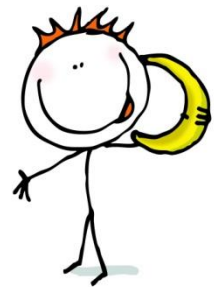
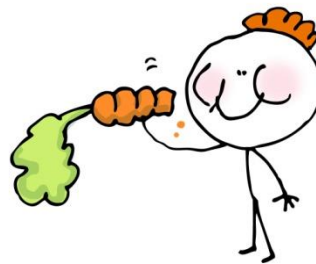


Feeding Tiny Tummies

A Guide for Child Care Providers



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Table of Contents

Child Care Licensing and Accreditation Standards	4
Alberta Nutrition Guidelines for Children and Youth	5
Food Safety	6
Dental Health	8
Food Allergies.....	8
Feeding Young Children.....	8
Menu Planning	10
Meals and Snacks	10
Menu Checklist.....	11
Make Meals Healthier.....	13
Healthy Recipe Ideas and Tools	14
Choose Most Often Foods	15
Choose Most Often Snack Ideas	16
Sample Food Group and Menu Plan	17
References.....	18



Child Care Licensing and Accreditation Standards

[Alberta Human Services](#) mandates child care licensing regulations for all licensed daycare, group family childcare and pre-school programs. In the *Child Care Licensing Regulation* (2008), key areas which relate to healthy eating include the sections Nutrition, Menus, and Manner of Feeding.

The *Child Care Licensing Regulation* and the *Family Day Home Standards* can be found at: <http://humanservices.alberta.ca/family-community/child-care-publications.html>.

In addition, Alberta child care accreditation promotes excellence in child care settings and helps families choose the best care for their children. The accreditation standards are based on current research and leading practices which focus on outcomes related to children, staff, families, and communities. For more information visit: <http://humanservices.alberta.ca/family-community/child-care-accreditation.html>.



Alberta Nutrition Guidelines for Children and Youth

The Alberta Nutrition Guidelines for Children and Youth from the Alberta government are designed to help child care facilities, schools, recreation centres, special event planners, and communities make healthy food readily available and to promote healthy attitudes about food.

[The Alberta Nutrition Guidelines for Children and Youth](#) use a food rating system based on [Eating Well with Canada's Food Guide](#) to classify foods into the categories of Choose Most Often, Choose Sometimes and Choose Least Often based on certain nutrition criteria:



Choose Most Often – High nutrient foods. Foods from this category are all healthy food choices from Canada's Food Guide. Offer these foods as often as possible. It is recommended that 100% of the foods available in child cares be from this category. Example: an apple.



Choose Sometimes – Moderate nutrient foods. While these foods can still provide some nutrients, they tend to be higher in added sugar, unhealthy fats, and sodium (salt). Example: sweetened applesauce.



Choose Least Often – Low nutrient foods. Foods from this category are very low in nutrients and higher in calories, fat, sugar, and salt. It is not recommended that child cares offer these foods. Example: apple flavoured drink.

Check food labels to ensure that all products have no sugar substitutes (artificial sweeteners), hydrogenated oil or shortening.

For more information about the guidelines, visit:
www.albertahealthservices.ca/nutrition/Page2929.aspx.

For more information on reading food labels go to:
www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/cons/interactive-eng.php.

Search for [Understanding Food Labels](#) on HealthyCanadians.gc.ca for more information [About Food Labels](#) and [Percent Daily Value](#).



Food Safety

Contact your local Public Health Inspector/Environmental Health office for advice on food facility requirements and safe food practices. The Alberta Food Regulation requires that facilities where food is prepared for and served to the public employ staff whom have a food safety course certificate approved by Alberta's Minister of Health: www.albertahealthservices.ca/assets/wf/eph/wf-eh-food-safety-training-requirements-in-alberta.pdf.

The Environmental and Public Health Education Program at Alberta Health Services offers courses in food safety and preparation: www.albertahealthservices.ca/eph/page3151.aspx

If food is not safely prepared, handled, and stored, bacteria can grow on it and produce harmful substances called toxins. These bacteria and toxins in food (which cannot be seen, smelled, tasted, or felt) can cause food-borne illness if the food is eaten. It is commonly called "food poisoning". Symptoms of food-borne illness vary, but can include nausea, vomiting, and/or diarrhea. Older adults, young children, pregnant women and those with weakened immune systems are at greater risk for severe food-borne illness.

