

*Costed Menu Project
Healthy Start Model Menu
Westcoast Child Care Resource Centre*

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At the end of this presentation, you will have a greater understanding of:

- **How to plan healthy meals and snacks based on Eating Well with Canada's Food Guide.**
 - **An overview of the costed menu and recipes**
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Do you Plan Your Menu?

Daycare Food Menu

Week Ending _____

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast					
Lunch					
Snack					



- Why plan a menu?
 - Parents?
 - Caregivers?
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WHY SHOULD I PLAN A MENU?



- Menus help caregivers...
 - To provide healthy meals that are well spaced throughout the day.
 - To reduce repetition of meals.
 - To get organized, plan your shopping list and avoid last minute trips to the store or fast food restaurant.
 - To save time and prepare foods ahead of time.
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Menus Help Caregivers Ensure that Preschoolers Have...

- A variety of foods and nutrients
- The security and comfort of regular meals and snacks
- Meals they will enjoy
- Meals that contribute to healthy growth and development and a healthy weight

Resource:

Healthy Start For Life - Eating Well Together Meal Planner
<www.dietitians.ca/healthystart/Healthy_Eating_Meal_Planner.pdf>

Licensing Requirements

- **Responsibility for nutritious meals and snacks is on the care provider**
 - Must take into account the child's
 - Age
 - Food preferences and
 - Cultural background
 - **If you do not prepare the foods, ensure children come with appropriate types and amounts of foods**
 - Provide lists of appropriate foods
 - Observe and report what and how much consumed
 - Do not allow sharing of food or beverages
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Licensing Requirements

- **Scheduling meals and snacks**

- Based on the amount of time in the facility and time of day

- 2 hours or more

- 1 snack

- 4 hours or more

- 1 or 2 meals and 1 snack

- 6 hours or more

- 1 or 2 meals and 2 snacks

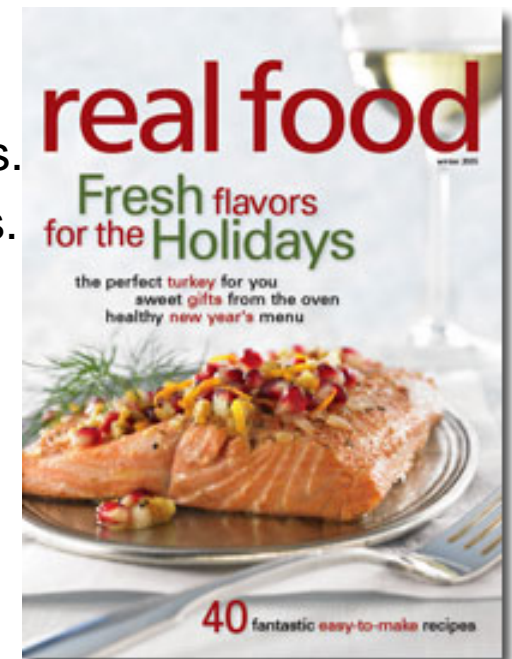
**HEALTHY START
FOR LIFE**

Meal Pattern

	Milk Products	Grain Products	Vegetables and Fruit	Meat & Alternatives
Breakfast	X	X	X	
A.M. Snack	X		X	
Lunch	X	X	X	X
P.M. Snack		X	X	X
Supper	X	X	X	X
Evening Snack	X	X		

Menu Planning Steps

- **Make a list of your children's favorite food choices**
 - categorize them by food group.
 - Look in books, magazines and websites for ideas.
 - Collect recipes and pictures of meals and snacks.
- **Have blank copies of the menu form**



Menu Planning Steps

- **Select the main dish for each lunch for each day in all four weeks.**
 - A serving of the meat and alternatives food group.
 - Each week:
 - Include 1 serving of fish
 - 1 serving of beans, lentils, or tofu
 - **Select a vegetable/fruit for each lunch if a serving is not included in the main dish.**
 - Include 1 dark green or orange vegetable or fruit per day
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Menu Planning Steps

- **Select a grain product for each lunch if one is not part of the main dish.**
 - At least ½ of breads, cereals, pasta etc. should be whole grain

