

Opportunities for Local Food and Food Literacy in Child Care and Student Nutrition Programs

LOCAL FOOD

Challenges and barriers of child care and SNPs using local foods:

- Local food use is not their highest priority and is not mandated
- Lack of consistent local food availability
- Local food costs too much
- Lack of local suppliers
- Few delivery options for small orders
- Lack of staff or volunteers to prepare local food



Solutions to increase local foods in child care and SNPs:

- Financial support and lower prices
- More information on where to access
- More local options available through existing suppliers
- Central ordering site and online tracking system
- Shared ordering and improved transportation and delivery through group buying and food hubs

more than **5400** licensed child care centres + **3500** SNPs in Ontario = opportunity to teach children about healthy eating and local food

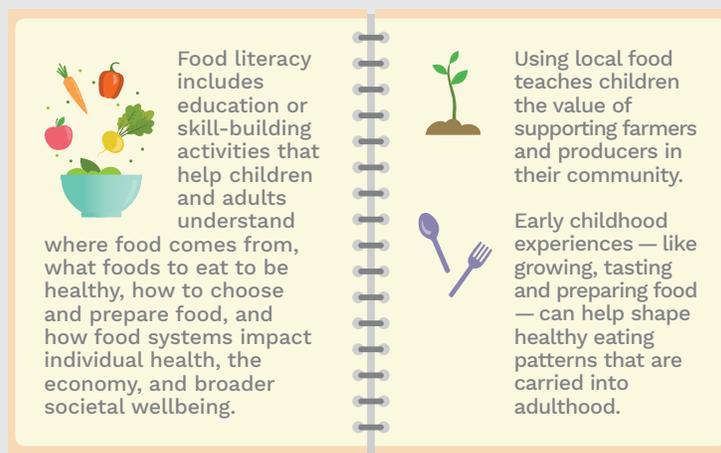


52% of SNPs & **78%** of child care report not participating in group purchasing = opportunity for buyers and suppliers

FOOD LITERACY

Challenges and barriers child care and SNPs face providing food literacy programming:

- Food literacy is not the highest priority for child care
- For SNPs, food literacy is not their mandate
- Lack of training for childhood educators, staff, and volunteers about food literacy and local food
- Lack of funding and supports for food literacy programming



Opportunities to increase food literacy in child care and SNPs:

- More staff education and training
- Tools and resources for meal preparers and early childhood educators
- More healthy foods offered in a variety of ways
- Educational strategies appropriate for young kids
- Resources for parents and caregivers to use at home