

Applying for a Group Child Care Community Care Facility Licence: Preparing and Providing Food

Section 48 of the *Child Care Licensing Regulation* outlines your responsibility when it comes to food and includes the following:

Nutrition

48 (1) *A licensee must*

- (a) ensure that each child has healthy food and drink according to the Canada's Food Guide, and*
- (b) promote healthy eating and nutritional habits.*

(3) A licensee must ensure that the food and drink given to a child is sufficient in quantity and quality to meet the developmental needs of the child, having regard to

- (a) the child's age,*
- (b) the number of hours the child is under the care of the licensee, and*
- (c) the child's food preferences and cultural background.*

Choosing to provide food to the children typically falls into one of the following options:

Preparing the food onsite in a permitted kitchen.

or

Providing food from an external 3rd party.

This session will focus on what you need to consider during the application process.



Preparing the food onsite in a permitted kitchen.

If you are hoping to prepare food onsite it is important to know if you need to apply for a health permit for your kitchen.

Family Child Care facilities that care for 7 or less children

The kitchen does not require a health permit.

In-Home Multi-Age Child Care Facilities that care for 8 or less children

The kitchen does not require a health permit.

Group Child Care facilities that care for 8 or less children

The kitchen does not require a health permit.

Group Child Care facilities that care for 9 or more children

The kitchen may require a health permit.

Considerations

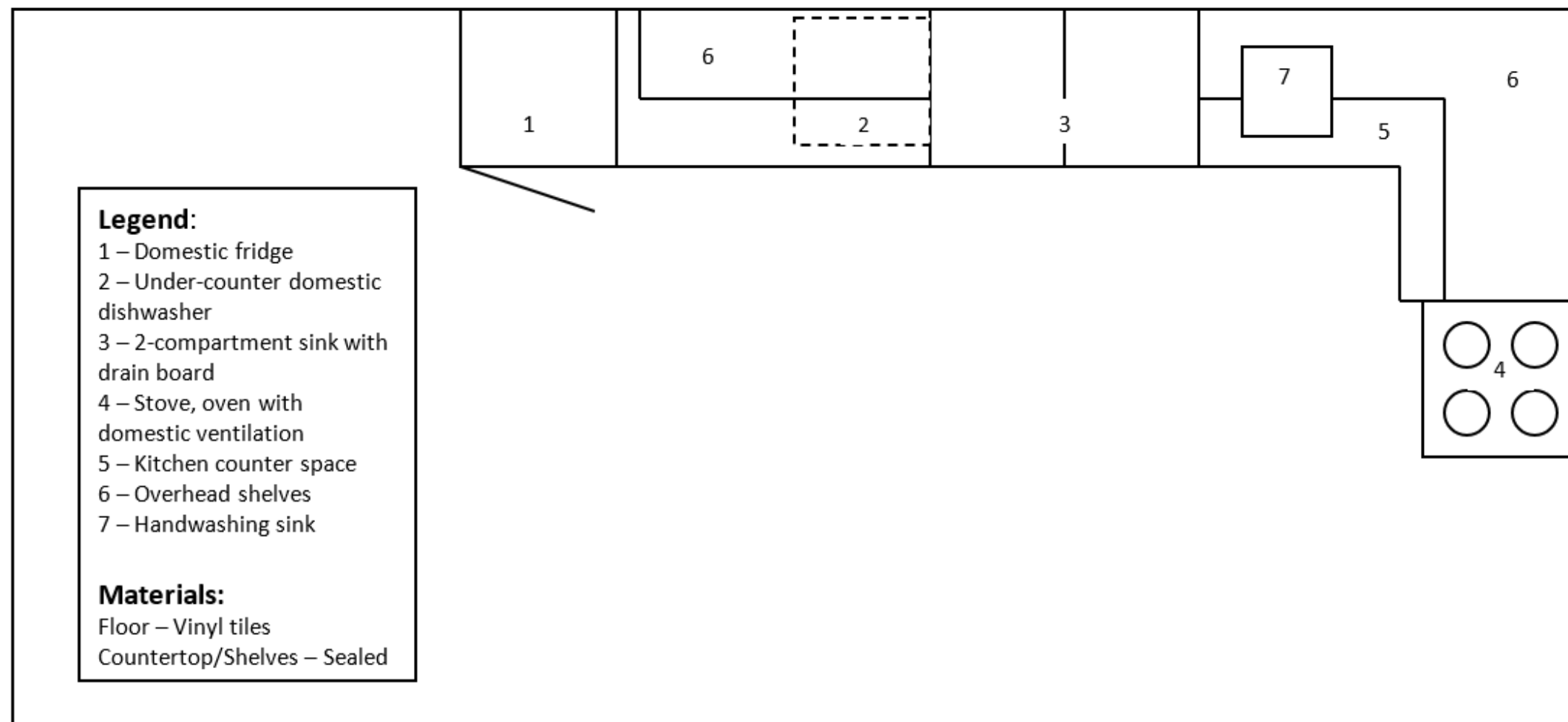
If you will be offering food prepared onsite and have a proposed capacity of 9 children or more, here are some things you need to consider.



