

Huron Playschool Co-operative Inc.

Food and Nutrition Policy

Revised: September 12, 2018

At Huron Playschool we believe that meal and snack times are the perfect time for children to build healthy eating habits through positive eating experiences. We encourage this by making healthy food fun and tasty.

We empower children to make healthy eating choices by providing a variety of healthy foods and letting them choose which they will eat, if an, and how much they will eat.

We provide both morning and afternoon snacks, as well as lunch every day. Proper hydration is important for children, particularly during hot summer months, and water suitable for drinking is available at all times, including between snacks and mealtimes.

Huron Playschool ensures that all meals and snacks take into account health issues and respect family requests and preferences. The preparation and serving of all meals and snacks will meet regulatory requirements and be guided by the document “Paint Your Plate with Vegetables and Fruit: A Toolkit for Ontario Childcare Providers prepared by Ontario Dieticians in Public Health (<https://www.odph.ca/upload/membership/document/2018-08/paint-your-plate-toolkit-pdf-final-revised.pdf#upload/membership/document/2018-08/paint-your-plate-toolkit-pdf-final-revised.pdf>). Each meal contains all four (4) food groups, and snacks contain at least two (2) food groups.

Food Storage and Preparation

Huron Playschool follows correct procedures for food storage, preparation and service, which contribute to the retention of maximum nutritive value and the prevention of illness.

If a family chooses to supply food and/or drink for their child, all food and drink must be labelled with the child’s name to ensure that the child receives the correct milk/drink, meals and snacks.

Menus

Huron Playschool carefully plans the menu because it is essential to meet children’s nutritional needs and to offer a wide variety of foods.

All menus (including substitutions, when necessary) for the current and following week are posted in a clearly visible/noticeable place to promote transparency for parents and allow parents to take into account what the child has been served during the day when planning meals at home.

Accurate records are kept for each child to track their food intake because it is particularly important during the early years when children may show the first signs of a food allergy.

Menus are retained for thirty (30) days after the last day for which it was applicable.

Food Allergy and Restriction Posting

Huron Playschool posts a list of children with known food allergies, as well as their respective allergies, in all areas of food preparation and consumption and in the playroom to minimize risk of reaction. The food allergy list is also included in the Emergency Binder.

We also post a list of children who have specific food restrictions and the restrictions in all areas of food preparation and consumption to ensure that the child receives the correct meals and snacks. These restrictions may be due to food intolerances, family dietary choices (e.g. vegetarian) or religious observance (e.g. requirement for kosher or halal food). This information must also be posted in areas of food preparation and consumption to ensure that children receive the correct meals and snacks. Note: No meat, fish or seafood is served at Playschool.

Huron Playschool keeps the posted lists of children's food allergies and restrictions up-to-date and the lists reflect the most current information available. The information posted in areas of food preparation and consumption match the information contained in the individual plan for children with an anaphylactic allergy.

Special Dietary and Feeding Arrangements

Huron Playschool will follow written instructions from families with regards to special dietary and feeding arrangements. These instructions will be kept in the child's records and parents will provide, in writing, any changes, when necessary.

Huron Playschool follows these four steps for food safety:

Clean, Separate, Cook and Chill...

Clean

Cleanliness is very important to Huron Playschool. An excellent start to safe food preparation is cleaning the hands. The 'best practice' is to wash the hands with warm running water and soap for at least fifteen to twenty (15-20) seconds and dry with a disposable paper towel. Faucet handles are always turned off with a paper towel.

A clean kitchen is also important for preventing food borne illnesses. Tables are sanitized before and after eating. Food and drink spills are removed with soap and water before spraying sanitizing solution or using a clean, sanitized wiping cloth on the area, sponges are never used.

Germs can grow and viruses may survive on unclean counters, unclean walls and floors, cutting boards, refrigerators, food equipment, and tableware—these areas are regularly cleaned and sanitized.

Vegetables and fruits are always cleaned by washing them with cool running water before slicing, eating or cooking.

Washing and sanitizing...

Washing and sanitizing kitchenware, dishes, and utensils are important steps in preventing illnesses. A 3-compartment sink to clean and sanitize kitchen and tableware is required in our Playschool. The following method of cleaning, rinsing and sanitizing must be used at Playschool:

- Scrape food particles
- Wash and clean all food contact items using hot water and detergent
- Rinse with warm water
- Sanitize the items in a clean sink or clean dishpan by immersing for at least thirty (30) seconds in a cool, chemical sanitizing solution
- Air dry all sanitized items

Separate

By having a separate area for food preparation, handling, and storage, cross-contamination can be effectively avoided. Cross-contamination results when a clean area is subject to germ transfer from unclean articles, unwashed foods, raw meats, poultry or seafood, or other practices that contribute to unsafe food handling.

- Discard any food left at the serving table and do not place leftover food from serving plates into the original container
- Separate toxic cleaners and chemicals from food preparation and storage areas
- Latex gloves should not be used in food preparation because of possible allergic reactions; disposable gloves made of vinyl or polyvinyl materials intended for food service can be used

Safe and secure storage of cleaners and disinfectants/sanitizers...

Cleaning products and disinfectants/sanitizers are always used in accordance with the manufacturer's instructions. When transferring to non-original containers, the new containers are always labelled with the product name and stored in a location so that accidental contamination of food, counters and equipment does not occur. These products are always stored out of the reach of children.

- Cleaning solutions are stored away from food and preparation areas

- Disinfectants are generally used on floors and walls, equipment exteriors, door handles, trash receptacles, etc.—these products are stored away from food preparation and adjacent food items
- Sanitizers are stored safely in the kitchen to be used on tables, counters, cutting boards, etc.

Cook

Food is prepared safely by cooking at proper temperatures to kills germs that cause illness. All eggs are completely cooked before serving. Eggs requires a minimum temperature of 145°F (63°C)

Leftovers that are stored in the refrigerator are dated and labelled, and used within 24 hours.* During reheating, liquids (soups, gravy or sauces) are brought to a boil

- Other reheated foods require a minimum temperature of 165°F (74°C)

Frozen foods are NOT thawed on the kitchen counter. One of the following methods is used to defrost frozen food:

- Frozen foods are thawed in the refrigerator
- Frozen foods are thawed under cold running water
- Frozen foods are thawed using the defrost setting of a microwave over

After foods have thawed, they are cooked immediately, and checked with an internal thermometer.

Chill

Refrigerating (chilling) perishable foods rapidly minimizes the growth cycle of harmful germs. Food is placed immediately in the refrigerator or freezer after it is brought from the store or is delivered by the vendor.

- Refrigerator temperatures should be 41°F (5°C) or colder
- Freezer temperatures are recommended to be 0°F (-18°C) or colder
- Refrigerator and freezer thermometers are used to measure air temperatures. Temperatures are to be checked and recorded weekly.

By cooling foods rapidly, the growth of harmful germs is slowed. Leftovers are rapidly chilled by placing small portions into shallow containers (no more than three (3) inches in depth) and placed in the refrigerator. Once the food has cooled to 41°F (5°C), it is covered, dated and labelled.