



Nutrition for Early Learning and Child Care

Manitoba Early Learning and Child Care - Licensing Guidelines For Food Provided

If a **meal** is served, providers must offer at least:

- 2 selections from the **vegetables and fruit** group
- 1 selection from the **grain products** group
- 1 selection from the **milk and alternatives** group and/or 1 selection from the **meat and alternatives** group

If a **snack** is served, providers must offer at least:

- 1 selection from the **vegetables and fruit** group
- 1 selection from **any other food group** (grain products, milk and alternatives or meat and alternatives)

For more information search Health Canada's website for Canada's Food Guide

Are you looking for new ideas that taste great and meet the licensing guidelines? See below for creative ideas that are budget and child-friendly. Also check out our website for recipes and more ideas – manitoba.ca/health/foodinchildcare/

Sample Meals

- Tuna casserole with green peas and orange slices
- Scrambled eggs with broccoli, whole wheat toast and apple sauce
- Bean burritos with salsa and pear slices
- Pasta salad (whole wheat pasta, broccoli, celery, carrots, cheese, chickpeas, etc.) and apple crisp
- Squash and carrot mac and cheese with melon slices
- Vegetarian chili with pita wedges and fruit cocktail

Sample Snacks

- Yogurt parfait (yogurt, frozen berries and nut-free granola or whole grain breakfast cereal)
- Apple cinnamon muffin and a banana
- Quesadillas (whole wheat tortilla, with melted cheese and bell peppers) with salsa
- Oatmeal with thawed, mashed frozen fruit
- Bean dip with carrot sticks
- Oatmeal raisin cookies with apple slices
- ¼ multigrain bagel with SunButter™ or WowButter™ and pineapple tidbits
- Mandarin orange and string cheese