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| <p>Section/Number: Day Care/ After-School Care/ Day Camp: Healthy Eating Policy – 04</p> | <p>Approval Date: (DD/MM/YY)</p> |
| <p>Subject: Day Care/After School Care/ Day Camp - Healthy Eating Policy</p> | <p>Amendment Dates:</p> |
| <p><u>Policy</u> Children spend a large portion of their day in day camp where they may have access to food served through vending machines, snack and lunch programs. One way to help children make better food choices is to ensure that healthy options are available in the day camp setting. Day Camp Healthy Eating Policy is aimed at promoting and protecting the healthy growth of children.</p> | |
| <p>Definitions N/A</p> | |

Guidelines:

- Day camps are an ideal time to promote healthy eating and active living. At this time, children can be hungry and need a healthy lunch, snack or drink in order to have the energy (and fluids not to get dehydrated) so they can play games and other physical activities, though this depends on how physically active the children will be.
- These program guidelines provide some healthy snack ideas to serve in your programs and are grouped into the categories of choose most often, sometimes (3 times a week) and do not serve due to high sugar, salt, fat and/or calorie content.
- *Choose Most Often* foods are recommended any time; choose sometimes should not be served more than 3 times a week. Do not serve (or rarely serve food items) *are not allowed to be bought using government funding*. These foods are unhealthy because they contain too many calories and too much sugar, salt and fat. Children in the Northwest Territories already eat too many of these foods and it's resulting in high rates of overweight and obesity and dental diseases.
- These guidelines are consistent with those used in regular school and early childhood programming
- Portion sizes are not included since they vary by age group. For more information on portion sizes, see the NWT Food Guide and/or Canada's Food Guides: <http://www.hss.gov.nt.ca/health/healthy-eating>
- Suggestions are based on what is most likely to be available in most communities as well as ease of preparation (10 minutes or less in most cases).

Attachments

Sample: Healthy Eating Day Care/ After School Care/ Day Camp Menu
Children snack ideas for Day Care/After School Care/ Day Camp

References

Snacks for Afterschool Snack Programs in NWT – GNWT, H&SS
<http://recipes.sparkpeople.com/recipe-detail.asp?recipe=1182682>
<http://www.hss.gov.nt.ca/health/healthy-eating>