Remember, when in doubt, throw it out!

Safe food handling

The four principles of safe food handling are clean, separate, cook and chill.

1. Clean:

- Ensure all staff wash their hands with warm water and soap for 20 seconds before handling food, during preparation, when finished preparing food, and after using the toilet.
- Scrub all vegetables and fruit under cool running water before eating or cooking.
- Clean utensils and cooking surfaces (including microwaves) with soap and hot water, before, during, and after preparation.
- Sanitize countertops, cutting boards, and utensils after use. Use the sanitizing solution available at the facility or mix a mild bleach solution by combining 1 tsp (5 mL) bleach to 3 cups (750 mL) water. Store the mild bleach solution in a spray bottle labeled "sanitizer".
- Wash the tops of cans and jars before opening.
- Clean can openers, blenders, and mixer blades before and after each use.
- Clean lunch bags every day with hot, soapy water, or bleach sanitizer.
- Wash and sanitize the refrigerator and food preparation equipment on a regular established schedule. This should also include faucets, sink drains, fridge handles, and small appliances.



2. Separate:

- Store raw foods, including uncooked meat, fish, and poultry in tightly covered, sealed containers below cooked foods in the refrigerator. Keep eggs covered or in original container.
- Keep raw eggs, meats, poultry, fish, and their juices separated from other food during storage and preparation.
- Use three separate cutting boards to prepare food. Use one board for produce, one for uncooked meat fish and poultry, and one for cooked meat.

3. Cook:

- Cook foods to recommended temperatures and serve immediately. Visit <http://healthycanadians.gc.ca/eating-nutrition/healthy-eating-saine-alimentation/safety-salubrite/tips-conseils/cook-temperatures-cuisson-eng.php> for guidance on a variety of foods.
- Do not keep foods in the Danger Zone, 4°C to 60°C (40°F to 140°F), for more than two hours.
- Reheat foods to 74°C (165°F).

4. Chill:

- Ensure refrigerator(s) and freezer(s) are set at the correct temperatures. The refrigerator temperature should be 4°C (40°F) or colder. The freezer temperature should be -18°C (0°F) or colder. Check temperatures daily.
- Refrigerate all raw meat, fish, poultry, eggs, fresh produce, and dairy products after delivery or as soon as possible after purchase.
- Leftovers should be refrigerated or frozen within two hours of serving. Place in shallow, covered containers or zip locked plastic bags for quick cooling. Label with food name, preparation date, and time refrigerated.
- Refrigerated and frozen leftovers should be used in accordance with the guidelines provided at <http://healthycanadians.gc.ca/eating-nutrition/healthy-eating-saine-alimentation/safety-salubrite/tips-conseils/storage-entreposage-eng.php>

- Serve only pasteurized milk, milk alternatives and juices.
- Babies should not be given honey in any form until they are 12 months of age.

For more information

- For additional resources on food safety information visit Alberta Health Services Environmental Public Health at: <http://www.albertahealthservices.ca/eph/page8294.aspx>.
- For more information on food safety and a Food Safety Tips Poster go to: <http://healthycanadians.gc.ca/eating-nutrition/healthy-eating-saine-alimentation/safety-salubrite/tips-conseils/storage-entreposage-eng.php>.



Dental Health

Children need nutritious meals and snacks to provide energy and help them grow. All foods, even nutritious ones, can cause cavities; therefore, brushing and flossing after meals and snacks is very important. Brushing teeth twice a day and flossing daily helps prevent tooth decay. However, brushing and flossing aren't always possible. There are other ways to help lower the risk of cavities:



- Limit the use of sugary and sticky foods, especially for snacks.
- If sweet, sugary, and sticky foods are served, give with a meal rather than as a snack.
- If children are unable to brush and floss after a meal or snack, have them rinse their mouths with water.

Food Allergies

Some children come to child care with an allergy or other specific food needs. Extra planning, including following instructions from parents, will help meet these children's needs. For more information about food allergies visit: www.albertahealthservices.ca/nutrition/Page8944.aspx.

Feeding Young Children

Healthy eating gives children the energy and nutrition needed to grow, learn, and play. Children learn about food and eating by watching others. Role modeling is important; therefore, child care providers and parents are encouraged to be a positive role model. The eating habits you teach a child in the early years can form a pattern that lasts a lifetime. Caregivers, parents and children have different roles when it comes to feeding. This is called the feeding relationship.

