BAG LUNCH POLICY

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| **Bag Lunch Policy for School age Children** |

To promote overall well-being and the ability to learn it is important that Parents ensure that their child’ lunch is healthy and nutritious. A healthy lunch includes at least three of the four food groups from the Canada’s Food Guide to Healthy Eating. A few examples of recommended food items are:

FRUIT VEGETABLES COLD MEAT CHEESE WHOLE WHEAT BREAD PASTA MILK EGGS YOGURT 100% FRUIT JUICE

When packing your child’s lunch here are a few suggestions:

* Homemade soup with pasta and vegetables
* Ham or turkey sandwich on whole wheat bread
* Homemade lunch kit in place of a prepackage lunchable
* Salad in a bag with spinach, tomatoes and cucumbers
* Leftover chili on rice
* Homemade pizza with cut up vegetables and yogurt dip
* Salad wrap with shredded turkey
* Macaroni and cheese
* Whole wheat pita and hummus

**WE STRONGLY DISCOURAGE** foods which are low in nutritional value and/or high in sugar content such as: POTATO CHIPS SODA POP HIGH SUGAR DRINKS (PUNCHES) CANDY CHOCOLATE BARS

**If these foods are in their lunch we will ask them to eat the nutritious lunch items first.**

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| **PLEASE NOTE STAFF DO CHECK ALL LUNCHES AND IF ANY FOOD ITEMS CONTAIN NUTS OR ARE FROM FAST FOOD RESTAURANTS (ALL FAST FOOD CHAINS)THEY WILL BE REMOVED FROM THE LUNCH AND RETURNED TO THE PARENT AT THE END OF THE DAY** |

It is of great importance that when you pack your child’s lunch that it is done with food safety in mind. All perishables foods must be kept cold while commuting and then while at the Centre. There is no refrigeration available for lunches.

Here are a few suggestions to assist you:

* In the morning pack cold food directly from the refrigerator
* Make sure that hot foods are steaming hot when place in a thermos
* Foods that might spoil should be carried in an insulated bag
* To keep foods cold, use frozen bread for sandwiches or a small freezer pack
* Lunch containers **must be labeled with the child’s name**
* Morning and afternoon snack is provided for the school age children during a full day program. If your child would prefer something from their lunch instead of our snack keep in mind healthy snacks will be encouraged.
* Food allergy lists are posted in the room where the lunch program takes place. We ask parents to keep us updated in writing regarding your child’s food allergies
* Each child should bring at least one water bottle during a full day.
* No food items are provided for lunch unless a child has forgotten their lunch or the lunch contents are low in nutritional value and/or high sugar content.
* Please see our Parent Board where Canada’s Food Guide and sample menus are available to assist in preparing bag lunches/snacks or their website [Canada's Food Guide](https://food-guide.canada.ca/en/)
* Parents will be given a copy of this Bag Lunch Policy at the time of registration and each Fall and Summer Registration thereafter. We ask that you read the policy and sign off that you have read and agreed to our policy.

NAME: DATE: