

Resources for mandatory core services:

- Children and parenting: Services and resources for families with children peelregion.ca/children-parenting
- Peel Public Health at 905-799-7700 | Caledon 905-584-2216

Other credible sources:

- **Introducing solid foods to infants** is a webinar available through Child Development Resource Connection Peel (CDRCP), under Health and Wellness: Introducing Solid Foods to Infants - Pre-recorded - Child Development Resource Connection Peel <https://app.livestorm.co/cdrpc/introducing-solid-foods-to-infants?type=detailed>
- **Canada's Food Guide** (CFG) 2019 provides the Food guide snapshot and nutrition related information: Available in 26 languages canada.ca/en/health-canada/services/canada-food-guide/resources/snapshot/languages.html
- **Ontario Dietitians in Public Health (ODPH)** provides leadership in public health nutrition by promoting and supporting member collaboration to improve the health of Ontario residents through the implementation of the Ontario Public Health Standards: odph.ca/about-us
 - **Child Care Menu Planning - Practical Guide** provides information on serve, limit, and do not serve foods: odph.ca/practical-guide-1
 - **Paint Your Plate with Vegetables and Fruit: A Toolkit for Child Care providers:** guides menu planning, snack patterns, nutrition policy development, and healthy eating environment: odph.ca/paint-your-plate-english [English] odph.ca/d-corez-votre-assiette [French]
- **Unlockfood.ca** provides information on nutrition, food and healthy eating as well as recipes, videos and interactive healthy eating tools: unlockfood.ca/en/AboutUnlockFood.aspx
- **Telehealth Ontario** to speak with a Registered Dietitian (RD) for free on various nutrition related topics: Health811: Call 811 (TTY 1-866-797-0007), visit health811.ontario.ca/static/guest/home
- **Trust Me, Trust My Tummy** is a video about healthy eating: peelregion.ca/children-parenting/feeding-baby/solid-foods/
- **College of Dietitians of Ontario** lists all Registered Dietitians who practice in Ontario: portal.collegeofdietitians.org/public_directory/publicregistermember.aspx
- **Dietitians of Canada** lists private practice Registered Dietitians who are available for a fee to do presentations and workshops: members.dietitians.ca/Web/Web/Membership/Directory/Find_a_Dietitian_Directory.aspx?hkey=81abbd4d-e041-4223-8723-7af2d390f04c
- **Peel Region Peel Public Health** provides food safety information: peelregion.ca/health/protecting/food/
- For Safe Food Handling Tips visit: canada.ca/en/health-canada/services/food-nutrition/food-safety/safe-food-handling-tips.html
- **Foodland Ontario** is a consumer promotion program of the Ontario Ministry of Agriculture, Food and Rural Affairs. It has partnered with producers to champion, promote and support eating fresh Ontario produce and processed agricultural foods: ontario.ca/foodland/page/about-us
- **Ecosource** is an innovative environmental organization specializing in fun, hands-on programs that focus on how each of us can change our daily habits to become better environmental citizens: ecosource.ca/

Videos on Preschool Nutrition

- You can find videos on general healthy eating, kitchen tips and food handling, raising our healthy kids, and portion control at: unlockfood.ca/en/Videos

- [How and What to Feed Children is Important](#)
- [Enjoy More Vegetables and Fruit](#)
- [Healthy Drinks, Healthy Kids](#)
- [Role Model Healthy Eating](#)
- [Patience Works Better than Pressure](#)
- [Food Skills](#)
- [Eating Together](#)
- [Make Meals and Memories Together](#)
- [Offer Healthy Meals and Snacks](#)