Caregivers and parents decide:

- **What food and drinks are offered.** Offer a variety of foods from all 4 food groups in Canada's Food Guide. When a variety of foods are offered, children will learn to eat most of these foods. Offer milk with meals or snacks. Between meals and snacks, only offer water.
- **When food and drinks are offered.** When children eat at set times they are more likely to be hungry. Let children come to meals and snacks hungry by planning them 2 to 3 hours apart. Allow about 20 to 30 minutes to eat meals and 10 to 15 minutes to eat snacks. If the food is not eaten within this time, calmly remove the food.
- **Where food and drinks are offered.** Children eat best when they sit comfortably for meals and snacks. Sit children together in small groups. They may be more likely to try new foods if their friends are eating the foods. Sit at the table with the children and eat the same food when possible. Turn off the TV and put aside toys and electronics.

Children decide:

- **How much to eat from the choices you have offered.** Listen to them when they say they are full.
- **Whether or not to eat from the choices you have offered.** Some days children eat more and some days they eat less. If children ask to eat between meals and snacks, offer water and reassure them that they can eat at the next regular meal or snack time.

Caregivers are responsible for *what* foods are offered, *when*, and *where* food is offered.

Children are responsible for *how much* they eat, and *whether or not* they eat.



Be a role model for healthy eating

Children learn about food and eating by watching their caregivers. They are more likely to enjoy a variety of foods and try new foods when they see you do it. Keep mealtimes pleasant and relaxed. Mealtimes are a great time to talk with children.

Sometimes new foods take time

Children don't always like new foods right away. Continue to offer a food even if it is not accepted the first time. Offer new foods many times, prepared in different ways. Include familiar foods along with new foods. Be patient and let a child explore new foods. Children may need to see, touch, smell, and taste a new food many times before eating it. It may take 15 or more tries at different times before a child accepts a new food.

Patience works better than pressure

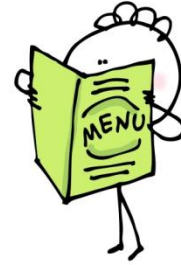
Offer healthy foods and let the child decide how much to eat. Children will be more likely to enjoy new foods and eat enough when eating is their choice. Do not use food to bribe, punish, or reward. Children do not eat well when they are pressured or tricked into eating.

Work closely with families

- Ask about their child's food preferences, food allergies, as well as medical conditions, cultural or religious practices that concern food.
- Share your menus and any changes, food allergies, restrictions on food brought from home, and your food and nutrition policy (if you have one).
- Communicate regularly about success and challenges concerning food and eating.
- Work with families to apply the same strategies at home and at child care.

Menu Planning

Menu planning is a key activity for child cares. Posted menus are required for licensing by Alberta Human Services. It is important to communicate your child care menu information to parents who want to see what food their child is being served. Be sure to note menu changes when they happen. Planning meals and snacks may also save time, money, and reduce food waste.



Children attending child care, family day homes, or after school care range in age from infants to children 12 years of age. Nutrition needs differ in children, depending on their age. Menu planning can help child care facilities meet the nutrition needs of children of different ages.

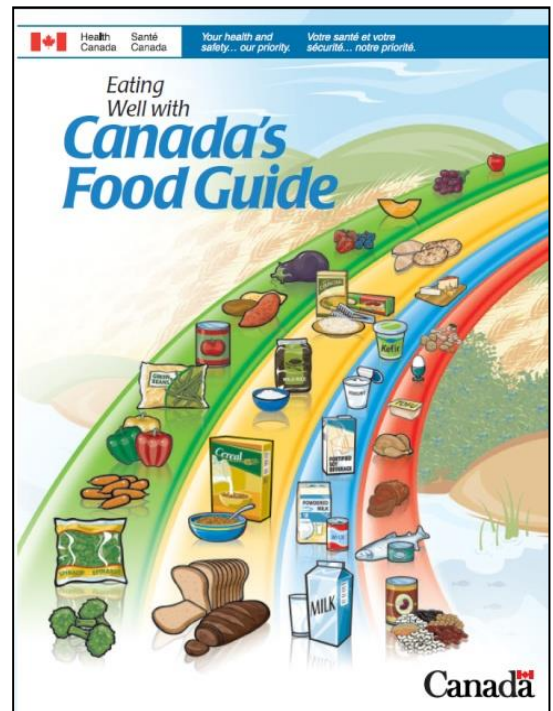
The tools that follow will help child cares plan a menu that encourages healthy eating, growth, and development in children.

