



Adventure House provides full meals on Thursdays and Fridays. Morning and afternoon snacks are provided daily.

Young children, whose brains are rapidly developing, need a nutrient-dense diet to help them as they process the world around them. Without the right nutrients, toddlers and preschoolers might struggle to develop the skills to maintain concentration, which becomes increasingly important as they get older.

At Adventure House, we welcome cultural immersion and understand that food is often a reflection of a culture's history, traditions, and values. By your child exploring their own international cuisine, other children can gain a deeper understanding of different cultures and appreciate the richness and diversity of the world around us.



Get healthy lunch ideas: <https://food-guide.canada.ca/en/applying-guidelines/nutrition-considerations-children-adolescents/>