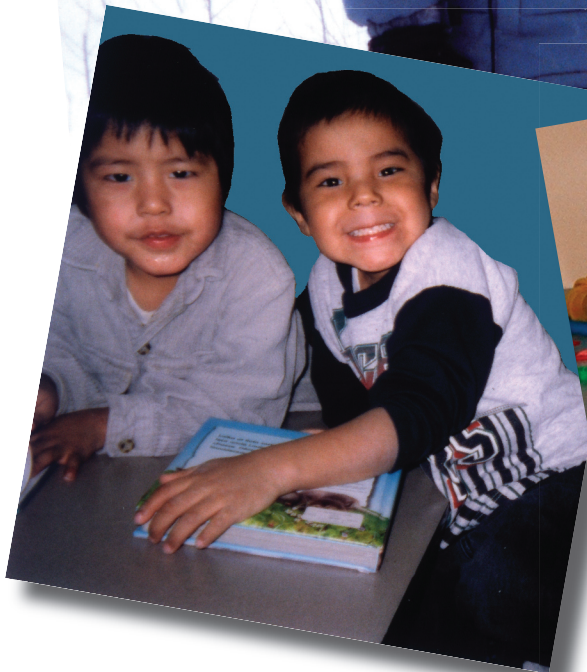


Practical handbook

Eating well
is important!





The FNQLHSSC is happy to present you with this Nutrition Kit that we hope will be useful to you in providing healthy meals to children and families in your community.

This project is a follow-up to the recommendations of people working in the First Nations Head Start Programs and Child Care services/CPE from the different communities.

Last summer 2004, we conducted a survey throughout the communities, and based on the data collected, we initiated this project. All of the material was developed based on the eating habits and food supply found in the communities.

This kit contains:

- a calendar of menus;
- a recipe book; and,
- a practical handbook.

The calendar of menus:

This calendar is divided into 4 sections representing the four (4) seasons. Each season contains four (4) weeks of menus based on the eating habits and food supply within the four (4) regions, which are symbolized by the four (4) directions: North, South, East and West.

Communities have been divided up into the following groups:

- 1) The menu for the Northern communities applies to the Naskapi community and one Innu community: Matikemosh;
- 2) The menu for the Southern communities is adapted to the Mohawk, Abenaki and Huron-Wendat communities;
- 3) The menu for the Eastern communities applies to (7) Innu communities and also to the Mig'maq communities;
- 4) The menu for the Western communities applies to the Algonquin and Atikamekw communities and also to one Innu community: Mashteuiatsh.

The recipe book:

This book contains 104 recipes which have been adapted to the eating habits and food supplies depending on the season for each of the four (4) regions.

The practical handbook:

You will be provided with useful tips on:

- How to use the menus
- Calculating portions and adjusting recipes
- Purchasing foods
- Cleanliness and hygiene
- Preparing recipes
- Quantities and beverages to serve
- Precautions to take with game meat
- Table of food conservation periods
- List of resources

We hope that this material will contribute to increasing your wish to offer healthy foods to the children and families in your community, as well as helping them growing up healthy and decreasing the risks of developing chronic diseases such as diabetes.

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We wish to acknowledge the excellent work of Ms Marie-France David, Dt.P., M.Sc. in this project. Her expertise allowed us to develop balanced menus and recipes adapted to the eating habits and food supplies found in each community.

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To all of you, thank you.

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INTRODUCTION

As a parent and/or employee of a daycare, you have a great responsibility since you must decide what foods to offer children. What you give children to eat is what will help them grow up healthy and help their concentration at school. The meals and snacks you serve could even protect the children from diabetes, a disease that particularly affects First Nations peoples.

But what foods should you give to children to keep them healthy?

A healthy meal contains at least one food from each of the 4 food groups:

- 1) Fruits and vegetables
- 2) Game or meat, fish, eggs or other foods that replace meat (tofu, legumes such as chick peas, kidney beans, lentils...)
- 3) Whole-grain bannock, bread and cereals (ex: whole-wheat bannock, whole-wheat bread, oatmeal, multigrain Cheerios...)
- 4) Dairy products and other foods containing calcium



To keep children healthy, it is important to avoid giving them the following foods and beverages...



Traditional foods are included in the four food groups and offer several advantages in comparison to storebought foods

- Meats such as moose, venison, caribou, hare, partridge...
 - contain less fat and have fewer calories than other meats and so are better for heart health;
 - are richer in iron, which is necessary for the health of our muscles and blood. Many children in First Nations communities have low iron (anemia);
 - are richer in zinc, which is very important for healing wounds and fighting infections.
- Fish has less fat than meat and contains fats that are good for a healthy heart;
- Berries (strawberries, blueberries, raspberries, blackberries, cloudberry, small red berries, etc.) are full of vitamins...

They cost nothing and are available in the community, in season!

They are very good for your health!

To help you serve good food to children every day, here are:

- a practical advice book
- healthy menus that include certain traditional foods
- and a recipe book that includes the meals and snacks on the menu.

They taste great!

Bon appétit!



PRESENTATION OF THE MATERIAL

It is very important to provide children with good foods so they can grow up healthy and also to prevent the development of diseases such as diabetes in adulthood.

As you already know, we sent out a questionnaire to the communities to determine what kind of material would be helpful in providing healthy nutrition to the children in your community. The information collected showed that most of you were very interested in obtaining recipes and menus for your daycare. Certainly these menus and recipes should be adapted to your dietary customs and the availability of foods in your community.

The information you provided showed that eating habits and the availability of foods were similar in the communities within a region. We therefore developed 4 different menus adapted to the eating habits and food supply in 4 regions:

1- Menu for Southern communities,

which is adapted to Mohawk, Abenaki and Huron-Wendat communities;

2- Menu for Northern communities,

which is intended the Naskapi community and one Innu community, Matikemosh;

3- Menu for Western communities,

which is adapted for Algonquin and Atikamekw communities;

4- Menu for Eastern communities, which is intended for the Innu and Micmac communities.

Of course, if you feel the eating habits and availability of foods in your community are closer to those of another group, do not hesitate to use the menu for that group.



HOW TO USE THE MENUS?

A menu is useful for saving time, preventing waste and ensuring that children always receive a varied and nutritious diet.

But how should the provided menu be used?

Make a menu for each season about 3 times

The availability of foods varies with the seasons and so we have developed a 4-week menu for each season (spring, summer, autumn, winter). Of course, each season lasts longer than 4 weeks so we suggest reusing the 4-week menu about 3 times each season.

Choice of foods in brackets in the menu

We know that some of you don't have much time to prepare food. So you'll find other choices of main dishes, desserts and snacks in brackets that require little or no preparation.

The recipes

In the menu, beside most dishes, we have indicated a number which corresponds to the recipe. If no number is indicated, it's because preparation of that food is very simple and we didn't feel it was necessary to provide a recipe.

Recipe portions

Each recipe generally indicates the quantities of ingredients to use for:

- a family of 2 adults and 4 children;
- 10 children;
- 60 children.

The quantities of ingredients for 10 child-size portions are particularly useful when you need to multiply quantities for the number of children in your daycare centre. (see Section I: Calculating portions and adjusting recipes).



1) CALCULATING PORTIONS AND ADJUSTING RECIPES

How do you know if you can directly use the recipes in the recipe book?

FIRST, CALCULATE THE NUMBER OF PORTIONS YOU NEED TO SERVE.

Step 1:

Calculate the number of children to serve, without including infants who are eating pureed foods (it is often easier to prepare purees separately);

Number of children to serve= _____ child-size portions

Step 2:

Calculate the number of adults to serve (educators, others) and multiply this number by 2 (it is estimated that an adult eats about twice as much as a child):

Number of adults to serve: _____ x 2= _____ child-size portions

Step 3:

Add the figures from steps 1 and 2 together to obtain the total number of portions to prepare:

_____ child-size portions (step 1) + _____ child-size portions (step 2) = _____ portions to prepare

If the number of portions to serve approaches 10 child-size portions or 60 child-size portions, you can probably directly use the recipes provided.

What should I do if the number of portions differs greatly from 10 or 60 child-size portions?

To ensure there is enough food without waste, it is best to recalculate the recipes.



IF YOU HAVE TO RECALCULATE, FOLLOW STEPS 4 AND 5.

Step 4:

Round up your number of portions to prepare to the nearest multiple of 10:

If you have a figure between 4 and 10 portions: round up to 10 portions;

- _____ between 11 and 20 portions: round up to 20 portions;
- _____ between 21 and 30 portions: round up to 30 portions;
- _____ between 31 and 40 portions: round up to 40 portions;
- _____ between 41 and 50 portions: round up to 50 portions;
- _____ between 51 and 60 portions: round up to 60 portions;
- _____ between 61 and 70 portions: round up to 70 portions;
- _____ between 71 and 80 portions: round up to 80 portions.

Your rounded number of portions: _____.

Step 5: (a calculator is very useful for this step!)

If your rounded number is 10 portions, you can directly use the quantities of ingredients given in the recipes for 10 child-size portions.

If your rounded number is 20 portions, multiply by 2 the quantities of all ingredients in the 10-portion column;

- _____ 30 portions, multiply by 3¹ _____
- _____ 40 portions, multiply by 4 _____
- _____ 50 portions, multiply by 5 _____
- _____ 60 portions, multiply by 6 _____
- _____ 70 portions, multiply by 7 _____
- _____ 80 portions, multiply by 8 _____

Remember: most often you need less of the spices and liquid ingredients than the newly calculated quantities suggest. Experiment to find out what you need! Note the changes needed for next time on the recipe (ex.: add 4 cups of tomato juice instead of 6 cups, add 1 tsp of salt rather than 1 tbsp, etc.).

Step 6:

Note on the recipe any new quantities of ingredients needed for your number of portions to prepare. Then there will be no need to calculate again the next time you prepare the recipe.

1. For 30 portions, you can also divide in 2 the quantities of ingredients needed for the 60-portion recipe, which should give even better results.



2) PURCHASING FOODS

Purchase food in advance and not gradually. Cooks generally do their shopping once a week as it is easier. **Before going shopping or ordering from your supplier, you must prepare a shopping list:**

- The week before you begin your menu, note all the foods and recipes indicated for that week's menu (lunches and snacks);
- Read the recipes for the week. Then note all the ingredients in the recipes and the quantities required for the number of portions you will be preparing (see Section 1: Calculating the number of portions and adjusting recipes);
- Add up all the quantities of the same foods (for example, add up all the carrots you need for your carrot salad and your carrot soup);
- Don't forget to add to your list the quantity of milk you will need for the children at lunch and at snack time (and 100% pure juice if it is on the menu);
- **Very important: using your list, check which ingredients you already have on hand and determine the quantity. This prevents overpurchasing at the grocery store and potential waste.**

Once you have checked your list, you are ready to go shopping.



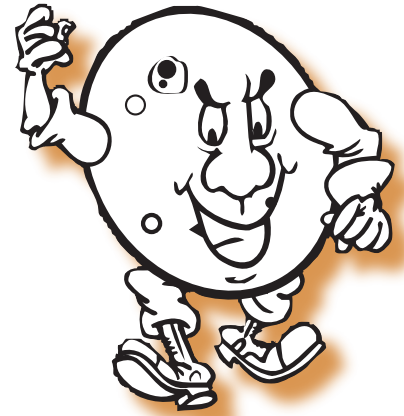
3) CLEANLINESS AND HYGIENE: SAFE FOODS FOR CHILDREN

Did you know that foods can make you sick?

When foods are not preserved and prepared properly, bacteria develops in foods.

If you eat foods that contain a lot of bacteria, you could end up with:

- a stomachache
- nausea
- vomiting
- diarrhea
- a fever or headache.