Meals and Snacks

Use Canada's Food Guide to help plan meals and snacks. The food guide has information about the four food groups: Vegetables and Fruit, Grain Products, Milk and Alternatives, and Meat and Alternatives. Visit www.healthcanada.gc.ca/foodguide for more resources and to access the food guide in other languages.

Because small stomachs (tiny tummies) get full quicker, provide children with regular meals and snacks. Split food guide servings into smaller portions to be served throughout the day.

Offer meals that include foods from the four food groups and offer snacks that provide foods from two of the four food groups. Snacks should include foods that might be missed during meals, like vegetables and fruit. Feed snacks at least 2 hours before a meal to avoid spoiling a child's appetite. Make meals and snacks appealing by offering a variety of foods with a range of colours, flavours, and textures. For example foods can be soft (banana), crunchy (celery sticks), crispy (apple) or smooth (yogurt).



Menu Checklist

Use this checklist to help you review your child care menu. You may wish to make changes to your menu in the areas you marked as ‘sometimes’ or ‘never’. Use the *Comments* box to write down ideas for change or to add other notes.

Overall Recommendations	Always	Some times	Never	Comments
A variety of foods from each of the four food groups in Canada’s Food Guide is included.				
Options for religious or dietary restrictions, like vegetarian choices, are offered.				
Multicultural foods are offered when possible.				
Meals include foods from each of the four food groups in Canada’s Food Guide.				
Milk or fortified soy beverage is offered at meals.				
Snacks include foods from two or more food groups in Canada’s Food Guide.				
A vegetable or fruit is included at most snacks.				
Each food at a meal or snack equals ½ to 1 serving from Canada’s Food Guide. Extra servings are provided as needed.				
In a mixed dish, the amount of food included from each of Canada’s Food Guide food groups is enough to equal ½ to 1 serving for each child. Example: tuna noodle casserole- there is enough tuna to provide ½ to 1 serving of Meat & Alternatives food group for each child.				
Food offered is free from food safety issues, choking risks and any allergy concerns.				
Food offered includes a variety of textures, flavours, colours, shapes, temperatures.				
Seasonal foods are offered when possible.				
Cooking and baking methods use little or no added fat, sugar or salt.				
Deep-fried foods are not served.				
Meals and snacks are prepared with fresh, frozen or canned foods that have little or no added fat, sugar, salt.				
Foods high in saturated and trans fats, sugar and salt are avoided. Example: cookies, chips, ice cream.				
Sugar sweetened beverages and sugar substitutes in beverages are avoided. Example: pop, iced tea, fruit punch.				
Sticky, sweet food, which can stick to the teeth and cause cavities, is avoided. Example: dried fruit.				
Plain water is available throughout the day, and at meals and snacks.				

Food Group Recommendations	Always	Some times	Never	Comments
<p>Vegetables & Fruit: A variety of fresh, frozen and canned vegetables and fruit are offered.</p> <p>Vegetables or fruit are offered instead of juice. If juice is offered, no more than ½ cup (125mL) of 100% juice is served each day.</p>				
<p>Grain Products: At least half of the grain products are whole grain, like whole wheat bread, buns, bagels, tortillas, pita bread, noodles and rice.</p>				
<p>Milk & Alternatives: Unflavoured milk and unsweetened or plain fortified soy beverage are offered for children 2 years and older.</p> <p>Children 9-12 months old and up to 2 years old are offered 3.25% (homogenized) milk.</p>				
<p>Meat & Alternatives: A variety of lean meats, poultry, fish and meat alternatives like eggs, beans, lentils, or tofu are offered.</p> <p>Processed meats like sausages and hot dogs are avoided.</p>				

Make Meals Healthier

Here are some suggestions to make meals healthier:

- Choose frozen vegetables and fruits without added sugar, sauce, sodium or seasonings.
- Choose canned fruit packed in juice instead of syrup.
- Choose whole grain breads, cereals and crackers, whole wheat pasta, and brown rice.
- Choose low-sodium canned soups and soup bases.
- Use healthier fats such as oil instead of block margarine, shortening or butter.
- Reduce the fat, sugar or salt in homemade recipes.
- Use lower fat cooking methods (bake, broil, stir-fry, poach, barbeque, microwave).
- Trim fat from meats and remove skin from poultry.
- Rinse canned vegetables under water to reduce salt.
- Add extra vegetables to soups, lasagna or casserole dishes.
- Use cooking water from vegetables for soups and cooking.
- Add a can of lentils, navy or black beans to soups.
- Replace macaroni and cheese with whole wheat pasta, tomato sauce and grated cheese.
- Instead of packaged French fries, cut up potatoes and bake them in the oven.
- Use oatmeal, wheat bran or ground flax in baking.
- Replace some of the white flour in baking with whole grain wheat, oat or barley flour.



