

# Child Care Menu Planning with Canada's Food Guide

## Food Safety

Preparing and storing food safely to prevent foodborne illness is important in early learning and childcare centers.



Programs that provide food to 10 or more children are required to follow the [Food Regulation](#).



Refer to the guide developed by Environmental Public Health in Alberta Health Services: [Health and Safety Guide for Operators of Child Care Facilities \(albertahealthservices.ca\)](#) on pages 14 and 15 for more information on Food Safety.

The following courses are available for those responsible for food preparation:

- Approved food safety courses are available at this link: [Recognized food safety courses in Alberta](#)
- Additional food basic courses are available at this link (note that the free courses do not meet Sec 31 requirements of the Food regulation): [Take a Course | Alberta Health Services](#)



To receive notifications for new and updated food recalls and alerts, visit: [Recalls, advisories and safety alerts](#)