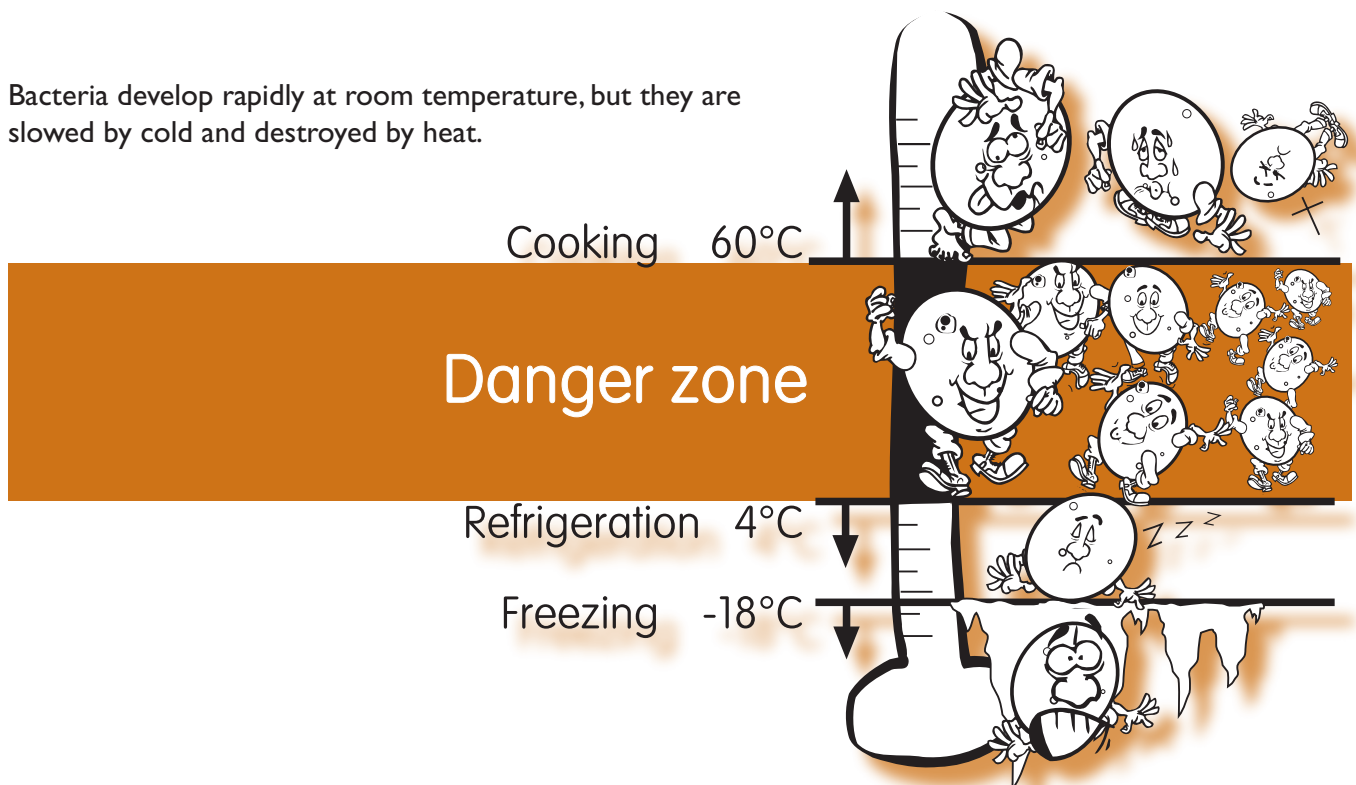


If a child has one of these symptoms, bring him or her to the health centre to see a doctor or nurse.

Children are not as well protected as adults against these germs. That is why it is very important to preserve and prepare foods properly.

HOW TO PRESERVE FOODS

Bacteria develop rapidly at room temperature, but they are slowed by cold and destroyed by heat.



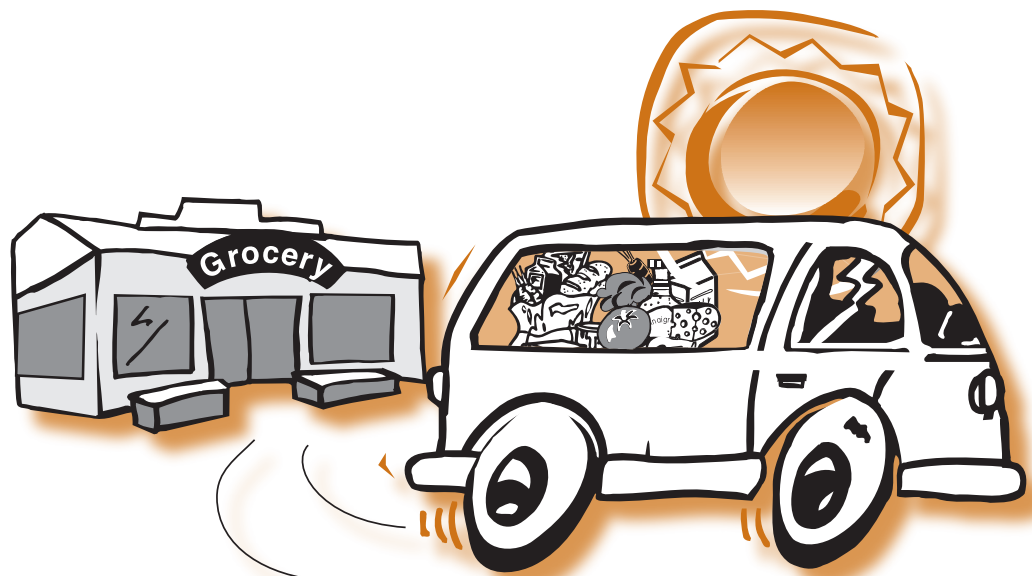
1) Always put the following foods in the refrigerator since bacteria can develop more easily in these foods. Never leave them out at room temperature:

- raw or cooked eggs;
- raw or cooked meat (ex.: chicken, ham, beef, moose, caribou, etc.);
- raw or cooked fish;
- raw or cooked seafood and shellfish (ex.: lobster, crab, shrimp, mussels, etc.);
- milk and dairy products (yogurt, cheese, prepared pudding, etc.);
- mayonnaise, vinaigrettes, sauces (once the can or bottle has been opened);
- canned foods (if the can is open);
- cooked cereals (ex.: oatmeal, cream of wheat, etc.);
- cooked vegetables;
- all leftovers (ex.: soup, macaroni with meat, dips, salad with mayonnaise, etc.).



