

# Child Care Resource List

This resource list provides early childhood educators with helpful information and materials to learn more about nutrition and physical activity. These resources can be used in child care centres for policy development, menu and program planning, and encouraging healthy eating and physical activity habits for children. Child care professionals and parents can use this information to ensure children have consistent messages and practices around healthy eating and physical activity at home and at child care.

The resources in this list meet the standards set by Alberta Health Services and align with the *Alberta Nutrition Guidelines for Children and Youth* and *Eating Well with Canada's Food Guide*. Physical activity resources align with Alberta Health Services' *Healthy Parents, Healthy Children* and the *Canadian Physical Activity Guidelines*. These resources enable Albertans to make healthy choices and live a healthy lifestyle.

## Resources are grouped into these topics:

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(Nutrition Education Resources in French)	

## How to access resources:

Click on the links in this document to access the resources listed

or

Access this list on line at the **Healthy Eating Starts Here Child Care Page** at:

<http://www.albertahealthservices.ca/nutrition/Page8941.aspx>

If you have questions about the resources please contact Nutrition Education Resources by email:

[NutritionResources@albertahealthservices.ca](mailto:NutritionResources@albertahealthservices.ca) or Phone: (780)-735-1335

Document Name	Type	Source	Descriptor
<b>Foods Served</b>			
<b>Menu Planning</b>			
Eating Well with Canada's Food Guide	Handout	Health Canada	Canada's Food Guide provides recommendations on the amount of food for individuals by age and gender as well as guidance on the quality of food sources. The website has the Food Guide in several languages, interactive tools and other resources. <a href="https://www.canada.ca/en/health-canada/services/canada-food-guides.html">https://www.canada.ca/en/health-canada/services/canada-food-guides.html</a>
Eating Well with Canada's Food Guide: A Resource for Educators and Communicators	Manual	Health Canada	Eating Well with Canada's Food Guide– A Resource for Educators and Communicators provides background information, tips and tools to complement each recommendation in Canada's Food Guide. <a href="https://www.canada.ca/content/dam/hc-sc/migration/hc-sc/fn-an/alt_formats/hpfb-dgpsa/pdf/pubs/res-educat-eng.pdf">https://www.canada.ca/content/dam/hc-sc/migration/hc-sc/fn-an/alt_formats/hpfb-dgpsa/pdf/pubs/res-educat-eng.pdf</a>
Alberta Nutrition Guidelines for Children and Youth (also available in French)	Manual	Alberta Health	The Alberta Nutrition Guidelines are aligned with Canada's Food Guide. This manual can assist Albertans to create an environment that provides and promotes healthy food choices and healthy attitudes about food. It provides organizations with the tools they need to provide children and youth with healthy food choices in child care settings, schools, recreation centres, at special events, and in the community at large. <a href="https://open.alberta.ca/dataset/1c291796-4eb0-4073-be8e-bce2d331f9ce/resource/3319786c-1df1-43ca-8693-067f733682dc/download/Nutrition-Guidelines-AB-Children-Youth.pdf">https://open.alberta.ca/dataset/1c291796-4eb0-4073-be8e-bce2d331f9ce/resource/3319786c-1df1-43ca-8693-067f733682dc/download/Nutrition-Guidelines-AB-Children-Youth.pdf</a>
Healthy Eating for Children in Childcare Centres (page 29)	Manual	Alberta Health	This booklet can help child care educators to understand the Alberta Nutrition Guidelines for Children and Youth. It is easy to read with simple steps and everyday ideas to help provide healthy food choices in child care centres. <a href="https://open.alberta.ca/publications/healthy-eating-for-children-in-childcare-centres">https://open.alberta.ca/publications/healthy-eating-for-children-in-childcare-centres</a>
Feeding Tiny Tummys (pages 10–17)	Manual	Alberta Health Services	This manual highlights key information and links to child care licensing and accreditation standards, food safety, dental health, children's and caregiver's roles in feeding young children, and tools and ideas to help plan menus. Pages 10–16 can help with planning menus in child care centres. <a href="http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-feeding-tiny-tummies.pdf">www.albertahealthservices.ca/assets/info/nutrition/if-nfs-feeding-tiny-tummies.pdf</a>
School Breakfast Program Toolkit, Menu Planning and Healthy Eating (pages 20–34)	Manual	Alberta Health Services	This toolkit is designed to be used by all members of the school community from administrators, teachers and staff, to volunteers and parent groups. Although it is designed for schools, the section on menu planning and healthy eating found on pages 20–34 may offer child care centres new ideas to plan healthy breakfast menus. <a href="http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-school-breakfast-program-toolkit.pdf">www.albertahealthservices.ca/assets/info/nutrition/if-nfs-school-breakfast-program-toolkit.pdf</a>
Healthy Drinks, Healthy Kids	Handout	Alberta Health Services	This handout provides information for early childhood educators and parents about healthy drinks for children and youth. <a href="http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-healthy-drinks-kids.pdf">www.albertahealthservices.ca/assets/info/nutrition/if-nfs-healthy-drinks-kids.pdf</a>

