

December 2010

come
grow
with us
HEALTH EDUCATION and RESOURCE
INFORMATION for CHILD CARE PROVIDERS



Trust Me. Trust My Tummy.

Are there children at your centre who are picky eaters? Do you find children's appetites change from one day to the next? Do you get frustrated at mealtime because they will not eat what you serve? Try not to worry. What seems like a problem, is likely normal behaviour.

Feeding young children can be frustrating for care providers and parents, but most children are eating better than you think. Healthy eating is more than making sure children eat broccoli today. You can help the children in your care develop a healthy relationship with food!

Trust that children know how much to eat. You decide:

- What foods to offer
- When to offer meals and snacks
- Where the children will eat

Trust each child to decide:

- Which foods to eat of the food you offer
- How much to eat

Here are some tips to make meal and snack times easier and help build healthy eating habits:

- Provide a healthy meal or snack every 2 or 3 hours. If children are thirsty between meals and snacks, water is the best choice.
- Make sure the kids are seated at the table for meals and snacks.

- Offer small portions of food and allow children to say 'more please' or 'no thank you'. If you allow children to say no to food, it helps them to feel free to say yes more often.
- Let children serve and feed themselves. Cut up foods so they can use their fingers or a spoon or fork easily.
- 20 to 30 minutes is generally enough time for young children to eat. Let children leave the table when they are full.
- Keep mealtime free of pressure. Don't push or reward a child to eat certain foods.
- Eat together family-style. Children learn by watching you and others eat and behave at the table, so be a good role model!
- Be patient while children learn to trust their tummies.

Look for a mailing of Trust Me. Trust My Tummy. posters. These posters will include a pad of tear-off sheets for parents to take home. Visit www.york.ca/nutrition to try out our Trust Me. Trust My Tummy. quiz and enter for a chance to win a family-friendly cookbook!

For more information about feeding babies and children, go to chapter 6 in the Come Grow with Us manual at www.york.ca/comegrowwithus or visit www.york.ca/nutrition



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Be food safe this holiday

Every year there are an estimated 11 to 13 million cases of food-borne illness (also known as food poisoning) in Canada. This holiday season, whether you are preparing meals to be served at your child care centre or for holiday functions that your centre is hosting, make sure you follow the four simple safe food handling steps of clean, separate, cook and chill to minimize the risk of food-borne illness this holiday season.

Clean: Bacteria can easily spread throughout the kitchen and the rooms in your child care centre. Wash your hands, cutting boards, dishes, utensils, knives and countertops with hot, soapy water before and after preparing each food item. After proper washing, make sure that all dishes, food handling equipment, and work surfaces are sanitized.

Separate: Cross-contamination is how harmful bacteria spread. Keep raw meat, poultry, seafood and their juices separate from food that is cooked or ready-to-eat.

Cook: Improper cooking of food could mean that harmful bacteria survive and make you sick. Food is safely cooked when it reaches a high enough internal temperature to kill the harmful bacteria. Use your probe food thermometer to check the internal temperature of food. This is the only way to tell if the food has reached the proper final cooking temperature. Wash and sanitize your thermometer with soap and hot water after each use.

Chill: Bacteria multiply fastest at the temperatures between 4°C (40°F) and 60°C (140°F). Chilling food properly is one of the most effective ways to reduce the risk of illness. Keep all refrigeration units in your centre at 4°C (40°F) or below. Use the indicating thermometers and your probe food thermometer to ensure that food stored in the fridge is being maintained at or below 4°C (40°F).

Following these four simple steps will help to ensure that the food you provide to the children in your centre is safe. For more information on food safety or to provide your families with valuable information on Food Safety at Home, visit www.york.ca/foodsafety.