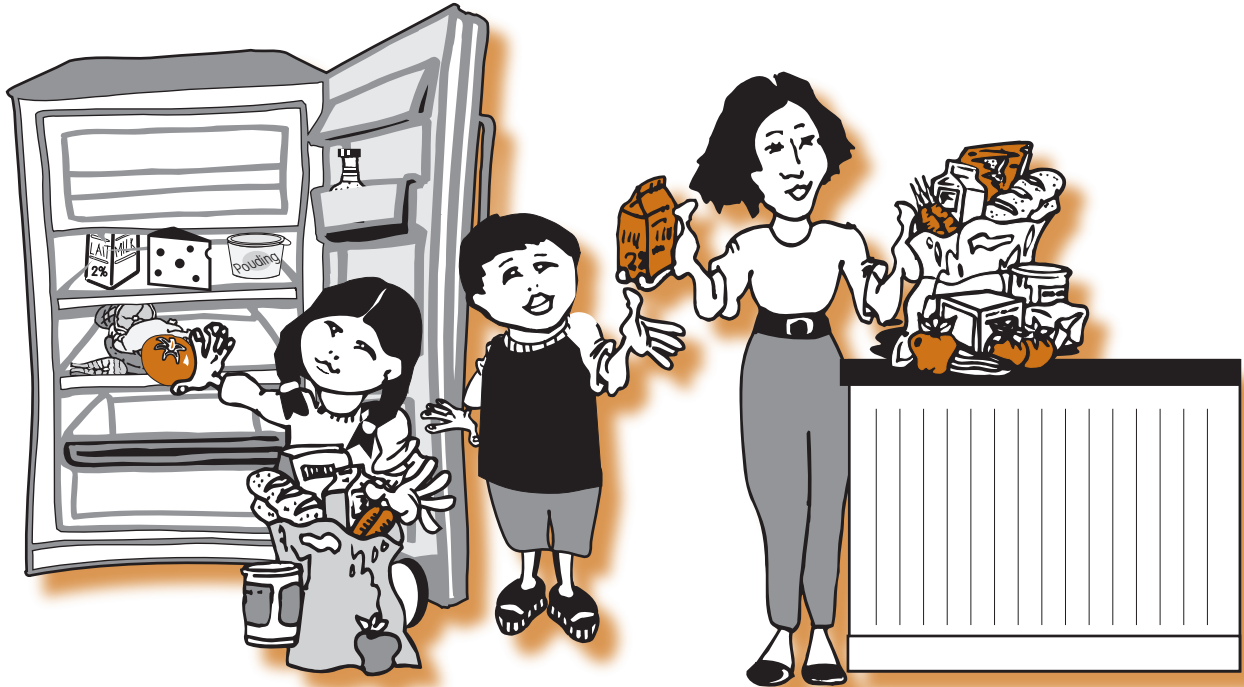
2) Immediately return to the daycare centre after you finish shopping because if it is warm in the car, there will be then more bacteria in the food.

*If the trip between the grocery store and the daycare centre is very long (more than an hour), it is best to put the dangerous foods (eggs, meat, poultry, fish, seafood, milk and dairy products) in a cooler with ice or frozen (ice-paks).



3) Immediately put dangerous foods in the refrigerator or freezer when you return from shopping or receive your order.

- Put raw meats, poultry and fish in bags on the last shelf of the refrigerator to prevent the juices from flowing onto other foods;
- Put meats and fish you don't expect to use in the next 2 days in the freezer.
- When you have a large quantity of meat or fish to freeze, cut them into small pieces before freezing. This will reduce the thawing time and the risks of contamination.



4) Always place new dishes or foods at the back (of cupboards, refrigerator or freezer) and the oldest at the front.

This prevents waste and the risk of getting sick from eating foods that have gone bad.

5) When you cook, put away remaining ingredients as you use them. Do not leave them on the counter.

6) When you finish preparing lunch:

- serve it to the children immediately
- or
- keep hot foods hot (ex.: soup, meat, vegetables) by placing them in the oven
- and
- keep cold foods cold (ex.: dips, salad, pudding) by placing them in the refrigerator.



7) After the meal has been served, immediately put leftovers in the refrigerator or freezer.

Remember: foods may no longer be good to eat if they take too long to cool. If you have to refrigerate a large quantity of hot foods (ex.: leftover stew, soup, rice pudding), place them in several small containers rather than a single large container. The food will cool more quickly this way.



8) Always cover foods in the refrigerator with plastic wrap or tin foil (or a cover).

Never use a dishcloth to cover a dish and never use uncovered food. This prevents the food from drying out, taking on the odours of the fridge or being contaminated with bacteria.

9) Do not keep leftovers in the refrigerator for more than 2 days. After two days, throw them out.

10) Always check the “Best before” date of a packaged food. If the date has passed, throw the food out.









11) Throw out any food that smells bad or no longer looks like it usually does (even if the “Best before” date has not passed).

12) Do not keep foods for too long. To determine when it is time to throw out a food, check the “Fresh is better” table.



Food shelf-life¹

FOODS PRESERVED IN THE REFRIGERATOR OR THE FREEZER

Food	Refrigerator (4° C/40° F)	Freezer (-18°C/0°F)
RAW MEAT		
 - Lamb	1-2 days	3-4 months
 - Bacon	7 days	1-2 months
 - Steak, roast, pork, beef, veal chops, etc.	3 to 5 days	About 6 months
- Ground or cubed or thinly sliced meat	1-2 days	3-4 months
- Liver, kidney, heart...	1-2 days	3-4 months
 - Sausages	1-2 days	2-3 months
 - Poultry (chicken, turkey, partridge, goose, etc.) in pieces	1-2 days	6-9 months
 - Poultry (chicken, turkey, partridge, goose, etc.) whole	1-3 days	10-12 months
COOKED MEAT OR POULTRY		
 - Cooked ham, whole	7-10 days	1-2 months
 - Cooked ham, slices	3-5 days	1-2 months
 - Smoked meat, deli meats (cold cuts)*	5-6 days	1-2 months
 - Meat (beef, pork, moose, venison, caribou, etc.) cooked, with gravy	3-4 days	4 months
 - Meat (beef, pork, moose, venison, caribou, etc.) cooked, without gravy	3-4 days	2-3 months
 - Poultry (chicken, turkey, partridge, goose, etc.) cooked, with gravy	1-2 days	6 months
 - Poultry (chicken, turkey, partridge, goose, etc.) cooked, without gravy	3-4 days	1-3 months
FOODS THAT REPLACE MEAT		
 - Legumes (ex.: kidney beans, chick peas, baked beans, lentils, etc.), cooked	5 days	3 months
 - Nuts	4 to 6 months	1 year
 - Raw egg, in shell	1 month	---
 - Hard-boiled egg	1 week	---
 - Meatpies, quiches	2-3 days	3 months
- Tofu	1-2 weeks	1-2 months



Food shelf-life


FOODS PRESERVED IN THE REFRIGERATOR OR THE FREEZER (cont.)

