



# **Nutrition**

## Early Learning and Care Assessment for Quality Improvement

	Does Not Meet Expectations	Meets Expectations	Exceeds Expectations	Score
	1 or 2	3	4 or 5	
<b>1. Meal/Menu Planning</b>	<p>Menus are not planned in accordance with the DNA standards:</p> <ul style="list-style-type: none"> <li><input type="checkbox"/> One serving of grain products</li> <li><input type="checkbox"/> Two servings from the Vegetables and Fruits food group</li> <li><input type="checkbox"/> One serving of Milk and Alternatives</li> <li><input type="checkbox"/> One serving of Meat and Alternatives</li> <li><input type="checkbox"/> Menu for the current and following week are not posted</li> <li><input type="checkbox"/> Food is not offered to the children in accordance with the DNA standards</li> <li><input type="checkbox"/> 25% of food is not described on the Menu.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Children are offered food in proportion to their time in care</li> <li><input type="checkbox"/> Menus provide a clear description of food served, detailing the main ingredients</li> <li><input type="checkbox"/> Fruits served are identified on a daily basis</li> <li><input type="checkbox"/> Water is available at all times</li> <li><input type="checkbox"/> Menu planned according to age group.</li> </ul>	<ul style="list-style-type: none"> <li><input type="radio"/> Agency has visited caterer’s food preparation location</li> <li><input type="checkbox"/> Three or more types of foods are offered weekly</li> <li><input type="checkbox"/> A dark green or orange vegetable is offered in meal and/or snacks daily</li> <li><input type="checkbox"/> Menus reviewed annually by registered dietitian or member of CSNM</li> <li><input type="checkbox"/> Current letter from registered dietitian/or CSNM accessible for viewing</li> <li><input type="radio"/> Evidence that recommendations made by registered dietitian or member of CSNM are implemented.</li> </ul>	<p><b>1</b></p> <p><b>2</b></p> <p><b>3</b></p> <p><b>4</b></p> <p><b>5</b></p> <p><b>N/A</b></p>

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<b>2. Centre Meal Requirements</b>	<input type="checkbox"/> Meal does not meet requirements described in the introduction	<input type="checkbox"/> Food is available for children who request more	<input type="radio"/> Centre offers alternate menu(s)	<b>1</b>
	<input type="checkbox"/> Meal has high content in sugar, fat and/or salt	<input type="checkbox"/> Amount of food offered to children respects individual needs	<input type="checkbox"/> Current Canada’s Food Guide is posted in a public area	<b>2</b>
	<input type="checkbox"/> Amount of food offered to children is not developmentally-appropriate.	The main meal offered on the day of assessment consists of at least the following requirements:	<input type="checkbox"/> Healthy meal resources are accessible for parents.	<b>3</b>
		<input type="checkbox"/> One serving of Grain products <input type="checkbox"/> Two servings from the Vegetables and Fruits food group <input type="checkbox"/> One serving of Milk and Alternatives <input type="checkbox"/> One serving of Meat and Alternatives.		<b>4</b>
				<b>5</b>
				<b>N/A</b>

	Does Not Meet Expectations	Meets Expectations	Exceeds Expectations	Score
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<p><b>3. Snack Planning and Requirements</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> No snack provided to children</li> <li><input type="checkbox"/> Snack menus for current and following week are not posted</li> <li><input type="checkbox"/> Snack contains high content in sugar, fat and/or salt</li> <li><input type="checkbox"/> Snack does not consist of at least two different food groups</li> <li><input type="radio"/> Juice offered is not made from 100 per cent real fruit.</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Snack consists of foods that promote and contribute to a child’s nutritional needs</li> <li><input type="checkbox"/> Snacks are timed to meet the needs of the majority of the children</li> <li><input type="checkbox"/> Weekly snack menu offers three or more types of food</li> <li><input type="checkbox"/> Food is available for children who request more.</li> </ul>	<ul style="list-style-type: none"> <li><input type="radio"/> Third snack is planned and documented</li> <li><input type="checkbox"/> Morning and afternoon snacks include three food groups</li> <li><input type="checkbox"/> Evidence that water or milk is offered with all snacks daily</li> <li><input type="checkbox"/> Snack menus reviewed annually by registered dietitian or member of CSNM</li> <li><input type="radio"/> Evidence that recommendations made by registered dietitian or member of CSNM are implemented.</li> </ul>	<p><b>1</b></p> <p><b>2</b></p> <p><b>3</b></p> <p><b>4</b></p> <p><b>5</b></p>	