 - **May select a nutritious dessert (fruit, milk product or other food).**

 - **Add a beverage: water, juice, or milk**
 - No more than ½ cup juice per day (preferably per week)
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HEALTHY START FOR LIFE

Wk1	Monday	Tuesday	Wednesday	Thursday	Friday
Snack	<ul style="list-style-type: none"> -<i>Bean Dip</i> -<i>Pita chips</i> -100% fruit/vegetable juice 	<ul style="list-style-type: none"> -Whole grain crackers -Fruit slices -Cheese² -Water 	<ul style="list-style-type: none"> -<i>Apple Crisp</i> -Vanilla/Plain Yogurt or <i>Orange Cream</i> -Water 	<ul style="list-style-type: none"> -Cheese -Fig Bar (purchased) -Water 	<ul style="list-style-type: none"> -<i>Pumpkin Raisin Bars</i> -Fruit slices -Water
Lunch	<ul style="list-style-type: none"> -<i>Honey Curry Chicken</i> -Rice -Green beans -Water 	<ul style="list-style-type: none"> -<i>Hamburger Soup</i> -<i>Bannock</i> -Milk 	<ul style="list-style-type: none"> -<i>Chicken pita pockets</i> -<i>Grate salad</i> -Milk 	<ul style="list-style-type: none"> -<i>Tasty Salmon Noodle Casserole</i> -Cooked peas and carrots -Milk 	<ul style="list-style-type: none"> -<i>Black Bean Burrito</i> -Salsa -Lettuce -Tomato -Canned/fresh mandarin oranges -Milk
Snack	<ul style="list-style-type: none"> -Pudding -Canned apricot -Water 	<ul style="list-style-type: none"> -<i>Potato & egg salad</i> -Vegetable sticks + <i>Thousand Island Dip</i> -Water 	<ul style="list-style-type: none"> -<i>Grilled cheese sandwich</i> -Water 	<ul style="list-style-type: none"> -<i>Fruity spread</i> -Whole grain bread sticks or crackers -Water 	<ul style="list-style-type: none"> -<i>Fruit yogurt popsicles</i> -Water

Menu Planning Steps

- **Plan snacks**
 - 2-3 food groups per snack
 - Use snacks to fill gaps in food group requirements
 - **Review milk products to ensure 2 servings per day.**
 - 1-2 serving of fluid milk.
 - **Review to ensure at least 1 vegetable serving per day**
 - (dark green or orange)
 - **Review for water**
 - **Add portion sizes**
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HEALTHY START FOR LIFE

Wk 2	Mon	Tues	Wed	Thurs	Fri
Snack	- <i>Pumpkin Loaf</i> -Fruit slices -Water	-Whole grain crackers -Cheese -Fruit slices -Water	- <i>Banana-Berry Shake</i> -Water	- <i>Cheddar Cheese Cornbread</i> -Fruit sauce -Water	-Yogurt -Canned fruit (peach or apricot) -Water
Lunch	- <i>Hamburger BBQ cups</i> - <i>Carrot Apple Salad</i> -Milk	- <i>Salmon Cakes</i> - <i>Broccoli Salad</i> -Milk	- <i>Chicken Noodle Soup</i> -Whole wheat bagel -Vegetable sticks + <i>Cucumber and Dill Dipping Sauce</i> -Milk	- <i>Sheppard's Pie</i> -Cooked frozen vegetable -Milk	- <i>Comforting Lentil Soup</i> -Cheese melted on -Whole grain mini-bagel -Milk
Snack	- <i>Pizza Pals</i> -Water	- <i>Potato Pockets</i> or <i>Spanikopita</i> (purchased) -Water	- <i>Egg Salad Sandwich</i> -Whole grain bread -Water	- <i>Vietnamese Salad Roll</i> -Milk	-Perogies (purchased) -Sour cream -Carrot sticks Or - <i>Chocolate Tapioca Pudding</i> -Water

GRAIN PRODUCTS – HOW MANY SERVINGS?