Food	Refrigerator (4° C/40° F)	Freezer (-18°C/0°F)
LEFTOVERS		
- Stew, soup, rice or pasta containing meat, etc.	2-3 days	3 months
- Cooked pasta, without sauce	3-5 days	3 months
- Cooked rice, without meat	5-6 days	6-8 months
- Sandwiches (egg salad, chicken, ham, etc.)	1-2 days	6 weeks
- Meat sauce (ex.: spaghetti sauce, etc.)	3 to 5 days	4-6 months
FISH, SEAFOOD AND SHELLFISH		
- Cooked crab	1-2 days	1 month
- Raw shrimp	1-2 days	2 to 4 months
- Oysters in the shell	2-3 weeks	---
- Shelled oysters	10 days	2 to 4 months
- Mussels, in the shell	2-3 days	---
- Shelled mussels	1-2 days	3 months
- Clams, in the shells	3-4 days	---
- Shelled clams	1-2 days	3 months
- Scallops	1-2 days	3 months
- Cold smoked fish	3-4 days	2 months
- Fatty fish (salmon, sardines, red tuna, brook trout, etc.)	1-2 days	2 months
- Lean fish (cod, sole, perch, pike, lake trout, etc.)	2-3 days	6 months
FRESH VEGETABLES		
- Asparagus	4 days	1 year
- Eggplant	7 days	1 year
- Beets	3 weeks	1 year
- Broccoli	5 days	1 year
- Carrots	3 months	1 year
- Celery	2 weeks	---
- Mushrooms	5 days	1 year
- Cabbage	2 weeks	1 year
- Brussel sprouts, cauliflower	2 weeks	1 year



Food shelf-life

FOODS PRESERVED IN THE REFRIGERATOR OR THE FREEZER (cont.)



Food	Refrigerator (4° C/40° F)	Freezer (-18°C/0°F)
FRESH VEGETABLES (cont.)		
-Cucumber	1 week	---
-Zucchini	1 week	1 year
-Spinach	4-5 days	1 year
-Shallots (green onions)	1 week	1 year
-Bean sprouts	3-4 days	---
-Yellow and green beans	5-6 days	1 year
-Lettuce	1 week	---
-Corn, whole	2-3 days	1 year
-Turnip	1 week	1 year
-Parsnips	1 month	1 year
-Peppers	1 week	1 year
-Leeks	2 weeks	1 year
-Peas, snow peas	2 days	1 year
-Radishes	1 week	---
-Tomatoes	1 week	1 year
FRESH FRUIT		
-Blueberries	5 days	1 year
-Cranberries	2 weeks	1 year
-Cherries	3 days	1 year
-Strawberries, raspberries	3-4 days	1 year
-Honeydew melon, cantaloupe, watermelon	4 days	---
-Apples (February to July)	2 weeks	1 year
-Apples (August to January)	6 months	1 year
-Plums	3-5 days	1 year
-Grapes	5 days	---
-Rhubarb	4 days	1 year

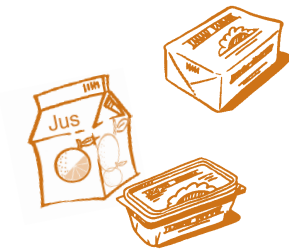


Food shelf-life

FOODS PRESERVED IN THE REFRIGERATOR OR THE FREEZER (cont.)



Food	Refrigerator (4° C/40° F)	Freezer (-18°C/0°F)
DAIRY PRODUCTS		
-Fresh cream*	3 to 5 days	1 month
-Ice cream	---	3 months
-Cheddar cheese	5 weeks	6 months
-Cottage and ricotta cheese*	3-5 days	---
-Milk	3 to 5 days	6 weeks
-Yogurt	2-3 weeks	1 month
OTHER FOODS		
-Unsalted butter*	3 weeks	3 months
-Salted butter*	3 weeks	1 year
-Whole wheat flour	3 months	6-9 months
-Vegetable oil, first pressing*	3-4 weeks	---
-Fruit or vegetable juice*	1-2 weeks	1 year
-Ketchup and marinades*	1 year	---
-Margarine*	1 month	3 months
-Mayonnaise*	2 months	---
-Frozen grocery-bought meals	---	3-4 months
-Mustard	1 year	---
-Pastry (with dairy products, eggs)	3-4 days	1 month
































I. Adapted from the table entitled "Frais, c'est meilleur! Durée d'entreposage des food," Source: Ministère le l'Agriculture, des Pêcheries et de l'Alimentation.

* Conservation times apply to open containers. If the container has not been opened, the food can be kept a little longer.



Food shelf-life

FOODS PRESERVED IN A CUPBOARD OR COLD ROOM

Food	Cupboard (20°C/68°F)	Cold room (7°C to 10°C/ 45°F to 50°F)
 - Canned foods (fruit, vegetables, sauces, etc.)	1 year	---
 - Peanut butter*	2 months	---
- Cacao	10- 12 months	---
 - Instant coffee	1 year	---
 - Ground coffee*	1 month	---
 - Granola cereal	6 months	---
 - Other ready-to-serve cereals (ex.: Cheerios, Corn Flakes, Raisin Bran, etc.)	8 months	---
 - Bread crumbs	3 months	---
 - Baking chocolate	7 months	---
 - Jams and jellies	1 year	---
 - Winter squash	1 week	6 months
 - White flour	2 years	---
 - Corn flour	6 months	---
 - Dried herbs (ex: thyme, basil, oregano, etc.)	1 year	---
 - Dried fruit (ex: dates, raisins, apricots, etc.)	1 year	---
 - Gelatine	1 year	---
 - Jelly powder (Jell-O type)	2 years	---
 - Oatmeal	6- 10 months	---
 - Vegetable oil	1 year	---
 - Concentrated canned milk (ex.: Carnation milk)	9- 12 months	---
 - Sweetened concentrated canned milk (ex: Eagle Brand milk)	6 months	---
 - Skim milk powder, open container	1 month	---
 - Skim milk powder, unopened container	6 months	---
 - Dried legumes, in a bag	1 year	---
 - Dry yeast	1 year	---
 - Cake mixes	1 year	---
 - Pudding mix	18 months	---
 - Molasses	2 years	---
 - Honey	18 months	---
 - Unshelled nuts	1 year	---



