

# Making Your Child Care Centre a Healthy Environment



## A Fact Sheet for Child Care Operators and Staff





York Region Community and Health Services is mandated to inspect all child care centres to ensure compliance with food safety regulations, infection control and safe water standards. This fact sheet is provided for information and guidance to child care centre operators.

### Food from an Approved Source

In accordance with the Health Protection and Promotion Act, all food that is served to the children at your child care centre must be from an approved source. An “approved source” is a food premise that is government inspected. For this reason, food products which are prepared at the homes of parents and staff are not to be served to the children.

- An exception is made for parents providing food for their own child due to special diet restrictions. Please ensure that all food is labelled clearly with the child’s name
- If parents / staff wish to provide food for special functions such as birthdays, it must originate from an approved source and should be non-hazardous (i.e., an item that does not require refrigeration or heating) - a hazardous food item is one which is capable of supporting the growth of harmful organisms
- If your centre permits parents / staff to bring in outside food from an approved source, a log book keeping track of this food should be maintained. Information to be recorded in the log book should include:
  1. type of food brought in
  2. where the food was purchased
  3. who brought the food in
  4. date the food was brought in

#### Ideas for Birthday Parties:

-  Make arrangements to provide simple cakes baked at the centre
-  Offer the service of providing cakes from an approved source
-  Bake muffins at your centre and let the kids decorate them
-  Have ice cream cone parties and let the children decorate them



For more information, please call  
**York Region Health Connection 1-800-361-5653 TTY: 1-866-252-9933**  
[www.york.ca](http://www.york.ca)

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