

Child Care Menu Planning with Canada's Food Guide

Planning your Menu Checklist

Check the boxes to see how your menu compares to the recommendations from Canada's food guide below. The unchecked boxes are a place to start if you are looking to improve your menu.



- Meals are $\frac{1}{2}$ vegetables and fruits, $\frac{1}{4}$ whole grain foods, and $\frac{1}{4}$ protein foods.
- Dark green and orange vegetables are offered throughout the week.
- Most grain products offered are whole grain.
- Plant-based protein foods are offered a few times a week.
- Snacks alternate between having a vegetable/fruit plus a protein food and a vegetable/fruit plus a whole grain food.
- Plain milk or unsweetened fortified soy beverage is offered at meals.
- Fortified soy beverage is not offered to children under 2 years of age.
- Water is offered throughout the day.
- Meals and snacks are offered 2 to 3 hours apart.
- Unprocessed or less processed foods are used as much as possible.
- Include culturally diverse food choices. See [Cultures, food traditions and healthy eating](#).
- Sugary drinks like fruit juices, powdered drink mixes, punches and juice cocktails are not offered.

If packaged foods are used, check the label and select foods with:

- Lower % Daily Value (DV) (5% or less) for sodium (salt), saturated fats, and sugar.
- Higher % Daily Value (DV) (15% or more) for fibre, iron, calcium, and potassium.