Visit www.albertahealthservices.ca/nutrition/Page2914.aspx for more ideas.

Healthy Recipe Ideas and Tools

To choose a healthy recipe look for recipes that:

- Include *Choose Most Often* foods (see table page 14).
- Use vegetables and fruits for ingredients.
- Use whole grains such as whole grain flour, brown rice or whole wheat pasta.
- Use lower fat milk alternatives (20% milk fat (M.F) cheese, plain 2% M.F. yogurt).
- Have lean meats or meat alternatives such as lentils, beans, and chickpeas.
- Include small amounts of healthy fats like vegetable oils or non-hydrogenated margarines instead of lard, hard margarine, butter or cream.
- Use herbs and spices instead of salt for seasoning.
- Limit the amount of added sugar.
- Use healthy cooking methods like grilling, baking, broiling, poaching, and steaming.



Children have small appetites. The recipe might make more child-size portions than the number of portions it says it will make.

Online Resources

- Visit the [Healthy Eating in Child Care section](#) on the [Healthy Eating Starts Here](#) website at www.healthyeatingstartshere.ca, for a [variety of healthy recipes](#) specifically for your child care centre.
- A collection of healthy recipes are available at [Inspiring Healthy Eating](#). These recipes are for smaller-scale cooking, but still can be used in the child care setting.
- Analyze your favourite recipes with the Dietitians of Canada Recipe Analyzer at www.eatracker.ca/recipe_analyzer.aspx.



Choose Most Often Foods

Vegetables and Fruit	Grain Products	Milk and Alternatives	Meat and Alternatives
<ul style="list-style-type: none"> • Fresh, frozen or canned vegetables • Fresh, frozen or canned fruit • Dried fruit • 100% pure fruit or vegetable juice (limit to ½ cup/125 mL per day) • Apple sauce (unsweetened) • Salad 	<ul style="list-style-type: none"> • Rice (brown, wild) • Quinoa, whole rye, barley, large flake oats • Whole grain pasta, couscous, bread, buns, bagels, pita, naan, wraps, pancakes • Whole grain cold cereal with less than 8 g sugar, and more than 2 g fibre (such as bran or puffed wheat) • Whole grain hot cereal-oatmeal • Whole grain crackers 	<ul style="list-style-type: none"> • Milk, white <ul style="list-style-type: none"> • Provide 3.25% (homogenized) milk to children under 2 years of age • Skim, 1% and 2% milk can be served for children over 2 years • Unflavored fortified soy beverage • Hard cheeses, (cheddar, mozzarella) • Plain yogurt, <ul style="list-style-type: none"> • 3.25% M.F. to children under 2 years of age • 2% M.F. or less for children over 2 years 	<ul style="list-style-type: none"> • Lean beef and pork • Poultry (without skin) • Canned/fresh fish * • Eggs • Tofu • Dried peas, beans (kidney, white, brown) and lentils • Chickpeas • Nuts and seeds • Nut butters (non-hydrogenated) • Lean, low salt, sliced meat • Hamburger patty <p style="font-size: small; margin-top: 10px;">* Canada's Food Guide recommends choosing at least two food guide servings of fish per week. For advice on limiting exposure to mercury from certain types of fish visit www.healthcanada.gc.ca</p>

- **Mixed Dishes** may include 3 or more of the four food groups.

