



will contain the healthiest<sup>1</sup> ingredients available  
No hydrogenated (trans-fats) will be served  
When margarine is used it will be non-hydrogenated

**Goal 2:** To provide enjoyable and social eating experiences that support healthy food habits and respect family and cultural values.

In support of this goal, educators will seek to create a shared mealtime experience that provides the opportunity for connection between all children and their educators.

Meals are a time for conversation and sharing

Meals are a time for learning about healthy eating habits

Food is not used as a reward or punishment

Early Childhood Educators (ECEs) are encouraged to be role models by choosing to eat and drink healthy food choices in the children's presence.

In accordance with Provincial Childcare Licensing regulations (CCFLR):

- o Children are allowed to regulate their intake according to their own feelings of hunger and fullness, thus fostering healthy eating behaviors and a positive emotional outlook on food
- o Children are able to choose what, and how much, they eat fr