Document Name	Type	Source	Descriptor
Plant Based Beverages for Children	Handout	Alberta Health Services	This handout gives guidance on plant based beverages and what to look for if offering plant based beverages to children. <a href="http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-plant-based-beverages-for-children.pdf">www.albertahealthservices.ca/assets/info/nutrition/if-nfs-plant-based-beverages-for-children.pdf</a>
Eat More Vegetables and Fruit	Handout	Alberta Health Services	This handout provides tips for early childhood educators and parents to increase vegetable and fruit intake. <a href="http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-boost-your-vegetable.pdf">www.albertahealthservices.ca/assets/info/nutrition/if-nfs-boost-your-vegetable.pdf</a>
All About Sugar	Website	Alberta Health Services	This web page explains types of sugar, how to spot sugar on an ingredient list, and tips to limit added sugar. <a href="http://www.albertahealthservices.ca/nutrition/Page15212.aspx">www.albertahealthservices.ca/nutrition/Page15212.aspx</a>
Processed Food	Website	Alberta Health Services	This web page explains how to choose unprocessed or minimally processed foods more often and how to read labels to choose healthier processed foods. <a href="http://www.albertahealthservices.ca/nutrition/Page15229.aspx">www.albertahealthservices.ca/nutrition/Page15229.aspx</a>
Making Foods with Less Fat & Sugar	Handout	Alberta Health Services	This handout provides tips for early childhood educators and parents to make foods with less fat and sugar. <a href="http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-making-foods.pdf">www.albertahealthservices.ca/assets/info/nutrition/if-nfs-making-foods.pdf</a>
The Lowdown on Fats	Website	Alberta Health Services	Learn more about fat and health by visiting this web page. <a href="http://www.albertahealthservices.ca/8923.asp">www.albertahealthservices.ca/8923.asp</a>
Cooking Without Salt	Handout	Alberta Health Services	This handout gives suggestions on using flavourings such as herbs and spices instead of salt in cooking. <a href="http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-cooking-without-salt.pdf">www.albertahealthservices.ca/assets/info/nutrition/if-nfs-cooking-without-salt.pdf</a>
Choose Whole Grains	Handout	Alberta Health Services	This handout provides tips for early childhood educators and parents to choose whole grains for the health benefits of fibre and other nutrients. <a href="http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-hesh-st-choose-whole-grains.pdf">www.albertahealthservices.ca/assets/info/nutrition/if-nfs-hesh-st-choose-whole-grains.pdf</a>
Whole Grains	Website	Alberta Health Services	This web page gives tips on how to add whole grains to meals. <a href="http://www.albertahealthservices.ca/nutrition/Page5622.aspx">www.albertahealthservices.ca/nutrition/Page5622.aspx</a>
Label Reading	Website	Alberta Health Services	Learn more about reading labels by visiting this web page. <a href="http://www.albertahealthservices.ca/nutrition/Page8925.aspx">www.albertahealthservices.ca/nutrition/Page8925.aspx</a>
Tips to Spend Less Money on Food	Handout	Alberta Health Services	This handout provides ideas on choosing lower cost healthier items. <a href="http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-tips-to-spend-less-money-on-food.pdf">www.albertahealthservices.ca/assets/info/nutrition/if-nfs-tips-to-spend-less-money-on-food.pdf</a>

Document Name	Type	Source	Descriptor
<p>Healthy Eating for Young Children Nutrition Tip Sheets:</p> <p>Select:</p> <ul style="list-style-type: none"> <li>• Plan a Healthy Plate</li> <li>• Plan Healthy Snacks</li> <li>• Enjoy More Vegetables and Fruit</li> <li>• Healthy Drinks</li> <li>• Enjoy Meatless Meals</li> <li>• Fitting In Whole Grains</li> </ul>	Handout	Alberta Health Services	<p>These tips can help child care professionals and others working with children to create an environment that provides and promotes healthy food choices and healthy attitudes about food.</p> <p><a href="http://www.albertahealthservices.ca/nutrition/Page8945.aspx">www.albertahealthservices.ca/nutrition/Page8945.aspx</a></p>
<p>Nutrition Bites:</p> <p>Select:</p> <ul style="list-style-type: none"> <li>• Beans: A Great Meat Alternative!</li> <li>• What's the Scoop on New Drink Products?</li> <li>• Sugar Sources</li> <li>• Fuelling Active Kids</li> </ul>	Handout	Alberta Health Services	<p>These are one-page nutrition topics for parents, teachers and those promoting healthy eating to school age children.</p> <p><a href="http://www.albertahealthservices.ca/nutrition/Page6457.aspx">www.albertahealthservices.ca/nutrition/Page6457.aspx</a></p>
<p>Raising Our Healthy Kids Videos:</p> <p>Search for:</p> <ul style="list-style-type: none"> <li>• Healthy Drinks, Healthy Kids</li> <li>• Healthy Beverages Choose Water</li> <li>• Enjoy More Vegetables and Fruit</li> </ul>	Video	Alberta Health Services	<p>Raising Our Healthy Kids is a series of 60-90 second videos with up-to-date health information for parents and care providers. The videos are easy to access and download online.</p> <p><a href="https://vimeo.com/channels/875781">https://vimeo.com/channels/875781</a></p>
<b>Menu Planning – Allergies and Food Safety</b>			
Health Canada: Food Safety	Website	Health Canada	<p>This website provides detailed information on food safety.</p> <p><a href="http://www.canada.ca/en/health-canada/services/food-nutrition/food-safety/safe-food-handling-tips.html">www.canada.ca/en/health-canada/services/food-nutrition/food-safety/safe-food-handling-tips.html</a></p>
Allergies	Website	Alberta Health Services	<p>This website page provides direct links to the food allergy and intolerance information on the Health Canada website, along with links to Anaphylaxis Canada and Allergy Safe Communities websites.</p> <p><a href="http://www.albertahealthservices.ca/nutrition/Page8944.aspx">www.albertahealthservices.ca/nutrition/Page8944.aspx</a></p>

