

## Child Care Centre Menu Plan Useful Resources

<b>Food and Nutrition Standards</b>	<p><a href="#">Eating Well with Canada's Food Guide</a> - Health Canada All-you-need-to-know regarding the food guide, nutrition labeling, prenatal nutrition and food allergies/intolerances. See <a href="#">Child Food Groups Servings and Best Practices</a></p>
	<p><a href="#">Nova Scotia Healthy Eating Reports and Publications</a> <a href="#">Provincial Healthy Eating Strategy</a> and the <a href="#">Food and Nutrition Support in Child Care Centres – Standards, Guidelines and Criteria</a></p>
<b>Creativity and Aesthetics</b>	<p><a href="#">Strive for Five Large Quantity Recipes</a> Recipes are based on the availability of Nova Scotia fruits and vegetables.</p>
	<p><a href="#">Fresh, Canned, Frozen</a> The information and recipes are part of a joint project by Heart and Stroke Foundation of NS, NS Health Promotion and Protection, Canadian Cancer Society, and the Public Health Agency of Canada.</p>
	<p><a href="#">Pulse Canada</a> Information on pulses (beans, peas, lentils, and chickpeas). See <a href="#">Pulse and Gluten Free Cookbook</a> and helpful tips on how to store and cook pulses.</p>
<b>Child Considerations</b>	<p><a href="#">After Year One: Food for Children</a> Includes valuable information on how to introduce new foods, normal ups and downs at mealtime, feeding challenges, and special considerations.</p>
	<p><a href="#">Dietitians of Canada FAQ on Feeding Toddlers and Preschool Children</a> Provides practical suggestions on how to deal with common feeding issues such as food jags and dawdling.</p>
	<p><a href="#">Safe4Kids</a> - Anaphylaxis Canada Information for kids, parents, schools and camps.</p>
	<p><a href="#">Nutrition Resource Centre</a> – Many useful resources and booklets</p>
	<p><a href="#">Canadian Celiac Association</a> – A reliable and well organized site</p>
	<p><a href="#">Food from around the world</a> Provides a list of countries and their foods-recipes are included!</p>
<b>Centre Considerations</b>	<p><a href="#">Kitchen Food Safety Tips from the Canadian Food Inspection Agency</a> Includes internal cooking temperatures for foods such as beef, pork, poultry, ground meat, and eggs.</p>
	<p><a href="#">Food Thermometer Tips from the Canadian Food Inspection Agency</a> Myth-Busters on food safety!</p>
	<p><a href="#">Food Safety Education Resource for Children</a> A presenter's guide and learning program for children, a question/answer section, games, four simple steps to food safety, and many factsheets!</p>
	<p><a href="#">Time Saver Cooking Tips</a></p>
	<p><a href="#">Weights and Measure Conversions</a></p>
	<p>Food Cost /Budgeting</p>