature foods from food groups mentioned in the guide.
- Develop healthy snack menus
- Identify other opportunities to provide parents with information about foods and beverages, including information about allergies and restrictions, as well as suggestions for nutritional choices. To support your efforts, arrange for a presentation by the public health office to provide tips to parents during snack time or at some other pre-arranged time.
- Arrange to have water available for the children. Your specific practices in this area will depend



on the ages of the children and your access to a water supply.

SUPPORTING DOCUMENTS

WEB RESOURCES

- Canada Food Guide - available in different languages

REQUIREMENTS

CHILD NUTRITION

4-1 FOOD AND NUTRITION

Food and Beverages Provided by the ISO

- a. Any food and beverages provided for a child by the ISO during a CNC session
 2. Are nutritious and help the children meet the requirements of Canada's Food Guide to Healthy Eating.
 3. Respect any known restrictions arising from allergies, medical conditions, or religious beliefs.
 4. Are typical of the cultures of the children in the program, when possible.
- b. Drinking water is available at all times.

Food and Beverages for Children Under Nineteen (19) Months

- c. When care is provided to children under nineteen (19) months, CNC staff
 4. Consult with parents and exchange information about the eating habits of their child; and
 5. Give food or beverages only with the permission of a parent.

4-2 FOOD SAFETY AND FOOD SERVICE

General Procedures for Food Safety and Food Service

- a. The CNC program follows written procedures for food safety and food service developed with advice from the local public health office.



Food Safety – Temperature

- b. When the ISO serves food and beverages, CNC staff
 - 3. Ensure that food and beverages, other than drinking water, are not kept in the temperature danger zone, between four (4) degrees C and sixty (60) degrees C, for more than two (2) hours.
 - 4. In spite of requirements in section 4-2.b.1, ensure that a bottle that has been fed over a period that exceeds one (1) hour from the beginning of the feeding or has been unrefrigerated one (1) hour or more is not served to a child.

Food Service – Food and Beverages Provided by the ISO

- c. When the ISO serves food and beverages, CNC staff
 - 4. Post a menu or otherwise inform a parent of any food or beverage, other than drinking water, served to a child.
 - 5. Ensure that a child is not exposed to foods or beverages to which he or she is allergic or has a restriction, as identified by a parent on the child's CNC Registration Form.
 - 6. Feed the child or allow the child to eat in a manner that is appropriate to his or her individual developmental level.
 - 7. Are respectful of the feeding practices preferred by the parent while introducing the parent and child to Canadian practices, as appropriate.
- d. Age appropriate seating suited to the length of time children participate in a CNC session is available for feeding the children and is used according to the manufacturer's instructions.

Food and Beverages from Home

- e. When a parent brings food or beverages from home for his or her child, including a bottle of milk or formula, the container or bottle is clearly labelled with the child's name.

Bottle-Fed Children

- f. When a parent brings a bottle of milk or formula for serving by CNC staff, staff warm infant food and bottles of milk or formula in a safe and sanitary manner.



- g. When feeding a child under nineteen (19) months, CNC staff
 - 8. Follow instructions from parents.
 - 9. Do not prop bottles.
 - 10. Do not allow children to carry bottles while moving about or walking.

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 or beverages from home, CNC staff provide them with information and counselling on good nutrition and appropriate food and beverages for their children.