Document Name	Type	Source	Descriptor
Feeding Tiny Tum mies (pages 6–8)	Manual	Alberta Health Services	This manual highlights key information and links to child care licensing and accreditation standards, food safety, dental health, children’s and caregiver’s roles in feeding young children and tools and ideas to help plan menus. Pages 6–8 provide information and links about safe food handling. <a href="http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-feeding-tiny-tummies.pdf">www.albertahealthservices.ca/assets/info/nutrition/if-nfs-feeding-tiny-tummies.pdf</a>
Nutrition Bites: Select: • Allergy Awareness at Special Events	Handout	Alberta Health Services	These are one-page nutrition topics for parents, teachers and those promoting healthy eating to school age children. <a href="http://www.albertahealthservices.ca/nutrition/Page6457.aspx">www.albertahealthservices.ca/nutrition/Page6457.aspx</a>
<b>Meal and Snack Ideas</b>			
Child Care Recipes	Website	Alberta Health Services	This website provides recipes that meet the Choose Most Often criteria from the Alberta Nutrition Guidelines for Children and Youth. They are scaled to 50 servings to meet the needs of your child care centre. <a href="http://www.albertahealthservices.ca/nutrition/Page8943.aspx">www.albertahealthservices.ca/nutrition/Page8943.aspx</a>
Inspiring Healthy Eating Recipes	Website	Alberta Health Services	This website provides healthy recipe ideas. They are organized by category: breakfast, salads, soups, entrees, snacks, dips, low sodium, drinks, baked goods, desserts. <a href="http://www.albertahealthservices.ca/nutrition/Page10996.aspx">www.albertahealthservices.ca/nutrition/Page10996.aspx</a>
Quick and Easy Meals	Handout	Alberta Health	This handout provides quick and easy meal ideas for early childhood educators and parents. <a href="http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-quick-and-easy-meals.pdf">www.albertahealthservices.ca/assets/info/nutrition/if-nfs-quick-and-easy-meals.pdf</a>
Healthy Meals... Starting Simple	Handout	Alberta Health Services	This handout provides simple meal ideas including items from each of the four food groups. <a href="http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-healthy-meals-starting-simple.pdf">www.albertahealthservices.ca/assets/info/nutrition/if-nfs-healthy-meals-starting-simple.pdf</a>
What’s for Lunch?	Handout	Alberta Health Services	This handout provides lunch ideas for early childhood educators and parents when planning lunches. <a href="http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-whats-for-lunch.pdf">www.albertahealthservices.ca/assets/info/nutrition/if-nfs-whats-for-lunch.pdf</a>
Wake Up to Breakfast Every Day	Handout	Alberta Health Services	This handout provides breakfast ideas for early childhood educators and parents. <a href="http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-wake-up-to-breakfast.pdf">www.albertahealthservices.ca/assets/info/nutrition/if-nfs-wake-up-to-breakfast.pdf</a>
Healthy Snacking	Handout	Alberta Health Services	This handout provides snack ideas for early childhood educators and parents. <a href="http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-healthy-snacking.pdf">www.albertahealthservices.ca/assets/info/nutrition/if-nfs-healthy-snacking.pdf</a>
Snacks for Children	Handout	Alberta Health Services	This handout shows pictures of <i>Choose Most Often</i> , <i>Choose Sometimes</i> and <i>Choose Least Often</i> snack ideas for children four years and older. It provides information for early childhood educators and parents and can be used to talk to children about healthy snacks. <a href="http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-snacks-for-children.pdf">www.albertahealthservices.ca/assets/info/nutrition/if-nfs-snacks-for-children.pdf</a>

