

Exploring the Puddles

Early Learning Centre

Policy 13.0

HEALTH, SAFETY AND NUTRITION

Each child will be provided with a safe, healthy, developmentally appropriate and nutritious environment.

Procedure:

1. Parents are required to send enough food for morning snack, lunch, and afternoon snack daily
 - a. For the Multi-age programs afternoon snack will be provided (excluding morning snack and lunch)
 - b. For the Preschool programs, snacks will be provided
 - i. Meals will include choices from at least two food groups (ex fruit and toast)
 - ii. Foods that will be provided include fresh/frozen/canned fruits, vegetables, breads, cereals, crackers, cheese, yogurt, milk, and water
2. We encourage parents to pack their child's lunches and snacks with reference to the Canada Food Guide.
3. Pop, chocolate milk, juice, candies, chips, chocolate and other "junk food" are not permitted. We suggest 2% milk or water as a healthy alternative.
4. If a child arrives without sufficient foods, the centre will provide the child with extra food and parents will be asked to send more for the next day
5. For inappropriate foods (as listed above), parents will be asked to keep these items at home. A list of ideas for lunches or snacks can be provided if requested.
6. All staff working with or providing food will have their FoodSafe certification in good standing, will follow licensing guidelines, and the "Preventing Illness in Childhood Settings" hand book from the Ministry of Health.
7. Food allergies are posted on the refrigerator and those foods are prohibited at the centre
8. Educators provide opportunities for learning how to take care of their bodies and will model self-help skills and hygiene (hand washing, teeth brushing, etc)
9. Opportunities for rest periods and exercise are offered daily, including a variety of indoor and outdoor activities
10. Children have rest time on their own beds in the napping room for a minimum of 20 minutes as required by licensing. Please see Rest Time policy
11. Children will be provided with a toothbrush and brush their teeth before nap (without toothpaste)

Last Update: May 2015