

Child Care Menu Planning with Canada's Food Guide

Resources to Support Menu Planning

[The Early Learning and Child Care Act \(2021\)](#) states that if programs provide meals and snacks, they must follow a food guide recognized by Health Canada or Alberta Health. Canada's food guide is recognized by Health Canada.

You can use the resources listed below to plan meals and snacks for your Early Learning and Child Care program using [Canada's food guide](#). To plan your menu using the Alberta Nutrition Guidelines for Children and Youth, which are food guidelines recognized by Alberta Health. Visit [Menu Planning | Alberta Health Services](#) www.albertahealthservices.ca/nutrition/Page8942.aspx



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Planning your menu checklist

A checklist to help plan meals, snacks, and choose foods based on Canada's food guide.

Tips to plan your menu using Canada's food guide

Suggestions and practical tips for choosing and preparing vegetables and fruits, whole grain foods, protein foods, drinks, and unsaturated fats.

Reading nutrition labels

How to use food labels to choose healthier foods and avoid food allergens.

Understanding processed foods

Lists of unprocessed, less processed, and processed foods.

Roles in feeding

Caregiver and child roles in feeding, and how this supports growth and brain development. How the roles in feeding can guide menu planning.

Suggested amounts of food to offer

Examples of amounts of foods to prepare per child at each meal and snack. Some children may eat more or eat less. This is just a guideline in the approximate amounts of foods to prepare.

Sample menu

One-week sample menu based on Canada's food guide principles.

Menu templates

Menu templates to plan meals and snacks based on Canada's food guide principles.

Food safety

Includes information on where to find food safety regulations and courses approved by Alberta Health.

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