

# Smart Menu

## The Need

**54%** of Canadian children 6 months to 5 years spend a minimum of 30 hours/week in childcare.

Bushnik, 2006

**30%** of Canadian children 2-5 years are obese. Developing healthy lifestyle behaviours in childhood makes them more likely to persist throughout adolescence and adulthood.

Kakinami et al., 2015; Nicklaus et al., 2005

## Limited Research



Limited Vegetables and Fruit. High sodium and sugar (snacks and sweetened beverages).



Too much processed meat. Majority meet guidelines for Vegetables and Fruit and Milk and Alternatives.

Malouf et al., 2013 ; Neelon et al., 2013; Romaine et al., 2007

## Meeting Provincial Guidelines



**Breakfast**  
69%

**Snacks**  
15%

**Lunch**  
15%

**Fluid Milk**  
62%

**Foods to Limit**  
36%

Results from HSDS Phase II.

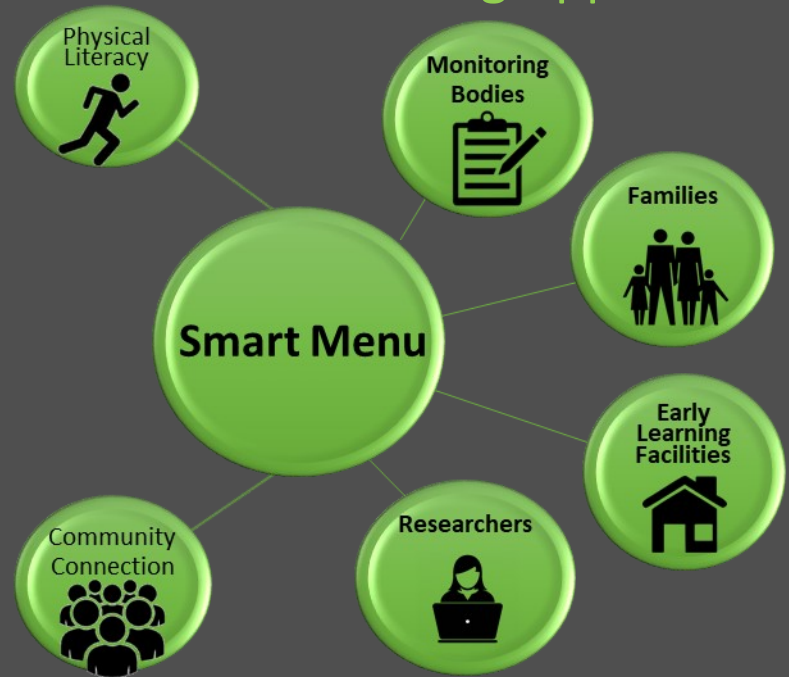
## HSDS Phase III Add-ons

Smart Menu

Cultural Adaptation

Family Engagement

### Menu Planning App



Learning modules  
Automated Grocery Lists  
Statistics

Menu Planning  
Resources Links  
Administration

## Thank you to our funders



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