

## **PREPARING A MENU AND EDUCATOR'S INTERVENTIONS**

The content of our menus were made in collaboration with the group Extenso from the Montreal University; following a study which we participated in on nutrition in Quebec ECC. The menu offered in daycare must be well balanced, with a wide variety of foods and must respect the Canadian Food Guide.

Variety of menu offered:

- The menu contents 2 snacks and 1 meal per day
- 5 week menu is offered during the winter (September to April)
- 3 week menu is offered during the summer (May to August)

### **Beverages:**

- Water is served before each snack and lunch and during the course of the day.
- Milk that is offered to the children is « homo » milk 3.25%.

### **Salts and Sugars:**

- We minimize the use of salts and sugars in all of our recipes.

### **Home made food:**

- We make it a priority to serve as many home made foods as possible.  
Example: salad dressings, croutons, salsa, dips, desserts, muffins, mayonnaise, etc...

### **Birthday cakes:**

- All birthdays are celebrated on Fridays

### **Raw food : (fruits and Vegetables)**

- Hard foods that may cause a risk of choking are cut up in small safe piece or boiled to soften for the children from the infant room to the 18 months.
- It becomes the educators' judgement regarding the evolution of each child and their eating habits.

### **Food brought from home:**

- It is not permitted for a parent to bring food from home for a meal for their child unless there are important medical reasons and they are previously discussed with the management. This is to not arouse envy in other children, to create difficult group dynamics, or for safety reasons in the face of existing allergies at the daycare

## **The educators interventions:**

- Sit down and eat with the children;
- Show good manners and good eating habits to the children;
- Encourage children to eat when they are hungry;
- Encourage children to taste new foods;
- Offer nutritional desserts (fruit) to children after the meal;
- Offer the beverage to the children after the meal;
- Serve a second portion to children who ask for it;
- Encourage pleasant discussions between and among children and adults;
- Give children enough time to eat while respecting the given schedule;
- Let the child leave the table when finished in order to proceed with the cleaning-up and the after meal activity;
- Encourage the children to help each other and to be more independent (serving the snacks, pour the milk and /or water, etc..
- Adapt these interventions to the needs of the children and are always done in the best interest of the child in accordance with the group dynamics.