Document Name	Type	Source	Descriptor
Nutrition Bites:  Select: <ul style="list-style-type: none"> <li>Meals and Snacks on the Run</li> </ul>	Handout	Alberta Health Services	These are one-page nutrition topics for parents, teachers and those promoting healthy eating to children. <a href="http://www.albertahealthservices.ca/nutrition/Page6457.aspx">www.albertahealthservices.ca/nutrition/Page6457.aspx</a>
<b>Healthy Eating Environment</b>			
<b>Encourage Healthy Eating Habits</b>			
Alberta Nutrition Guidelines for Children and Youth (pages 11, 35 and 76–78)	Manual	Alberta Health	This manual can assist Albertans to create an environment that provides and promotes healthy food choices and healthy attitudes about food. Page 11 discusses creating environments that support healthy food choices; page 35 discusses how child care facilities can create environments that support healthy food choices; page 76–78 provides guidelines for policy development. <a href="https://open.alberta.ca/publications/">https://open.alberta.ca/publications/</a>
Healthy Eating for Children in Childcare Centres (pages 4–8 and 32)	Manual	Alberta Health	This booklet can help you understand the Alberta Nutrition Guidelines for Children and Youth. It is easy to read with simple steps and everyday ideas to help provide healthy food choices in child care centres. <a href="https://open.alberta.ca/publications/healthy-eating-for-children-in-childcare-centres">https://open.alberta.ca/publications/healthy-eating-for-children-in-childcare-centres</a>
Feeding Toddlers and Young Children	Handout	Alberta Health Services	This handout explains a positive feeding relationship and gives ideas that might help with common eating behaviours in toddlers and young children. <a href="http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-feeding-toddlers-and-young-children.pdf">www.albertahealthservices.ca/assets/info/nutrition/if-nfs-feeding-toddlers-and-young-children.pdf</a>
Healthy Parents Healthy Children Search pages 199–202	Website	Alberta Health Services	This book and accompanying website is a practical guide to being a parent. It provides reliable information about how to help children grow, learn and be healthy in the early years. <a href="http://www.healthyparentshealthychildren.ca/">www.healthyparentshealthychildren.ca/</a>
Healthy School Fundraising	Handout	Alberta Health Services	This handout provides steps to help your school create a healthy fundraising policy. It includes tips for successful fundraising and a variety of healthy fundraising ideas. <a href="http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-healthy-fundraising.pdf">www.albertahealthservices.ca/assets/info/nutrition/if-nfs-healthy-fundraising.pdf</a>
Healthy Eating for Young Children Nutrition Tip Sheets:  Select: <ul style="list-style-type: none"> <li>Children Learn by Watching You</li> <li>Eat Together</li> <li>Think Beyond a Single Meal</li> </ul>	Handout	Alberta Health Services	These tips can help child care professionals and others working with children to create an environment that provides and promotes healthy food choices and healthy attitudes about food. <a href="http://www.albertahealthservices.ca/nutrition/Page8945.aspx">www.albertahealthservices.ca/nutrition/Page8945.aspx</a>

Document Name	Type	Source	Descriptor
Nutrition Bites: Select: • Picky Eaters	Handout	Alberta Health Services	This is a one-page nutrition topic for parents, teachers and those promoting healthy eating to school age children. <a href="http://www.albertahealthservices.ca/nutrition/Page6457.aspx">www.albertahealthservices.ca/nutrition/Page6457.aspx</a>
Raising Our Healthy Kids Videos: Search for: • Role Model Healthy Eating • Eat Together: Role Modelling • Follow the Feeding Relationship: Patience Works Better than Pressure • The Feeding Relationship	Video	Alberta Health Services	Raising Our Healthy Kids is a series of 60–90 second videos with up-to-date health information for parents and care providers. The videos are easy to access and download online. <a href="https://vimeo.com/channels/rohkplay">https://vimeo.com/channels/rohkplay</a>

## Healthy Eating Program Planning

### Nutrition Program Planning

Alberta Nutrition Guidelines for Children and Youth (pages 11 and 55)	Manual	Alberta Health Services	This manual can help assist Albertans to create an environment that provides and promotes healthy food choices and healthy attitudes about food. See page 11, “Creating environments that support healthy food choices” and page 55, “Schools can create environments that support healthy food choices”. <a href="https://open.alberta.ca/publications/">https://open.alberta.ca/publications/</a>
Feeding Toddlers and Young Children	Handout	Alberta Health Services	This handout explains a positive feeding relationship and gives ideas that might help with common eating behaviours in toddlers and young children. <a href="http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-feeding-toddlers-and-young-children.pdf">www.albertahealthservices.ca/assets/info/nutrition/if-nfs-feeding-toddlers-and-young-children.pdf</a>
Healthy Eating for Young Children Nutrition Tip Sheets: Select • Healthy Celebrations	Handout	Alberta Health Services	These tips can help child care professionals and others working with children to create an environment that provides and promotes healthy food choices and healthy attitudes about food. <a href="http://www.albertahealthservices.ca/nutrition/Page8945.aspx">www.albertahealthservices.ca/nutrition/Page8945.aspx</a>
Nutrition Bites: Select: Healthy Parties and Events for Kids	Handout	Alberta Health Services	This is a one-page nutrition topic for parents, teachers and those promoting healthy eating to children. <a href="http://www.albertahealthservices.ca/nutrition/Page6457.aspx">www.albertahealthservices.ca/nutrition/Page6457.aspx</a>