Food shelf-life

FOODS PRESERVED IN A CUPBOARD OR COLD ROOM



Food	Cupboard (20°C/68°F)	Cold room (7°C to 10°C/ 45°F to 50°F)
- Onions**	1 day	3-4 weeks
- Olives	1 year	---
- Dry pasta	1 year	---
- Egg noodles	6 months	---
- Potatoes **	1 week	9 months
- New potatoes **	---	1 week
- Baking powder	1 year	---
- White rice	1 year	---
- Maple syrup, corn syrup	1 year	---
- Baking soda	1 year	---
- Sugar	2 years	---
- Tea	6 months	---
- Vinegar	2 years	---

Practical advice

- After the suggested period, fresh fruits and vegetables, foods in the “other” category and foods that can be kept in a cupboard can be consumed without danger but will have lost some of their taste and be less fresh and nutritional. If it has really been much longer that you have had them in the refrigerator, freezer or cupboard, throw them out.
- It can be dangerous to eat certain foods after the shelf-life period indicated in the table. Foods that should not be consumed after the suggested period are: raw meat, cooked meat, leftovers, seafood and shellfish, dairy products or products that contain these foods.
- The ideal place for thawing food is the refrigerator. Place thawing foods on the bottom shelf to ensure no liquids from thawing drip on other foods.
- Regularly check the temperature of the refrigerator. It should be 4°C (40°F) or less and the freezer temperature should be -18°C (0°F) or less.
- When you freeze foods, use freezer bags and label the bag with the type of food and date of preparation;
- The refrigerator door is not consistently cold. Do not use the door to store foods such as dairy products, eggs and meats.

** If you do not have a cold room, it is preferable to keep onions and potatoes in the refrigerator to keep them for longer.



HOW TO THAW FOODS

1) **Never thaw foods on the counter. Always thaw in one of the following 3 ways:**

- **In the refrigerator (the best way):**

Put the food in a plastic bag and let it thaw in the refrigerator. Plan on 18 hours per kilo (or 8 hours per pound);

OR

- **Under cold water:**

Put the food in a plastic bag and place it in a bowl. Run cold water overtop for the entire thawing period (the food should always be completely covered with cold water);

OR

- **In the microwave oven,** using the thawing instructions of your microwave oven. Cook the food immediately after thawing in the microwave.

2) **Always completely thaw meat before cooking it;**

3) **Never refreeze thawed meat unless it has been cooked.**

HOW TO PREPARE FOODS

Wash your hands well with hot water and soap, since our bodies can carry germs.

1) **Wash your hands...**

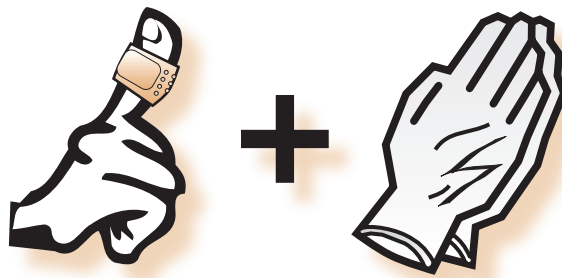
- before you begin cooking;
- before you serve lunch and snacks;
- after going to the bathroom;
- after touching raw meat or fish;
- after eating;
- after smoking;
- after sneezing, coughing or wiping your nose;
- after changing garbage cans;
- every time you touch something dirty.



Careful, passing your hands through running water is not enough.
To wash your hands well, you must:



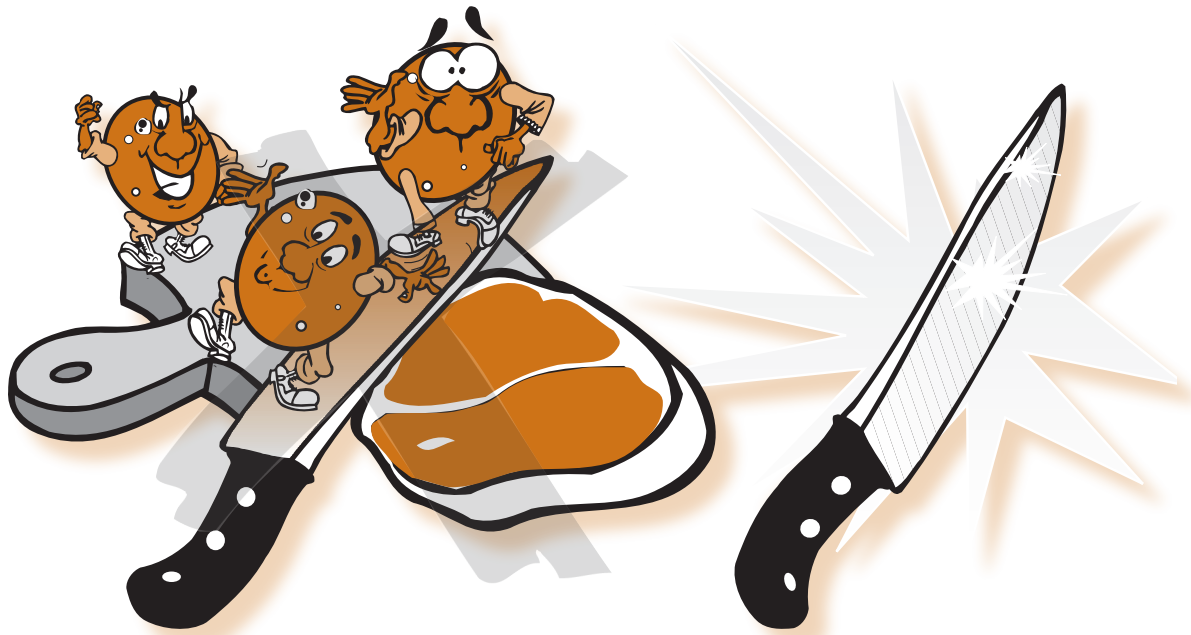
- 2) If you have a wound on your hand or finger, do not forget to cover it with a waterproof bandage and wear disposable plastic gloves.



- 3) Do not cook if you have a contagious disease (ex.: flu, gastroenteritis) or if you have diarrhea or are vomiting.
- 4) When you prepare food, use a utensil rather than your hands whenever possible.



- 5) Do not use the same cooking utensils (ex.: knives, cutting boards) to cut raw foods and cooked foods.



