In line with the SFUCCS vision, there is an interest in promoting healthy relationships with food and with each other as a means for building a respectful, collaborative and reflective community.

Children remain at the heart of our vision. In providing food and the opportunity for sharing food during mealtimes, we endeavor to build community with, and between, children and their families. In an inclusive environment, this time spent together is an opportunity to share the foods of different cultures and the diverse values that surround food.

The provision of healthy nutritious food aligns with our mission to provide the highest quality of childcare services. We believe children play, learn, develop and thrive better when healthy food is consumed; as a healthy diet provides energy and essential nutrients. In order to enact our vision and mission in this regard, the following five goals have been developed, and serve as our ‘SFUCCS Food and Nutrition Policy’.

**Goal 1:** To provide appealing, tasty and healthy meals and snacks in accordance with Canada's Food Guide.

**Food Groups:**

Recognizing that most of the children are eating 40% of their meals at daycare, meals will be planned to provide at least 40% of their daily Canada Food Guide requirements

- Food from at least two food groups will be offered during snacks
- Food from at least three food groups will be offered during lunch
- A variety of fruits, legumes, and vegetables are provided to incorporate the concept of ‘eating from the rainbow’ into our menu plans
- Whole grain products will be used
- Milk and milk alternates and/or dairy foods will be offered at least once a day
- Meat, fish or a meat alternative will be offered daily
- Foods containing omega 3 and 6 will be offered. Beneficial liquid fats and oils will be used in food preparations

**Processed Foods:**

- Freshly prepared whole foods, as opposed to processed foods, will be served when possible.
  - Processed and prepackaged foods will be used *sparingly.*
- When processed foods are served, those offered will follow the Canada Food Guide standards and
will contain the healthiest\textsuperscript{1} ingredients available
- No hydrogenated (trans-fats) will be served
- When margarine is used it will be non-hydrogenated

\textbf{Goal 2: To provide enjoyable and social eating experiences that support healthy food habits and respect family and cultural values.}

In support of this goal, educators will seek to create a shared mealtime experience that provides the opportunity for connection between all children and their educators.

- Meals are a time for conversation and sharing
- Meals are a time for learning about healthy eating habits
- Food is not used as a reward or punishment
- Early Childhood Educators (ECEs) are encouraged to be role models by choosing to eat and drink healthy food choices in the children’s presence.
- In accordance with Provincial Childcare Licensing regulations (CCFLR):
  - Children are allowed to regulate their intake according to their own feelings of hunger and fullness, thus fostering healthy eating behaviors and a positive emotional outlook on food
  - Children are able to choose what, and how much, they eat from the choices offered by ECE’s
- As an extension of CCFLR, ECE’s will present children with unfamiliar foods in order to see food as an adventure
- Children will be given the option to eat a little of each of the foods offered
- All ECEs will be provided with regular nutritional and healthy eating educational opportunities so they can support the children to make better food choices, choose the healthiest of the snack options and model healthy eating behaviours

\textbf{Goal 3: Food related illness or harm will be prevented by only providing food that has been stored, prepared and served safely and in accordance with the Fraser Health Authority Guidelines.}

- Children wash their hands before eating
- SFUCCS is an allergy aware environment:
  - ECE’s know how to recognize and treat severe allergic reactions.
  - Children’s allergies and intolerances are posted and readily visible in each program.
  - ECE’s will be provided with a list of ingredients that may cause an allergic reaction for a child, or to which a child has an intolerance.
- ECE’s know how to prevent choking and are trained in First Aid

\textsuperscript{1} The term “healthy or healthiest throughout this document will be defined by the criteria provided by the Canada Food Guide \url{http://www.hc-sc.gc.ca/fn-an/alt_formats/hpfb-dgpsa/pdf/pubs/res-educat-eng.pdf}, BC’s Guidelines for Food and Beverage Sales in BC Schools \url{http://www.bced.gov.bc.ca/health/2010_food_guidelines.pdf}
Goal 4: To communicate with, and support, parents regarding food and nutrition issues. We endeavor to communicate consistently with children and families regarding the weekly lunch menu and to make available to families information regarding the food and drink offered to children each day.

- Menus are posted on the website and inside each of the programs
- An ingredient list for the foods served may be requested from the kitchen
- Families are given a copy of the Food and Nutrition Policy in their Orientation Package
- ECE’s work with the parents of food allergic children to develop a care plan. A copy of the care plan is posted in the program in a place visible to the care providers
- There will be a best effort to accommodate children with food allergies. Where these allergy accommodations cannot be met, the SFUCSS will work with families to support alternative meal arrangements

Goal 5: To continuously improve our food and nutrition program and play a leadership role in early childhood food provision and education.

- The Food and Nutrition Policy will be reviewed every two years in consultation with the SFUCCS Chef, and the ECEs. Revisions, if any, will be finalized in consultation with a registered dietician before integration into the Policy.
- Childcare staff (including ECEs, the Chef, and leadership staff) will receive regular food and nutrition related professional development (input from a registered dietician may be sought)
- Parent’s feedback on the food and nutrition program will be solicited annually through the SFUCCS parent survey