

PREPARING A MENU AND EDUCATOR'S INTERVENTIONS

Our menus were created in collaboration with the group Extenso from University of Montreal, with whom we participated in a nutrition study concerning the Quebec ECC's. The menu offered must be well balanced, with a wide variety of foods and must respect the Canadian Food Guide. The weekly menu is posted on the bulletin board.

Variety of menu offered:

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

Beverages:

- Water is available all day.
- The milk is offered to the children is « homo » milk 3.25%.

Salts and Sugars:

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

Homemade food:

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

Birthday cakes:

- All birthdays are celebrated the day of or the day closest to the child birthday.

Raw food: (fruits and Vegetables)

- Hard foods that may cause a risk of choking, are cut up in small safe pieces or boiled to soften for the children from the infant room (ray of sunshine).
- 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 their child. If there are important medical reasons and was previously discussed with the management, an exception can be made.

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 milk 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;
- When mealtime is over, the children 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, pouring the milk and /or water, etc..)
- Adapt these interventions to the needs of the children.
- The interventions are always done in the best interest of the child in accordance with the group dynamics.