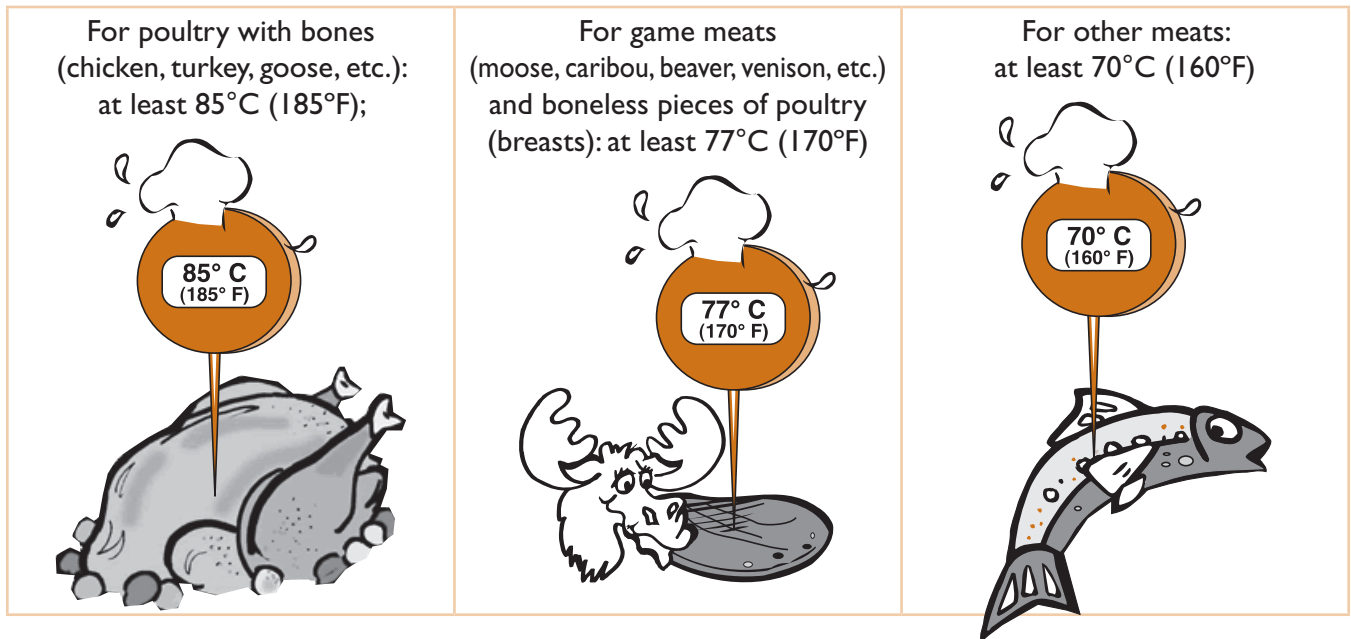
- 6) Cook meat, fish and poultry sufficiently to destroy bacteria.



How can you tell if meat, poultry and fish are sufficiently cooked?

1) The inner temperature of meat and poultry must be high enough:

When you think that meat is cooked, insert a meat thermometer into the middle of the meat (avoid touching a bone or a layer of fat). The following temperatures should be reached;



If the temperature is not high enough, continue cooking.

- 2) The cooking juices should run clear (and not red or pink) when the meat is pierced in the centre;
- 3) The centre of the meat should not be red or pink;
- 4) The flesh of the fish should flake easily with a fork.



HOW TO CLEAN UP

- 1) **Wash dishes well (trays, knives, plates, etc.) and wash everywhere you placed foods (table, counter) with hot soapy water;**
- 2) **Washing with hot soapy water is not enough. To eliminate microbes, you must then wash with a mixture of water and bleach:**
 - Prepare a microbe-destroying liquid: 3 cups of water to 1 tsp bleach (you can double or triple the quantities if you need more);
 - Soak a clean cloth in this liquid and clean the counters with it;
 - Soak the already washed dishes in a sink containing the mixture of water and bleach.
- 3) **Sponges, cloths and dishcloths can contain many microbes. Wash and rinse cloths and sponges after each use and change them often. Always use clean dishcloths.**
- 4) **Change and wash your garbage cans often as microbes from garbage cans can circulate in the air and contaminate your food.**



4) PREPARING RECIPES

- Read the entire recipe before beginning;
- Follow the preparation instructions one by one;
- Measure ingredients accurately with measuring cups and spoons (otherwise you may not have enough food or waste some or worse, ruin your recipe!);

Timesaving tips

You know that homemade is better for children's health but... you don't have much time. What to do?

- You can always use the snack or dessert options that call for little or no preparation. They are found between brackets in the menu;
- Use frozen vegetables in your soups or to accompany meat, poultry, fish or game meats. They are nutritious, pre-cut, peeled and cook in no time!
- When you need a large quantity of shredded vegetables for a recipe, buy them pre-shredded or shred them with a food processor;
- If possible, chop vegetables with a food processor rather than by hand;
- Buy your potatoes pre-peeled if they are available;
- You don't always have time to prepare fresh fruits and vegetables and you don't have enough space in the freezer for large quantities of frozen fruit and vegetables? You can manage by purchasing canned fruit and vegetables (in addition to fresh and frozen fruits and vegetables);
- No time to prepare homemade soups? You can manage with canned soups. To make them more nutritious, choose those that are salt (or sodium) reduced and add a few frozen vegetables;



- No time to prepare homemade fish sticks or chicken strips? Don't buy pogos, chicken croquettes or fish sticks from the grocery store. They are less nutritious. Instead cook an entire chicken, chicken breasts or fish fillets in the oven. They're just as fast and even healthier!

- For dessert or a snack, yogurt, fresh fruit or canned fruit in juice doesn't take much preparation and they are excellent for children!

- Look ahead: review the next day's menu and prepare certain foods right away for the next day. You can ...
 - chop your vegetables;
 - thaw your meat (you can also cook it in advance if you need pre-cooked meat for a recipe such as a chicken potpie);
 - prepare your muffins and cookies for the next day's desserts and snacks;
 - etc.



5) QUANTITIES AND BEVERAGES TO SERVE TO CHILDREN

It is important to not serve too much or too little to children.

Why?

- Because if they receive too much of one food (ex.: potatoes or bannock), they won't be hungry anymore for other foods (ex.: vegetables, meat) they need to be healthy;
- If the portions are too large, there might not be enough for all the children;
- If the portions are too small, children won't eat enough to be healthy.

What quantities should be served to children?