- 5 – 12 servings per day
- A preschooler serving is:
 - 1/2 - 1 slice bread
 - 1/2 - 1 bagel, pita or bun
 - 15 – 30 g cold cereal
 - 75 – 175 mL hot cereal
 - 50-125 mL pasta or rice
- Choose whole grains foods more often than white flour or refined products.



VEGETABLES & FRUIT – HOW MANY SERVINGS?

- 5-10 servings per day
- A preschooler serving is:
 - 1/2 - 1 medium size vegetable or fruit
 - 50-125 mL fresh, frozen or canned vegetables or fruit
 - 125-250 mL salad;
 - 50–125 mL juice
- ***Limit juice to 125 – 175 mL (4-6 oz) per day***
- Choose unsweetened 100% fruit juice.
 - **Fruit drinks, fruit beverages and flavoured crystals don't provide the same nutrients.**



MILK PRODUCTS – HOW MANY SERVINGS?

- 2-3 cups per day
- A preschooler serving is:
 - 125-250 mL milk
 - 25-50 g (1-2 oz) cheese
 - 75-175 g yogurt.
- Preschoolers should have 500 mL of milk each day to meet their need for Vitamin D.
- Milk can be used in puddings, soups and hot cereals.
- Yogurt and cheese are not enriched with vitamin D



MEAT & ALTERNATIVES – HOW MANY SERVINGS?

- 2-3 servings per day
- A preschooler serving is:
 - 25–50 g (1-2 oz) meat, fish or poultry
 - 1 egg
 - 50–125 mL cooked beans or legumes
 - 50–100 g tofu
 - 15–30 mL peanut butter
- Choose leaner meats, poultry and fish, eggs, as well as cooked dried beans, peas, and lentils more often.



- **Review for the utensils needed and service style**
- **Review for**
 - Variety
 - Visual appeal
 - Variety of textures
 - Appropriateness of foods for the age of children
- **Review for at least 1 unfamiliar food**



**HEALTHY START
FOR LIFE**

Wk 4	Mon	Tues	Wed	Thurs	Fri
Snack	- <i>Banana Cake</i> -Yogurt -Water	-Toast -Melted Cheese -Water	- <i>Pineapple Tofu Smoothie</i> -Water	- <i>Kid-Friendly Hummus Dip</i> -Pita chips -Water	- <i>Applesauce with Granola</i> -Water
Lunch	- <i>Meatloaf</i> -Caesar salad -Bun -Milk	- <i>Moroccan Squash and Lentil Stew</i> -Couscous -Milk	- <i>Teriyaki Chicken Bits</i> -Cooked green beans -Rice -Milk	- <i>Tuna Melts</i> -Vegetable sticks -Cucumber dill dip -Milk	- <i>Chili in a Baked Potato</i> -Frozen corn (or other vegetable) -Milk
Snack	- <i>Apple Cheddar Quesadillas</i> -Water	- <i>Tasty Granola</i> Fresh/frozen/ canned Fruit -Water	- <i>California Rolls</i> -100% fruit/vegetable juice	-Baked beans (can) -whole wheat bread -Water	- <i>Butterscotch Pudding</i> Fresh/frozen/ canned fruit -Graham crackers -Water

IMPORTANT NUTRIENTS FOR PRESCHOOLERS

Nutrient	Function	Food Sources
Calcium	Healthy bones and teeth	Milk, cheese, yogurt, milk in puddings and soups, calcium fortified beverages
Iron	Healthy red blood cells, prevents anemia.	Meat, fish, poultry, eggs, cooked beans and lentils, peanut butter, nuts, seeds, fortified breakfast cereals, dried fruit
Vitamin A	Healthy skin, eyes and nails, protects against infection.	Sweet potatoes, carrots, spinach, kale, dark orange squash, cantaloupe, sweet red peppers, apricots, broccoli
Vitamin C	Healthy muscles and bone, increases iron absorption.	Oranges, kiwi fruit, 100% fruit juice (apple, orange), grapefruit, strawberries, sweet green and red peppers, broccoli, tomatoes, Brussels sprouts

Iron

- **Recommended Daily Allowance**
- **1-3 years – 7 mg**
- **4-8 years – 10 mg**
- **How much do you need?**
- **An adult man?**
- **Difficult to get yet so important**





- Make foods safer by:
 - cutting wieners/sausages
 - removing pits, seeds and peels from fruit
 - cut grapes
 - cutting raw vegetables into narrow strips or grate
 - spreading smooth peanut butter thinly
 - Supervise children while eating
 - sitting down while eating.
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WHAT ABOUT DENTAL HEALTH?

