

TARGETING AN OPTIMAL FOOD ENVIRONMENT FOR YOUNG CHILDREN IN ALBERTA

Only a few public buildings have publicized that breastfeeding is permitted



Most training programs for childcare professionals have little to no nutrition education, affecting food offered in childcare settings



27%

Only 27% of responding childcare centres “always” or “usually” offered an appropriate balance of healthy foods

RECOMMENDATIONS

All public buildings provide a clean, comfortable space and written breastfeeding policies

Mandate nutrition-specific training, such as the Childcare Orientation Course, for all childcare professionals

Implement the Alberta Nutrition Guidelines in all childcare settings

Develop income-based policies to tackle childhood food insecurity

Industry reformulates children's cereals to lower sugar and increase wholegrains

Decrease industry influence on government decision-making re: marketing unhealthy food to children

Optimal Nutrition for Young Children's Development

17.6%

Canadian Community Health Survey indicates 17.6% of children less than 18 years live in a household that is food insecure (PROOF, 2019)

16%

Only 16% of children's cereals in top grocery stores are whole grain and contain less than 13g sugar per 50g serving

79

79 industry representatives lobbied against Bill S-228 (aimed to protect children's health by prohibiting marketing of unhealthy foods and beverages to children)