Prior to constructing or renovating a kitchen that requires a permit, you will need to:

- Obtain approval for the kitchen floor plan from Vancouver Coastal Health. Do not begin construction or renovation prior to obtaining approval.
- Submit a completed [FOOD SERVICE PERMIT APPLICATION FORM](#) with a food service plan, menu and written food safety and sanitation plans.
- Hold a valid **FOODSAFE LEVEL 1** certificate or a recognized [equivalent](#) certificate.
- Arrange for a final inspection of the premises and obtain a Permit to Operate.

Sample Floor Plan Drawing



Licensed Child Care Kitchen Application Guide

If you have questions or issues related to permitting your kitchen, please see the **Food Premises Orientation Guide** on our website <https://www.vch.ca/en/media/31731>

If you still have questions, please contact us using the health protection feedback form:
[https://www.vch.ca/en/service/food-service-permits-and-health-approvals#contact us](https://www.vch.ca/en/service/food-service-permits-and-health-approvals#contact_us)



Providing food from an external 3rd party

If you decided to provide food to the children that is delivered on a regular basis from a restaurant or catering company, regardless of your proposed capacity, you will need to follow the same process.

▪ **Research Potential Caterers:**

Begin by thoroughly investigating potential catering services. Read online reviews, inquire about their policies, and check for available past inspection reports to gauge their reliability and quality. Online food inspection reports can be found at the regional health authority websites listed below:

[Vancouver Coastal Health](#)

[Fraser Health](#)

[Interior Health](#)

[Island Health](#)

[Northern Health](#)

Note: The First Nations Health Authority does not have any reports available online. Please request copies of recent inspection reports from your potential caterer.

• **Assess Variety and Nutrition:**

Choose a caterer that offers a diverse menu and provides meals that meet the nutritional needs of young children. Ensure their offerings align with dietary guidelines and nutritional standards.

Food Transportation

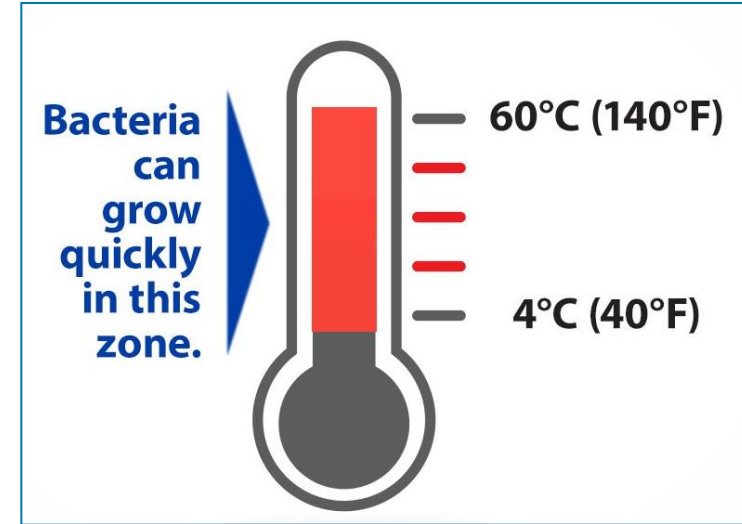
Temperature Control:

Confirm if the food will be delivered hot or cold. Proper temperature control is vital for maintaining food safety. Cold food should be maintained at 4°C or colder. Hot foods should be maintained at 60°C or higher.

