

# Food From An Inspected Source

All food served to children at a child care centre must be from an “inspected source”. Inspected sources are food premises such as restaurants, supermarkets and bakeries. Food products prepared at the homes of staff and parents/legal guardians are not considered to be from an inspected source, and are not permitted to be served in child care centres.

## Exceptions

- Parents/legal guardians may provide food for their own child if there is a special dietary restriction. Ensure all food is clearly labelled with the child’s name, date of delivery and ingredients. Document in a logbook all food that is brought in for special dietary restrictions
- Breastmilk supplied for a child must be clearly labelled with a child’s name, mother’s name, date of expression/delivery. Store breastmilk in a refrigerator or a freezer when received and keep it separate from other foods. Document in a logbook breastmilk that is brought in

If the child care centre permits parents/legal guardians or staff to bring in outside food for a special event or holiday (e.g., birthday parties and holiday celebrations) it must be a non-hazardous food product from an inspected source. Non-hazardous food is a food that does not require refrigeration or heating (e.g., cookies, uncut fruits or vegetables).

## Records

For all food brought and served to the children in the child care centre for a special event or holiday, logbooks should be maintained to document the source of the food and other pertinent information.

## When creating a chart to document food brought into the child care centre for a special event or holiday, the following criteria should be recorded:

- The date when the food was brought into the child care centre
- Who brought in the food (e.g., parent/legal guardian or staff)
- Where the food was purchased (e.g., name of restaurant, supermarket or bakery)
- A name or description of the food item(s)
- Any additional comments

## Ideas for birthday parties

- Make arrangements to provide simple cakes, either purchased from an inspected source or baked at the child care centre
- Provide a recommended list of inspected bakeries to parents/legal guardians based around the list of allergies of the children at the child care centre

For more information refer to *A Public Health Guide For Child Care Providers* at [york.ca/childcareguide](http://york.ca/childcareguide)



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