For example, lasagna:

- Vegetables and tomato sauce: Vegetables and Fruit
- Whole grain noodles: Grain Products
- 20% M.F. cheese: Milk and Alternatives
- Lean ground beef: Meat and Alternatives



Choose Most Often Snack Ideas

Fruit + Milk and Alternatives

- Apple slices and cheese
- Fruit and unsweetened yogurt dip
- Fruit slices and milk
- Unsweetened applesauce and milk
- Fruit canned in juice and yogurt.
- Pineapple bits, grated carrot and milk
- Pear and cheese and whole wheat pita pockets with
- Banana and milk



Vegetable + Meat and Alternatives

- Vegetable sticks and hummus
- Vegetable sticks and Greek yogurt dip
- Diced vegetables with scrambled egg

Fruit + Meat and Alternatives

- Apple slices with seed or soy butter
- Pear slices and hard-boiled egg
- Orange slices cut into wheels (circles) and chicken chunks
- Sliced cantaloupe and mini quiche (vegetables and cheese)

Fruit + Grain Products

- Apples and fruit sauce and whole grain crackers
- Sliced banana and whole wheat toast, seed or soy butter
- Apple slices and whole grain puffed cereal Blueberries and oatmeal cereal
- Fruit sauce and whole grain waffle slices dipped in fruit sauce

Vegetables + Grain Products

- Veggie wraps
- Carrots and cucumber slices with whole grain bread,
- Carrot sticks, cheese and whole grain bread sticks
- Broccoli floret with whole grain muffin.

Grain Products+ Meat and Alternatives

- Crackers and tuna.
- Pizza toast
- Homemade pasta salad and cold sliced meat
- Crackers and hard-boiled egg
- Whole wheat pita bread and hummus

Sample Food Group and Menu Plan

Aim for 3–4 food groups for a balanced meal and 2 food groups for a balanced snack.

		Monday	Tuesday	Wednesday	Thursday	Friday
Food Groups	AM Snack	<ul style="list-style-type: none"> • Vegetables & Fruit • Meat & Alternatives 	<ul style="list-style-type: none"> • Vegetables & Fruit • Milk & Alternatives 	<ul style="list-style-type: none"> • Grain Products • Meat & Alternatives 	<ul style="list-style-type: none"> • Vegetables & Fruit • Grain Products 	<ul style="list-style-type: none"> • Milk & Alternatives • Vegetables & Fruit
	Lunch	<ul style="list-style-type: none"> • Vegetables & Fruit • Grain Products • Milk & Alternatives • Meat & Alternatives 	<ul style="list-style-type: none"> • Vegetables & Fruit • Grain Products • Milk & Alternatives • Meat & Alternatives 	<ul style="list-style-type: none"> • Vegetables & Fruit • Grain Products • Milk & Alternatives • Meat & Alternatives 	<ul style="list-style-type: none"> • Vegetables & Fruit • Grain Products • Milk & Alternatives • Meat & Alternatives 	<ul style="list-style-type: none"> • Vegetables & Fruit • Grain Products • Milk & Alternatives • Meat & Alternatives
	PM Snack	<ul style="list-style-type: none"> • Vegetables & Fruit • Grain Products 	<ul style="list-style-type: none"> • Vegetables & Fruit • Milk & Alternatives 	<ul style="list-style-type: none"> • Vegetables & Fruit • Grain Products 	<ul style="list-style-type: none"> • Grain Products • Meat & Alternatives 	<ul style="list-style-type: none"> • Vegetables & Fruit • Grain Products

		Monday	Tuesday	Wednesday	Thursday	Friday
Sample Menu	AM Snack	<ul style="list-style-type: none"> • Sliced carrots & celery • Bean dip 	<ul style="list-style-type: none"> • Wheat and oat pancakes • Yogurt 	<ul style="list-style-type: none"> • Whole wheat bagel • Nut/seed butter 	<ul style="list-style-type: none"> • Banana • Whole grain crackers 	<ul style="list-style-type: none"> • Fruit smoothie
	Lunch	<ul style="list-style-type: none"> • Whole wheat pita • Lean turkey breast • Lettuce • Milk 	<ul style="list-style-type: none"> • Broccoli crustless quiche • Whole wheat bun • Salad with light dressing • Milk 	<ul style="list-style-type: none"> • Spaghetti • Tomato & meat sauce • Milk 	<ul style="list-style-type: none"> • Sliced cucumbers • Whole-wheat bun • Lentil soup • Milk 	<ul style="list-style-type: none"> • Salmon noodle casserole • Steamed mixed vegetables • Milk
	PM Snack	<ul style="list-style-type: none"> • Fruit cup • Oat bran banana muffin 	<ul style="list-style-type: none"> • Apple slices • Cheese cubes 	<ul style="list-style-type: none"> • Orange slices • Zucchini loaf 	<ul style="list-style-type: none"> • Pita chips • Hummus 	<ul style="list-style-type: none"> • Yogurt parfait

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