

# New Brunswick

*Note: The following excerpts from the regulations are for reference purposes only. For the most current official version of the Acts and Regulations, please go to the New Brunswick government's website.*

## **Family Services Act and Daycare Regulations. 1980.**

### **Child Day Facilities Operator Standards. <sup>[1]</sup> 2010.**

#### 6.0 Health

#### 6.7 Nutrition

##### Menus

All child day care facilities must prepare meals and snacks in accordance with Canada's Food Guide to Healthy Eating, respecting the four (4) basic food groups and the recommended serving sizes for the age group being served.

Where milk and juice are served, the milk must be undiluted and the juice must be one hundred per cent (100%) pure fruit juice. Water may be served at meals and snacks providing the requirements of Canada's Food Guide to Healthy Eating are met throughout the day.

Drinking water must be available to children at all times either through independent access or requests through staff.

Children's allergy information must be posted in the food preparation area.

All day care centre menus must:

- be prepared four (4) weeks in advance and posted at the beginning of each week in a location that is conspicuous to staff and parents
- be amended or varied to provide for children with special nutritional requirements
- be amended to reflect any changes in the food actually served, as changes occur
- ensure that no additives or fillers are added to stretch or colour food

All community day care homes menus must be provided to parents every two (2) weeks.

Meals/snacks provided by parent(s)/guardian(s) must:

- be labelled with the child's name, the date, and the type of food
- be properly refrigerated, as required

##### Infants

Infants under 12 months of age must:

- be fed on demand and in accordance with written instructions from the parent regarding the amount, type and scheduling of feedings
- be held during bottle feeding

Both the propping of bottles, in cribs, playpens or infants seats, and the carrying of bottles by young children are prohibited.

Where there is more than one bottle-fed infant, all bottles must:

- be labelled with the child's name
- only be used for the intended child
- stored with covers on each bottle

##### Servings

Children who are in attendance at a child day care facility for:

- less than three (3) hours, must be served one (1) snack which must provide one (1) serving each from two (2) or more of the basic four (4) food groups
- at least three but less than six hours (3-6) hours, must be served one (1) snack which must provide one (1) serving each from two (2) or more of the basic four (4) food groups and one (1) meal which must provide one (1) serving from each of the four (4) food groups
- at least six but less than ten hours (6-10) hours, must be served two (2) snacks and one (1) meal which must provide: for each snack, one (1) serving each from two (2) or more of the basic four (4) food groups; and for the meal, one service from each of the four (4) food groups;

and in total include at least two (2) servings from the Milk Products food group.

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**Source URL (modified on 7 Aug 2020):** <https://childcarecanada.org/resources/issue-files/what-do-mealtimes-and-food-mean-early-childhood-programs/legislated-2>

**Links**

[1] <http://www.gnb.ca/0000/ECHDPE/pdf/DayCareFacilities-e.pdf>