



## Frequently Asked Questions - Healthy Eating for Young Children Tip Sheets

*Healthy Eating for Young Children Tip Sheets* offer information for child care professionals, parents and others working with children to help create an environment that provides and promotes healthy food choices and healthy attitudes about food.

### Why were these resources created?

- Child care settings can have a big impact on children's eating habits.
- Healthy eating is important for healthy growth and development, and the prevention of chronic diseases later in life.
- Children learn from watching others. When meals and snacks are pleasant social events with positive role modeling, children can learn healthy attitudes towards food and eating.

### How can I use this information in a child care setting?

- Review at your staff meetings.
- Share with parents in your newsletters.
- Post on your bulletin board or website.

### How do the Healthy Eating for Young Children Tip Sheets relate to the *Alberta Child Care Accreditation Standards*?

- Standard 1.2: Child care programs demonstrate respectful, positive interactions and communications with children.
- Standard 2.2: Child care programs promote physical wellness in all children and incorporate physical literacy in everyday programming
- Standard 3.3: Child care programs support families through parental involvement, sharing of resources, and providing information regarding additional supports for their children.
- Standard 4.1: Child care programs have clear and current statements of program philosophy, policies, goals, and strategies in place to assist child care professionals in providing quality care.
- Standard 5.2: Child care programs establish working relationships with organizations and services within the community.

### Where can I find additional child care resources?

Visit [www.healthyeatingstartshere.ca](http://www.healthyeatingstartshere.ca) and choose 'Healthy Eating at Child Care Centres' for information on:

- Menu Planning
- Food Allergies
- Child Care Policy
- Recipes: scaled to 50 servings
- Staff Training
- Healthy Eating Resources such as handouts, posters, nutrition guidelines and more recipes.