A little trick: calculate about one tablespoon of food for each year of age.

Example: for a 2-year-old child, serve 2 tbsp vegetables, 2 tbsp rice and 2 tbsp meat. For a 5-year-old child, serve 5 tbsp vegetables, 5 tbsp rice and 5 tbsp meat.

Of course, this is just a guide. Trust your child's appetite. Some children eat more and others eat less. Also, on some days a child will eat more and on other days he or she will eat less.

What beverages should be served to children?

- At lunch: $\frac{1}{2}$ cup to 1 cup of milk.

They need milk to form their teeth and bones. Choose 3.25% m.g. (whole milk), 1% and 2% milks do not contain enough essential fats for children.

- At snacktime:
 - $\frac{1}{2}$ cup to 1 cup of milk
 - or
 - $\frac{1}{2}$ cup of 100% pure juice (if the child wants more to drink, you can dilute the juice with water)
 - or
 - water.



It is important to serve 100% pure unsweetened juice. Frozen juice may be pure and is often more economical than canned or bottled juice. It is important that 100% pure or unsweetened be written on the container.

Caution: words like "punch," "cocktail" or "drink" may mean that it is not really juice but just a mixture of water, sugar and a little real juice.

- Outside meal and snack times: water.

Drinking too much milk or juice, even if it is pure juice, can give children a number of problems:

- It keeps them from growing up healthy because they're not hungry for the other foods they need;
- Drinking too much milk or juice can lead to weight problems and increase the risks of developing diabetes later;
- It can cause anemia (lack of iron) because a child who drinks too much juice or milk is not hungry enough to eat enough meat;
- Drinking too much juice can cause cavities, stomach aches, gas...

IMPORTANT ADVICE FOR PREVENTING CAVITIES:

- Never put any liquid other than milk or water in a baby bottle;
- Always use a cup (and not a tumbler or bottle) when you give a child over 1 year something to drink.



6) PRECAUTIONS TO TAKE WITH GAME MEAT

Certain communities prefer to not serve game meat to children at the daycare centre because the meat is not inspected and there is no guarantee of safety.

We have nonetheless put game meat on the menu because, for other communities, it is the base of their diet. However, it is very important to follow these safety measures:

- **Always use meat from hunters who respect hygiene rules during preparation, transportation and conservation of game meats**

For more information, see Health Canada's guide on game meats.

- Never use infected meat: it can cause problems for human health;
- The conditions of hygiene and conservation in the forest must approach as closely as possible the conditions in a butcher's shop (ex.: do not perforate animal intestines when removing viscera, etc.).

- **If you are offered a large carcass, cut it into pieces, otherwise the middle will take too long to freeze;**

- **Do not serve the offals (liver, kidneys) of venison, moose or caribou to children. They contain too much cadmium, a heavy metal;**

- **Cook the meat well before eating it (never eat rare meat);**

- **Following all the other measures normally used for meat** (see Section 3. Cleanliness and hygiene): freeze and thaw the meat the right way, do not leave it at room temperature, wash your hands before cooking and after touching raw meat, do not use the same utensils or cutting boards for cutting raw meat and cooked meat, etc.



7) LIST OF RESOURCES

BOOKS AND PAMPHLETS

“Bien manger pour mieux grandir, de 2 à 5 ans. Renseignements sur la saine alimentation et recettes destinés aux garderies et aux parents d’enfants de 2 à 5 ans”, 1999. Author: La Fédération des Producteurs de volailles du Québec.
To order: tel.: 450-679-4444 or 450-670-0530.

“Je mange, j’apprends, je m’amuse, à la garderie comme à la maison”, 1996. Author: Danielle Châteauevert. Recipe book for the family and daycares, with advice on the dietary needs of children and ideas for food activities to do with children.

“À table, les enfants! Recettes and stratégies pour bien nourrir son enfant de 9 mois à 5 ans”. 2002, Flammarion Québec. Authors: Marie Breton and Isabelle Émond.

“L’alimentation des enfants de 2 à 5 ans”. Brochure with information, tips and recipes. Author: Fédération des producteurs de lait du Québec. To order: Telephone: (450) 679-0530 It can also be downloaded from the <http://www.lait.org> site in the on-line publications section.

“Votre guide du consommateur”. Author: Centre québécois d’inspection des aliments et de santé animale. Illustrated brochure with information on good food purchasing, storage, preparation and hygiene practices. A set of playing cards to colour can also be ordered, along with the thermoguide (food conservation table), from the same collection. To order: 1-800-463-5023.

“Les allergies alimentaires. Votre carnet d’information”. Author: Centre québécois des aliments et de santé animale. Illustrated brochure with information on allergies, the difference between food allergies and intolerance, the symptoms of an allergy, ingredients to watch for on labels, etc. To order: 1-800-463-5023.

“Déjouer les allergies alimentaires. Recettes et trouvailles”. Authors: Marie-Josée Bettez and Éric Thérioux. Les Éditions Québec Amérique, 2002. www.quebec-amerique.com. Book with advice and resources to help with food allergies, recipes without allergenic ingredients and tips for substituting ingredients based on the allergy.

WEB SITES ON THE DIETARY NEEDS OF CHILDREN AND OTHER DIET-RELATED SUBJECTS

www.petitmonde.com: click on the health and diet sections of the site, for more information on healthy diets for children, tips and recipes.

www.aqaa.qc.ca: Web site of the Association québécoise des allergies alimentaires.

www.inspection.gc.ca/francais/index/fssaf.shtml. Web site of the Agence Canadienne d’inspection des aliments/Canadian Food Inspection Agency.. Information on food safety.

www.dietitians.ca. Web site of the Canadian dietitians. It provides advice and information on the dietary needs of children. Click on the “Centre de ressources” as well for links to other sites with information on the dietary needs of pre-school children.

www.lepouletduquebec.qc.ca. Web site of the Fédération des Producteurs de volaille, including recipes and a section on the dietary needs of children: “Bien manger pour mieux grandir.”

www.cine.mcgill.ca. Web site of the Centre for Indigenous Peoples’ Nutrition and Environment. Contains information on traditional foods, their nutritional value and environmental contaminants.

ASSOCIATIONS

Association québécoise des allergies alimentaires du Québec(AQAA): if you have questions about food allergies in children, you can get answers to your questions at 514-990-2575.

You can also e-mail your questions to allergiesalimentaires@bellnet.ca.



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