## Nutrition Education for Staff, Children and Families

Healthy Parents Healthy Children Search 'feeding toddlers'	Website	Alberta Health Services	A practical guide to being a parent. Get reliable information about how to help your children grow, learn and be healthy in the early years. <a href="http://www.healthyparentshealthychildren.ca/">www.healthyparentshealthychildren.ca/</a>
Healthy Eating Starts Here Posters	Posters	Alberta Health Services	The poster series Healthy Eating Starts Here: Steps to a Healthier You gives workplaces easy and visually appealing healthy eating tips. <a href="http://www.albertahealthservices.ca/nutrition/Page11646.aspx">www.albertahealthservices.ca/nutrition/Page11646.aspx</a>
Healthy Eating Resources for Families	Website	Alberta Health Services	These resources provide individuals, parents, families, child cares, schools and workplaces more guidance on healthy eating. <a href="http://www.albertahealthservices.ca/nutrition/Page2914.aspx">www.albertahealthservices.ca/nutrition/Page2914.aspx</a>
Healthy Eating for Young Children Nutrition Tip Sheets:  Select: <ul style="list-style-type: none"> <li>Plan a Healthy Plate</li> <li>How to Find Whole Grains</li> </ul>	Handout	Alberta Health Services	These tips can help child care professionals and others working with children to create an environment that provides and promotes healthy food choices and healthy attitudes about food. <a href="http://www.albertahealthservices.ca/nutrition/Page8945.aspx">www.albertahealthservices.ca/nutrition/Page8945.aspx</a>
Nutrition Bites:  Select: <ul style="list-style-type: none"> <li>Healthy After School Snacking</li> <li>A Recipe for Family Meal Time</li> </ul>	Handout	Alberta Health Services	These are one-page nutrition topics for parents, teachers and those promoting healthy eating to children. <a href="http://www.albertahealthservices.ca/nutrition/Page6457.aspx">www.albertahealthservices.ca/nutrition/Page6457.aspx</a>
Raising Our Healthy Kids Videos:  Search for: <ul style="list-style-type: none"> <li>Regular meals kids can count on</li> <li>Role Model Healthy Eating</li> <li>Eat Together: Role Modelling</li> <li>Follow the Feeding Relationship: Patience Works Better than Pressure</li> <li>The Feeding Relationship</li> </ul>	Video	Alberta Health Services	Raising Our Healthy Kids is a series of 60–90 second videos with up-to-date health information for parents and care providers. The short videos are easy to access and download online. <a href="https://vimeo.com/channels/rohkplay">https://vimeo.com/channels/rohkplay</a>

Nutrition Resource Kit Kindergarten to Grade 3	Manual	Alberta Health Services	<p>These lesson plans meet Alberta Education's Health and Life Skills Curriculum Outcomes. Each plan includes background information for teachers and student activities on nutrition, Canada's Food Guide, physical activity and body image, among many other health topics.</p> <p>Kindergarten:  <a href="http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-nr-kit-k.pdf">www.albertahealthservices.ca/assets/info/nutrition/if-nfs-nr-kit-k.pdf</a>  Grade 1:  <a href="http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-nr-kit-gr1.pdf">www.albertahealthservices.ca/assets/info/nutrition/if-nfs-nr-kit-gr1.pdf</a>  Grade 2:  <a href="http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-nr-kit-gr2.pdf">www.albertahealthservices.ca/assets/info/nutrition/if-nfs-nr-kit-gr2.pdf</a>  Grade 3:  <a href="http://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-nr-kit-gr3.pdf">www.albertahealthservices.ca/assets/info/nutrition/if-nfs-nr-kit-gr3.pdf</a></p>
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## Physical Activity Environment

### Physical Activity Guidelines

Canadian Physical Activity and Sedentary Behaviour Guidelines	Handout	Canadian Society for Exercise Physiology	<p><b>Children 0 to 4 years:</b>  Canadian Physical Activity Guidelines  <a href="http://www.csep.ca/CMFiles/Guidelines/CSEP_PAGuidelines_early-years_en.pdf">www.csep.ca/CMFiles/Guidelines/CSEP_PAGuidelines_early-years_en.pdf</a></p> <p>Canadian Sedentary Behaviour Guidelines  <a href="http://www.csep.ca/CMFiles/Guidelines/CSEP_SBGuidelines_early-years_en.pdf">www.csep.ca/CMFiles/Guidelines/CSEP_SBGuidelines_early-years_en.pdf</a></p> <p><b>Children 5 to 17 years:</b>  Canadian 24-HOUR Movement Guidelines for Children and Youth  <a href="http://www.csep.ca/CMFiles/Guidelines/24hrGlines/Canadian24HourMovementGuidelines2016.pdf">http://www.csep.ca/CMFiles/Guidelines/24hrGlines/Canadian24HourMovementGuidelines2016.pdf</a></p>
Healthy Parents, Healthy Children Search “ <i>physical activity and play for toddlers and preschoolers</i> ”	Website	Alberta Health Services	<p>A practical guide to being a parent. Get reliable information about how to help your children grow, learn and be healthy in the early years.  <a href="http://www.healthyparentshealthychildren.ca/">www.healthyparentshealthychildren.ca/</a>  Search “physical activity and play for toddlers and preschoolers”</p>
Healthy Parents, Healthy Children See pages: 16, 35, 56–61, 219–220, 245, 247, 253, 257, 275 280, 289	Book	Alberta Health Services	<p>A practical guide to being a parent. Get reliable information about how to help your children grow, learn and be healthy in the early years.  Healthy Parents, Healthy Children  <a href="http://www.applemag-digital.com/applemag/healthyparents_healthychildren_the_early_years?pg=1#pg1">http://www.applemag-digital.com/applemag/healthyparents_healthychildren_the_early_years?pg=1#pg1</a></p>
Have a Ball Together	Website	Best Start	<p>This website provides parents, families, caregivers and educators the tools needed to promote and encourage physical activity for children birth to 6 years.  <a href="http://www.haveaballtogether.ca/">www.haveaballtogether.ca/</a></p>

