



**Eat
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September 11, 2019

Wholesome Kids Catering Adopts New Nutrition Recommendations for Child Care

Released by the Ontario Dietitians in Public Health (ODPH) in August 2017, the “Menu Planning and Supportive Nutrition Environments in Child Care Settings: Practical Guide” was created to support the planning and preparation of healthy food for children in child care and to help care providers meet the nutrition requirements of the Child Care and Early Years Act, 2014 (CCEYA) in Ontario.

Since the release of the Practical Guide, Wholesome Kids Catering, has been proactively integrating these best practice recommendations into their menu development process, with guidance of their Registered Dietitian, Melissa Frankel. The Practical Guide, which has been endorsed by the Ministry of Education, complements the nutritional requirements set out by the CCEYA and the recommendations in the recently revised Canada’s Food Guide. Together, this suite of resources presents Wholesome Kids Catering with a welcomed opportunity to continuously improve their menu offerings and to deliver on their Trusted Partner promise to provide customers with quality nutrition and wholesome food that children love to eat.

More on the ODPH Practical Guide

The recommendations from the ODPH offer nutritional guidance specific to the child care setting and include support tools related to menu planning, healthy food and beverage choices, and appropriate portioning for children of various ages. As an example, to facilitate the selection of nutritious choices, foods are separated into their respective food groups and are then assigned a Serve Frequency based on their overall nutritional value. By categorizing items as Serve Most Often, Serve Sometimes, and Do Not Serve, food providers are even better equipped to create nutritionally balanced menus.

Health Canada has indicated that an additional resource, *Canada’s Healthy Eating Pattern*, will be released later in 2019 with specific guidance on amounts and types of foods for different life stages. In the future, the Practical Guide will be updated to reflect this supplementary guidance from Health Canada.

To help child care providers create supportive nutrition environments and positive mealtimes within their centres, the Practical Guide provides recommendations related to modeling positive attitudes and healthy behaviours and discusses the role of responsive feeding in the development of lifelong eating habits. It is this holistic approach to nutrition in the early years that aligns so well with the Wholesome Kids Catering philosophy.

Click [here](#) to view the full “Menu Planning and Supportive Nutrition Environments in Child Care Settings: Practical Guide”

About Wholesome Kids Catering

Wholesome Kids Catering, provides healthy and nutritious meals and snacks to kids in child care centres and schools. Making meals fresh each day from its 34,000 square foot facility in Markham, Ontario, Wholesome Kids Catering has been in operation for 25 years. All meals and snacks are packed with ingredients that give kids the energy and nutrients to grow and develop, be healthy and active, to move, work, play, think and learn.

Wholesome Kids Catering enriches lives by giving kids the nourishment and energy they need to eat, grow and thrive!