

	POLICY TITLE		CATEGORY
	Packed Lunches – Schoolage and Kindergarten Programs – Before & After School Programs		Programs
	APPROVING BODY OR POSITION		APPROVAL DATE
	Associate Director, Programs		June 2019
	LEGISLATION / REGULATION REFERENCE		
Child Care and Early Years Act (CCEYA)			

## POLICY

In Family Day’s full-day School Age and Kindergarten Programs, children are required to bring their own lunches, which should follow Canada’s Food Guide.

### Purpose

The purpose of the policy is to ensure that each child has a healthy lunch, parents receive information on what is meant by a healthy lunch, and that the Anaphylaxis Policy and food allergies guidelines are followed.

### Procedures

- At registration time, parents are given “Tips for Packing Lunches” which gives guidelines on how to pack a healthy lunch. It includes a reminder about lunches being nut-free and other allergies that children in the program may have.
- Every child’s lunch bag is labeled with the child’s name.
- Parents are responsible to keep food cold by placing ice packs in their child’s lunch bags and store hot foods in a heat-preserving container or thermos.

***Staff will monitor each child’s lunch and should a child’s lunch consistently not adhere to Canada’s Food Guide then they will work with the parent to provide sample lunch options and have further conversations. An alternate lunch will be provided if a child forgets their lunch. A courtesy call to the parent or guardian will be made.***

Appendix -- Tips for Packing Lunches



## **IMPORTANT – FAMILY DAY IS NUT-FREE!!**

### **Canada's Food Guide**

- *Eating Well with Canada's Food Guide* is available online ([www.healthcanada.gc.ca/foodguide](http://www.healthcanada.gc.ca/foodguide)) or from your local Public Health Unit
- This guide is available in 12 languages (English, French, Arabic, Chinese (simplified), Farsi (Persian), Korean, Punjabi, Russian, Spanish, Tagalog, Tamil and Urdu)

### **Planning and Preparing Lunch**

- Lunches should include whole grains, fruits and vegetables, and proteins.
- Send leftovers, like cold pizza, stew, macaroni and cheese or soup.
- When making weekend meals, make extra and freeze leftovers in individual portion sizes
- Bake muffins, banana bread or cookies on the weekend to use during the week.
- Making sandwiches with frozen bread will help to keep the filling fresh.
- Use a variety of breads for sandwiches including whole grains – pitas, bagels, whole wheat breads, tortilla shells, buns.

### **Keeping Foods Hot and Cold**

- To keep foods hot use an insulated bottle or thermos. First, fill the bottle with boiling water and let it stand for a few minutes. Then empty the bottle and fill it with steaming hot food.
- To keep food cold, use an insulated lunch bag and pack a frozen drink that will thaw by lunch, or use a freezer pack
- Great food items to freeze are bottled water, drink boxes, reusable beverage containers or yogurt.

### **Healthy Drinks for a Healthier Lunch**

- Make water your drink of choice. Include a water bottle that can be refilled. Remind your child not to share the water bottle with others
- Choose from the following beverages most of the time-100% unsweetened fruit juices, white or chocolate milk, fortified soy beverage or water.