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<b>4. Menu and/or Snack Adaptations</b>	<input type="checkbox"/> Menu and/or snack adaptations for the current and following week are not posted in the food preparation area	<input type="checkbox"/> Menu and/or snack plans are adapted with appropriate and varied changes to accommodate children	<input type="checkbox"/> Menu and/or snack adaptations appear similar to the food that is served to other children	<b>1</b>
	<input type="checkbox"/> Listing of children’s individual dietary requirements are not posted in each room	<input type="checkbox"/> Food and beverage adaptations are labelled with child’s name to ensure food is served to the correct child	<input type="checkbox"/> Evidence that children’s individual dietary requirements are reviewed and updated quarterly	<b>2</b>
	<input type="checkbox"/> Consistency of foods are not modified to meet the feeding skills of the child.	<input type="checkbox"/> A record of menu and/or snack adaptations is posted and retained for 30 days	<input type="checkbox"/> Centre provides beverage adaptations when required.	<b>3</b>
		<input type="checkbox"/> Centre provides food adaptations when required		<b>4</b>
		<input type="checkbox"/> Menu and/or snack adaptations are similar in nutritional value		<b>5</b>
		A list of enrolled children’s individual diets are posted and includes: <ul style="list-style-type: none"> <li><input type="checkbox"/> Name of child</li> <li><input type="checkbox"/> Description of dietary restriction</li> <li><input type="checkbox"/> Listing by group</li> <li><input type="checkbox"/> Date list was last updated</li> <li><input type="checkbox"/> What medical attention or action to be taken after exposure to food allergies and/or restrictions</li> <li><input type="checkbox"/> Updated semi-annually.</li> </ul>	<b>N/A</b>	

	Does Not Meet Expectations	Meets Expectations	Exceeds Expectations	Score
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<b>5. Food Substitutions</b>	<input type="checkbox"/> No substitution provided for the group when the planned food is not available	<input type="checkbox"/> All food substitutions for the group are posted and retained for 30 days	<input type="checkbox"/> Food substitutions are similar in nutritional value	<b>1</b>
	<input type="checkbox"/> No substitution provided for an individual child when the planned food is not available	<input type="checkbox"/> Individual food substitutions are posted and retained for 30 days	<input type="checkbox"/> Food substitutions are varied	<b>2</b>
	<input type="checkbox"/> Food substitutions are always similar.	<input type="checkbox"/> Centre provides substitutions for food and beverages.	<input type="checkbox"/> Non-perishable food items are available at the centre in case of emergencies.	<b>3</b>
				<b>4</b>
				<b>5</b>
				<b>N/A</b>

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<b>6. Preparation, Handling and Transportation of Food</b>	<input type="checkbox"/> Food handling is not sanitary	<input type="checkbox"/> Fruits and vegetables are washed before being served to children	<input type="checkbox"/> Supervisor annually reviews best practices for food handling with food preparer(s)	<b>1</b>
	<input type="checkbox"/> Food and beverages are heated in plastic bottles or melamine	<input type="checkbox"/> Food is wrapped or covered during transportation from the food preparation area	<input type="checkbox"/> More than one staff trained in Food Handlers Course	<b>2</b>
	<input type="checkbox"/> Food contact surfaces, including cutting boards, are not cleaned and sanitized to eliminate cross-contamination	<input type="checkbox"/> Current Regional Public Health hand washing procedure is posted	<input type="checkbox"/> Food Handlers Certification is posted and accessible for viewing	<b>3</b>
	<input type="radio"/> Baby formula is being served more than two hours after being heated	<input type="checkbox"/> Food preparers complete training on safe food preparation at least every five years.	<input type="checkbox"/> Food temperatures are documented daily.	<b>4</b>
	<input type="checkbox"/> Hand hygiene area in the food preparation area is not equipped with hand soap, paper towels.			<b>5</b>

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<p><b>7. Health and Safety Kitchen and/or Food Preparation Area</b></p>	<p><input type="checkbox"/> Hazards observed</p> <p>The following are not hygienically maintained:</p> <p><input type="checkbox"/> Kitchen preparation area  <input type="checkbox"/> Food storage area  <input type="checkbox"/> Kitchen equipment.</p>	<p>All kitchen and/or food preparation areas and equipment are:</p> <p><input type="checkbox"/> Kept in a state of good repair  <input type="checkbox"/> Organized  <input type="checkbox"/> Open food is stored in sealed containers</p> <p><input type="checkbox"/> Cupboards are labelled.</p>	<p><input type="checkbox"/> Cleaning/sanitizing checklist posted, dated and signed by staff weekly</p> <p><input type="checkbox"/> Regional food recalls and/or allergy alerts are posted</p> <p><input type="radio"/> Food preparation area is separated from the program.</p>	<p><b>1</b></p> <p><b>2</b></p> <p><b>3</b></p> <p><b>4</b></p> <p><b>5</b></p>