Temperature Monitoring:

Staff should measure the temperature of the food upon delivery using a calibrated thermometer. Temperature readings should be recorded on a dated log sheet. Any food delivery that exceeds the temperature limit should be rejected.

Packaging: Review how the food is packaged to ensure it remains fresh and is easy to handle upon arrival.



Food Handling and Preparation

Reheating: Determine if there will be a need for on-site reheating. Do you have the necessary equipment for reheating.

Dispensing: Determine if there will be a need for on-site dispensing of uncovered food. If so, it is recommended that the staff who handle food take a food safety handling course such as FoodSafe level 1. *Note: Meals that are pre-portioned by the caterer into single-use disposable service ware minimize the amount of handling by the child care operator.*

Delivery Timing: Discuss delivery times with the caterer. Ensure the child care facility has adequate cold storage space for cold food items if the food arrives earlier than planned. Hot food items should be served to the children and consumed within 2 hours.

Leftovers: All catered food should be consumed within 2 hours from delivery. Leftovers should not be sent home with the child.

Allergen Management

Allergen-Free Food Policy:

Check if the caterer can accommodate an allergen-free environment that is inline with your allergen concerns.

Ingredient Transparency:

Request a detailed list of ingredients for each meal to identify potential allergens or dietary restrictions. It's a good practice to have ingredients and allergens listed on the label for meals that are individually pre-portioned by the caterer.



Ensure the caterer can accommodate the needs of your program effectively and efficiently. You are responsible for the food safety of the delivered food products.

Whether you choose to prepare food, or provide food, it is important to practice food safety measures to prevent children from foodborne illnesses.

Prior to offering food service as part of your program, it is **highly recommended** for the licensee and staff to take **FoodSafe level 1**.

Please visit: <https://www.foodsafe.ca/courses/level-1.html>



VCH Resources



Eating and Nutrition
for Infants to 18 Months

<https://www.vch.ca/en/eating-and-nutrition-infants-18-months>



Vancouver
CoastalHealth



Eating and Nutrition
for Toddlers

<https://www.vch.ca/en/eating-and-nutrition-toddlers>



Eating and Nutrition
for Preschoolers

<https://www.vch.ca/en/eating-and-nutrition-preschoolers>



VCH Resources



Please see the following resources on our website:

<https://www.vch.ca/en/service/community-care-facilities-licensing#resources>



- Food Safety Resources in Child Care Facilities
- Food Safety Recommendations for Family Child Care or In-Home Multi-Age Child Care Facilities
- Food Safety Recommendations for Group Child Care Facilities
- Category 1 Low Risk Foods for Licensed Child Care Facilities
- Category 2 Increasing Risk Foods for Licensed Child Care Facilities
- Category 3 Higher Risk Foods for Licensed Child Care Facilities

Click on

Resources

then

Application guides and resources

Other Resources

Appetite to Play



<https://appetitetoplay.com/>

Canada's Food Guide



<https://food-guide.canada.ca/en/>

Food Flair



<https://decoda.ca/resource/food-flair-early-learning-practitioners-resource/>

Other Resources

HealthLink BC Dietitian Services



<https://www.healthlinkbc.ca/search?kw=dietitian+services>

Food safety and Security



<https://www.healthlinkbc.ca/search?kw=dietitian+services>



Still have questions?

You are welcome to email
our REACH Intake Team at
REACHccfl@vch.ca