

Helpful Websites/ Resources

Call toll free to get assistance from the
Child Care Nutrition Support Team (1-888-547-0535)
or visit our website at manitoba.ca/healthyliving/foodinchildcare

Nutrition information

Calgary Health Region: *Snacktivity Box*:

www.nscr.bc.ca/childcare/resource-pdf/DaycareToolkit.pdf

Dairy Farmers of Manitoba: www.milk.mb.ca

Dietitians of Canada: www.dietitians.ca

Ellyn Satter Institute: www.ellynsatterinstitute.org/index.php

Fruits and Veggies! Half Your Plate: www.5to10aday.com

Health Canada. *Eating Well With Canada's Food Guide*:

www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php

Nutrition for Kids: <http://nutritionforkids.com/>

Nutri-eSTEP. Nutrition Screening Tool for Toddlers and Preschoolers: www.nutritionscreen.ca/

Ontario Public Health Association. Nutrition Resource Centre: www.nutritionrc.ca/

PEI Healthy Eating Alliance: www.healthyeatingpei.ca/

* For general nutrition information contact Dial-a-Dietitian at 1-877-830-2892
(call 204-788-8248 in Winnipeg)

Infant nutrition

Dietitians of Canada. Infant Feeding: www.dietitians.ca/Dietitians-Views/Prenatal-and-Infant/Infant-Feeding.aspx

Health Canada. Infant Feeding: www.hc-sc.gc.ca/fn-an/nutrition/infant-nourisson/index-eng.php

Manitoba Healthy Living and Seniors. Healthy Eating for Infants and Children:
www.gov.mb.ca/healthyliving/hlp/nutrition/children.html

Nutrition for Healthy Term Infants: Recommendations from Six to 24 Months:

www.hc-sc.gc.ca/fn-an/nutrition/infant-nourisson/recom/index-eng.php

Allergies

Anaphylaxis Canada: www.anaphylaxis.ca/

Allergy/Asthma Information Association: www.aaia.ca/en/index.htm

Government of Manitoba. *Caring for our children with anaphylaxis in a child care program*:
www.gov.mb.ca/fs/childcare/pubs/anaphylaxis_booklet.pdf

Health Canada. Food Allergies: www.hc-sc.gc.ca/hl-vs/iyh-vsv/food-aliment/allerg-eng.php

Recipes and cooking

BC Healthy Living Alliance. *Bake Better Bites: Recipes and Tips for Healthier Baked Goods*:
<http://www.bchealthyliving.ca/bake-better-bites-recipes-and-tips-for-healthier-baked-goods/>

Eat Right Ontario. *Healthier choices for Multicultural Cuisines*:
www.eatrightontario.ca/en/Articles/Dining-Out/Healthier-choices-for-Multicultural-Cuisines.aspx#.UqdrWrCx5Vc

Government of Manitoba. Healthy Child Manitoba. *Family Favourite Foods: Recipes from the Healthy Baby Program*: www.gov.mb.ca/healthychild/healthybaby/hb_cookbook.pdf

Government of Ontario. *Bake it Up – Tasty treats for healthier school bake sales*:
www.eatrightontario.ca/EatRightOntario/media/ERO_PDF/en/School/Bake_It_Up_final.pdf

Kids in the Kitchen: How to set up your kids cooking club:
www.milk.mb.ca/product-category/for-a-fee-resources/page/2/