Raising Our Healthy Kids Videos:  Search for: <ul style="list-style-type: none"> <li>• Active Every Day!</li> <li>• Active for Life</li> <li>• Get Outdoors and Explore!</li> <li>• Playing is Learning</li> <li>• Use your feet instead of your Seat</li> </ul>	Video	Alberta Health Services	Raising Our Healthy Kids is a series of 60–90 second videos with up-to-date health information for parents and care providers. These short videos can help Canadian families' live healthier lives. The play and physical activity videos are easy to access and download online. <a href="https://vimeo.com/channels/rohkplay">https://vimeo.com/channels/rohkplay</a>
This is Me: Article 31 and a Child's Right to Play	Video	International Play Association	A video that outlines the importance of play and impact on a child's healthy growth and development. <a href="http://www.youtube.com/watch?v=5tjRPWPhlFA">www.youtube.com/watch?v=5tjRPWPhlFA</a>
Physical activity: be a role model Activity: Are your kids getting enough Sit less, move more!	Video	Canadian Pediatric Society	Active Kids, Healthy Kids: A series of 3 videos that focus on the importance of being a role model, being physically active and reducing screen time for healthy growth and development. <a href="http://www.youtube.com/playlist?list=PL9Iq1PiiDifGqyiurJLOKBwfOa4b9B3gu">www.youtube.com/playlist?list=PL9Iq1PiiDifGqyiurJLOKBwfOa4b9B3gu</a>
<b>Physical Activity Ideas for Children</b>			
Have a Ball Together "Activities and Games"	Website	Best Start	This website provides parents, families, caregivers and educators activity suggestions to encourage physical activity for children birth to 6 years. <a href="http://haveaballtogether.ca/activities/">http://haveaballtogether.ca/activities/</a>
<b>Additional Links</b>			
These links offer many useful resources, but some may not fully align with the Alberta Nutrition Guidelines for Children and Youth. Please use these resources along with resources that promote the Alberta Nutrition Guidelines for Children and Youth.			
<b>Additional Links–Foods Served</b>			
<b>Menu Planning</b>			
Tips and Recipes for Quantity Cooking: Nourishing Minds and Bodies (pages 2–14)	Manual	Dietitians of Canada	This resource includes a selection of delicious recipes, tips on how to choose healthy recipes, and substitutions to make favourite recipes healthier. Tips and Recipes for Quantity Cooking supports schools in meeting the 2013 edition of the Guidelines for Food and Beverages Sales in British Columbia schools and is helpful for people who prepare meals and snacks, including food services staff, chef instructors, caterers, students and Parent Advisory Councils. <a href="http://healthyeatingatschool.ca/uploads/Tips_and_Recipes_2014.pdf">http://healthyeatingatschool.ca/uploads/Tips_and_Recipes_2014.pdf</a>
AHS Cooking Basics: Easy Recipes, Fruit, Vegetables	video	Alberta Health Services	These videos include basic instruction on easy recipes and cooking fruit and vegetables. <a href="http://www.youtube.com/playlist?list=PLi1tOF1I5ZoUQy0PVPnI_ASXcxt6wM0L">www.youtube.com/playlist?list=PLi1tOF1I5ZoUQy0PVPnI_ASXcxt6wM0L</a>

How to Feed Your Growing Child	Handout	Best Start Resource Centre Ontario	This pictorial handout provides information on feeding children from ages 2 to 5. <a href="http://www.beststart.org/resources/nutrition/pdf/HTFC-ENG.pdf">www.beststart.org/resources/nutrition/pdf/HTFC-ENG.pdf</a>
Video Series on Preschool Nutrition	Video	Dietitians of Canada	These videos include topics on: <ul style="list-style-type: none"> <li>• milk products and your preschooler: how much and which ones</li> <li>• vegetables &amp; fruit and your preschooler: how much and which ones</li> <li>• meat &amp; alternatives and your preschooler: how much and which ones</li> <li>• grains and your preschooler: how much and which ones</li> </ul> <a href="http://www.youtube.com/playlist?list=PL7idXfenTorCLZeFmiD1ZVshMLzhBvwHv">www.youtube.com/playlist?list=PL7idXfenTorCLZeFmiD1ZVshMLzhBvwHv</a>
Healthy Eating Guidelines for Vegans	Handout	Dietitians of Canada	This handout includes healthy eating guidelines for vegans. It goes through the steps to plan meals and snacks while following Canada's Food Guide. <a href="http://www.dietitians.ca/Your-Health/Nutrition-A-Z/Vegetarian-Diets/Eating-Guidelines-for-Vegans.aspx">www.dietitians.ca/Your-Health/Nutrition-A-Z/Vegetarian-Diets/Eating-Guidelines-for-Vegans.aspx</a>

