

Menu Planner		Week _____			
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 4 Food Groups Required					
AM Snack 2 Food Groups Required					
Lunch 4 Food Groups Required					
PM Snack 2 Food Groups Required					
Dinner 4 Food Groups Required					

PART A

Standard 12: Meals and Snacks

Providers serve meals and snacks at appropriate times, in sufficient quantities and in accordance with each child’s needs including allergies and special diets, ensuring that:

- meals and snacks are in accordance with food guide recognized by Health Canada;
- menus are made available daily to parent(s) or home visitors/ consultants;
- providers ensure the manner in which children are fed is appropriate to age and level of development;
- children should be seated while eating and drinking;
- no beverages should be given to children while napping; and
- parent of infants must supply infant food (including special dietary requirements).

Additional Requirements for Consideration:

- Children’s cultural, ethnic and personal preferences must be accommodated. Mark each choice incorporated into the Planner with an * and provide details below.

- Make water a drink of choice and ensure all children have access to water at all times.
- Limit processed foods and sugary foods.
- Ensure Menu Planner is discussed monthly with Parents/Caregivers

List all allergies of children enrolled:

PART B

All Allergies must also be clearly posted in entrance and kitchen

Weekly Activity Schedule					Week _____	
	Example	Monday	Tuesday	Wednesday	Thursday	Friday
Gross Motor Activities	Time: 7:15-8:00 Description: Playing Catch with a small ball	Time: Description:	Time: Description:	Time: Description:	Time: Description:	Time: Description:
Fine Motor Activities	Time: 8:15-9:00 Description: Beading Craft	Time: Description:	Time: Description:	Time: Description:	Time: Description:	Time: Description:
Literacy Activities	Time: 12:30-1:00 Description: Read the Hungry Caterpillar	Time: Description:	Time: Description:	Time: Description:	Time: Description:	Time: Description:
*Outdoor Activities	Time: 2:00-3:00 Description: Local park for free play	Time: Description:	Time: Description:	Time: Description:	Time: Description:	Time: Description:
Sleep/Quiet Time	Time: 1:00-2:00	Time:	Time:	Time:	Time:	Time:
Creative Play Activities	Time: 3:00pm -3:30pm Description: Playdough Play	Time: Description:	Time: Description:	Time: Description:	Time: Description:	Time: Description:
Child Lead Activities	Time: 3:30pm- 4:00pm Description: Children took turns leading song time	Time: Description:	Time: Description:	Time: Description:	Time: Description:	Time: Description:



* Outdoor Activities must be planned daily except for days in which the weather is severe and exposes the children in care to undue risk. In this case, documentation of weather conditions to be completed to justify cancellation of outdoor activities.

Standard 7: Child Care Program

The family day home provider plans and implements a daily program of activities that is consistent with the agency's philosophy and is developmentally appropriate for the ages of the children.

The daily program, which includes both indoor and outdoor activities, should be made available to parent(s) and home visitor/ consultants who ask to see it.

Children with special needs may require activities and experiences adapted to their needs and abilities.

The daily program ensures children's developmental needs are met, including:

- emotional;
- physical;
- intellectual; and
- creative and social.



PART C

Additional Requirements for Consideration:

- Children’s cultural, ethnic and personal preferences must be accommodated. Mark each choice incorporated into the Schedule with an * and provide details below.

- Children’s individual developmental goals must be accommodated. Mark each choice incorporated into the Schedule with an # and provide details below.

Mandatory Activities for completion monthly

- Cultural Awareness: _____
- Environmental Awareness: _____
- Non-Stereotypical Family Roles: _____
- Community/Social Outings: _____

Completed by: _____

Date: _____

I hereby acknowledge that I have reviewed the Menu Planner and Weekly Schedule above and as the Parent/Caregiver, I support the proposed plan of programming for my child(ren). I have been given the opportunity to provide input and feedback into this programming.

Sign & Date

Sign & Date

Sign & Date

Sign & Date

Sign & Date