- What is the #1 reason for hospitalization among preschoolers?
- Minimize sticky, sweet foods such as dried fruit, crackers and candy
 - **unless children can brush their teeth right after.**
- Avoid day-long nibbling on food or sipping on beverages



Allergies

- Pay special attention when planning meals for children with food allergies or intolerances.
 - The most common allergens are
 - Peanuts, tree nuts, shellfish, fish, eggs, soy, wheat, cow's milk, sesame seeds
 - Peanut butter, nuts and shellfish
 - very small amounts can cause a severe reaction and potential death within minutes in an allergic child.
- **Develop policies and procedures for your facility**



Resource:

HEALTHY START FOR LIFE

Wk 3	Mon	Tues	Wed	Thurs	Fri
Snack	<ul style="list-style-type: none"> -<i>Bean Dip</i> -Bread sticks/ Vegetable sticks -Water 	<ul style="list-style-type: none"> -Whole grain cracker -Cheese -Fruit slice -Water 	<ul style="list-style-type: none"> -<i>Carrot Apple Muffin</i> -100% fruit/vegetable juice 	<ul style="list-style-type: none"> -<i>Instant Banana Pudding</i> -Water 	<ul style="list-style-type: none"> -<i>Graham Cookies</i> -Fresh fruit slices -Water
Lunch	<ul style="list-style-type: none"> -<i>Stir-fry Chicken Chow Mein</i> -Rice -Milk 	<ul style="list-style-type: none"> -<i>Baked Spaghetti and Meat Sauce</i> -Romaine and dark greens salad -<i>Basic Salad Dressing</i> -Milk 	<ul style="list-style-type: none"> -<i>Chicken Drumsticks</i> -Cooked frozen vegetable -Whole wheat roll -Milk 	<ul style="list-style-type: none"> - <i>Fish Sticks with Pickle Mayo</i> -<i>Oven Baked French Fries</i> -Bun -Milk 	<ul style="list-style-type: none"> -<i>Lentil Chili</i> -Biscuit -Vegetable sticks -Milk
Snack	<ul style="list-style-type: none"> -Nut butter Or -<i>Devilled Tofu Sandwiches</i> -Water 	<ul style="list-style-type: none"> -<i>Baked Apple</i> -Graham cracker -Water 	<ul style="list-style-type: none"> -<i>Cabbage Roll Casserole</i> -Water 	<ul style="list-style-type: none"> -<i>Macaroni Salad</i> -Frozen grapes (sliced) -Water 	<ul style="list-style-type: none"> -<i>Kermit's Dip</i> -Bread sticks or <i>Pita chips</i> -Water

Costing

- **Small portions (need adjustment for 5+ years)**
 - **Healthy Start Menu (in group of 16)**
 - 2-3 year old: \$11.00/week
 - 4-5 year old: \$16.00/week
 - No waste
 - **Average daily cost: \$34.00 for group of 16**
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Cost Saving Ideas

- **Buy and cook whole chicken**
 - **Grate and sprinkle cheese rather than slicing**
 - **Serve meatless and dairy-free main dishes more often**
 - **Buy in larger quantities and freeze in smaller amounts**
 - **Equip your kitchen to save labour: food processor, blender, large pots, quality knives**
 - **Develop a purchasing relationship with a local store.**
 - May be able to order milk, eggs and fresh produce
 - Lower pricing and delivery are possible
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-Coralys Cuthbert, City of Vancouver
Department

-Dianne Liscumb, Executive Director
Care Resource Centre

-Recipes: Barb Kemp, Barbara Hone

-Child Care Reviewers: Zosima Espino and Helen
Neufeld

-Nutritionist reviewers: Helen Yeung, Barbara Crocker,
Nadia Vidas