### Menu Planning – Allergies and Food Safety

Allergy Safe Child Care Facilities– multiple languages	Website	HealthLink BC	This website includes information on food allergies and guidelines to ensure a child care facility is allergy safe. <a href="http://www.healthlinkbc.ca/healthfiles/hfile100c.stm">www.healthlinkbc.ca/healthfiles/hfile100c.stm</a>
Food Safety in Child Care Facilities– multiple languages	Website	HealthLink BC	This website includes guidelines for proper food handling at home and in child care facilities. <a href="http://www.healthlinkbc.ca/healthfiles/hfile59d.stm">www.healthlinkbc.ca/healthfiles/hfile59d.stm</a>
Choking and your preschooler: how to prevent it	Video	Dietitians of Canada	This video can help you learn how to reduce your preschooler's choking risk and what to do if your child has problems. <a href="http://www.youtube.com/watch?v=PBCu5f8SGFo">www.youtube.com/watch?v=PBCu5f8SGFo</a>

### Additional Links–Healthy Eating Environment

#### Encourage Healthy Eating Habits

Cooking with Kids of different ages	Website	Eat Right Ontario	This website provides tips to get children and toddlers cooking and recipes to try. <a href="http://www.eatrightontario.ca/en/Articles/Child-Toddler-Nutrition/Cooking-with-Kids.aspx">www.eatrightontario.ca/en/Articles/Child-Toddler-Nutrition/Cooking-with-Kids.aspx</a>
Nutrition Handbook for Early Learning and Child Care	Manual	Government of Manitoba	This handbook supports Manitoba's <i>Best Practices Licensing Manuals</i> by providing practical advice that can be adapted to meet the individual needs of each facility. Page 7 discusses building relationships with families, and page 5–7 provides information on culture, religion and food. <a href="http://www.gov.mb.ca/healthyliving/foodinchildcare/docs/nutritionhandbook/handbook.pdf">www.gov.mb.ca/healthyliving/foodinchildcare/docs/nutritionhandbook/handbook.pdf</a>
Manual for Food and Nutrition in Regulated Child Care Settings	Manual	Government of Nova Scotia	This manual supports Standards for Food and Nutrition in Regulated Care Settings (Nova Scotia). Pages A18–21 focuses on positive meal and snack environments and modeling positive attitudes. Page B3 focuses on family involvement and communication. <a href="http://www.novascotia.ca/coms/families/provider/documents/Manual-Food_and_Nutrition.pdf">www.novascotia.ca/coms/families/provider/documents/Manual-Food_and_Nutrition.pdf</a>

## Additional Links–Healthy Eating Program Planning

Nutrition Handbook for Early Learning and Child Care (page 22–23)	Manual	Government of Manitoba	This handbook supports the Best Practices Licensing Manuals by providing practical advice that can be adapted to meet the individual needs of each facility. Page 22–23 provides ideas to involve children in food preparation. <a href="http://www.gov.mb.ca/healthyliving/foodinchildcare/docs/nutritionhandbook/handbook.pdf">www.gov.mb.ca/healthyliving/foodinchildcare/docs/nutritionhandbook/handbook.pdf</a>
Manual for Food and Nutrition in Regulated Child Care Settings	Manual	Government of Nova Scotia	This manual supports Standards for Food and Nutrition in Regulated Care Settings (Nova Scotia). Page B4 reviews opportunities for children to learn about nutrition. <a href="http://www.novascotia.ca/coms/families/provider/documents/Manual-Food_and_Nutrition.pdf">www.novascotia.ca/coms/families/provider/documents/Manual-Food_and_Nutrition.pdf</a>

## Ressources Éducatives Sur La Nutrition Publiées En Français (Nutrition Education Resources in French)

### Créer Des Environnements Alimentaires Sains

Lignes Directrices De L'Alberta En Matière De Nutrition Pour Les Enfants Et Les Jeunes	Manual	Alberta Health	<i>(Alberta Nutrition Guidelines for Children and Youth – French translation)</i> Ces lignes directrices aident les Albertains et les Albertaines à créer un environnement qui offre des choix d'aliments sains et d'attitudes saines envers les aliments et en fait la promotion. Elles permettent de fournir aux établissements et aux organismes les outils nécessaires pour offrir aux enfants et aux jeunes des choix d'aliments sains dans les centres de la petite enfance, les écoles, les centres récréatifs, les événements spéciaux ainsi que dans l'ensemble de la communauté. <a href="https://open.alberta.ca/publications/alimentation-saine-des-enfants-et-des-jeunes-dan-les-ecoles">https://open.alberta.ca/publications/alimentation-saine-des-enfants-et-des-jeunes-dan-les-ecoles</a>
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### Bien manger

