



Nutritional Guidelines

Compass Early Learning and Care will

1. Use only 100% fruit/vegetable juices.
2. Make water available for children at all times in each room.
3. Make every attempt to minimize/eliminate processed foods from our menus.
4. Serve only homemade, whole grain, nutritious cookies, muffins and other baked goods.
5. Use only whole grain bread, pasta, etc.
6. Prepare foods by steaming, baking and not deep-frying.
7. Use butter and olive oil – no margarine.
8. Use fresh fruits and vegetables whenever possible.
9. Use homemade salad dressings, dips, etc.

Menus are consistent with
Child Care and Early Years Act 2014,
Eating Well with Canada's Food Guide,
and Nutrition for Healthy Term Infants.

