

## CHAPTER FIVE: NUTRITION

Nutrition	Requirements for Infants Under One Year Food Storage and Preparation
Revised: August 18, 2017 Reviewed: October 2020	Policy Number: 5.1, 5.2 (replaces policy 1.12)

### **Policy Statement:**

North Hastings Children's Services will supply all snacks and lunch in accordance with the Child Care and Early Years Act implementing the following procedures.

### **Procedure:**

1. The Children's Centre shall ensure that:

- Written instructions are required for any children under one year and any child who requires special dietary and/or feeding arrangements.
- The container of food and or drink supplied by a parent must be labeled with the child's name.
- All food or drinks must be stored, prepared and delivered so as to retain maximum nutritive value and prevent contamination.
- All children one year of age or older must be fed according to the Canada Food Guide.
- The refrigerator should be set at 4 degrees Celsius.
- Bottles are never given to infants while they are laying down, bottles should never be propped up against anything or left in a child's mouth when they are falling asleep or asleep.

2. The Children's Centre will provide one nutritious meal and a mid-morning and afternoon snack shall also be served. Fresh fruits and vegetables, cheese and yogurt are a few ideas for substitutions for sweets. For infants who are not yet able to eat regular table food, parents must supply the food and liquids for bottles with written instructions regarding the feeding and scheduling.

3. Formula shall be stored in the refrigerator until feeding time and will be individually labeled.

4. Planned menus are to be posted in a conspicuous place for current and following week. Any substitutions noted on the posted menu.

5. Menus will be retained for 30 days after the last day for which applicable.

6. A list of children who have food allergies and their respective allergies will be posted in each cooking and serving area.

7. The organization shall ensure that where special dietary and feeding requirements are necessary, staff is fully informed through written instructions from the parent of the child.

#### 8. Baby Food:

Jars of commercially manufactured baby food have a limited shelf life once the jar has been opened and the original vacuum seal is broken. The Children's Centre will serve commercially prepared baby food under the following guidelines:

- Baby food shall not be heated in the jar
- Baby food shall not be served from the jar
- On the day that the jar of baby food is opened, the staff person will date the jar easily visible to others. This is done to indicate the first day the jar has been opened.
- If on the third day there is again food remaining, the food will be used and then the remaining, if any, will be discarded. Any open jarred food that is left at the centre for three or more days will be thrown out.