Guide alimentaire canadien	Handout	Santé Canada	<i>(Canada's Food Guide – French translation)</i> Le guide alimentaire donne de l'information sur les quantités d'aliments nécessaires, les types d'aliments bons pour la santé et les avantages de l'activité physique dans votre journée. Ce guide est offert en anglais, en français et dans 10 autres langues. <a href="http://www.canada.ca/fr/sante-canada/services/guides-alimentaires-canada.html">www.canada.ca/fr/sante-canada/services/guides-alimentaires-canada.html</a>
Bien manger avec le Guide alimentaire canadien- Premières Nations, Inuits et Métis	Handout	Santé Canada	<i>(Canada's Food Guide for First Nations, Inuit, Métis – French translation)</i> On a conçu ce guide alimentaire spécialement pour les Premières Nations, les Inuits et les Métis. Il comprend des mets traditionnels et des aliments achetés en magasin qui sont généralement disponibles, abordables et accessibles partout dans le Canada. <a href="http://www.canada.ca/fr/sante-canada/services/aliments-nutrition/rapports-publications/bien-manger-guide-alimentaire-canadien-premieres-nations-inuit-metis.html">www.canada.ca/fr/sante-canada/services/aliments-nutrition/rapports-publications/bien-manger-guide-alimentaire-canadien-premieres-nations-inuit-metis.html</a>
Bien manger avec le Guide alimentaire canadien- Ressource à l'intention des éducateurs et communicateurs	Manual	Santé Canada	<i>(Eating Well with Canada's Food Guide- A Resource for Educators and Communicators- French Translation)</i> Ce guide offre de l'information approfondie, des conseils et des outils pour compléter chaque recommandation du Guide alimentaire canadien. L'information a été conçue à l'intention des éducateurs et communicateurs. <a href="http://www.canada.ca/content/dam/hc-sc/migration/hc-sc/frn-an/alt_formats/hpfb-dgpsa/pdf/pubs/res-educat-fra.pdf">www.canada.ca/content/dam/hc-sc/migration/hc-sc/frn-an/alt_formats/hpfb-dgpsa/pdf/pubs/res-educat-fra.pdf</a>

Mon guide alimentaire	Tool	Santé Canada	<p><i>(My Food Guide – French translation)</i>  Il s'agit d'un outil interactif qui offre la possibilité de personnaliser l'information qui figure dans le Guide alimentaire canadien. Vous pouvez créer votre propre guide alimentaire en saisissant votre information personnelle, comme votre âge et votre sexe, en sélectionnant divers aliments des quatre groupes alimentaires et en choisissant différents types d'activités physiques.</p> <p><a href="http://www.canadiensensante.gc.ca/eating-nutrition/healthy-eating-saine-alimentation/food-guide-aliment/my-guide-mon-guide/index-fra.php">www.canadiensensante.gc.ca/eating-nutrition/healthy-eating-saine-alimentation/food-guide-aliment/my-guide-mon-guide/index-fra.php</a></p>
Fiche de suivi: mes portions du Guide alimentaire	Tool	Santé Canada	<p><i>(My Food Guide Servings Tracker – French translation)</i>  Imprimez cette fiche et utilisez-la pour faire un suivi de la quantité et des types d'aliments que vous consommez chaque jour. Vous pouvez aussi comparer ce que vous mangez avec les recommandations qui figurent dans le Guide alimentaire canadien.</p> <p><a href="http://www.canada.ca/fr/sante-canada/services/aliments-nutrition/guide-alimentaire-canadien/fiche-suivi-mes-portions.html">www.canada.ca/fr/sante-canada/services/aliments-nutrition/guide-alimentaire-canadien/fiche-suivi-mes-portions.html</a></p>
Comment nourrir votre enfant (de 2 à 5 ans)	Handout	Best Start Resource Centre Ontario	<p><i>(How to Feed Your Growing Child ages 2 to 5 – French translation)</i>  Cette ressource facilement compréhensible, fournit de l'information sur l'alimentation des enfants de 2 à 5 ans.</p> <p><a href="http://www.beststart.org/resources/nutrition/pdf/HTFC-FRN.pdf">www.beststart.org/resources/nutrition/pdf/HTFC-FRN.pdf</a></p>
Élever des enfants en santé	Video	Eat Right Ontario	<p><i>(Raising our healthy kids (videos)– French translation)</i>  En savoir plus sur élever les nourrissons en santé, enfants d'âge préscolaire et les enfants d'âge scolaire.</p> <p><a href="http://www.eatrightontario.ca/fr/Videos/Elever-des-enfants-en-sante.aspx">www.eatrightontario.ca/fr/Videos/Elever-des-enfants-en-sante.aspx</a></p>

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