

## **Addendum to Parent Handbook**

**Casa Vera Montessori School**  
2000 Keele Street, Toronto, ON M6M 3Y4

Bagged Lunches Policy  
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### **BAGGED LUNCHES POLICY**

Child care centres are required to provide a prepared lunch for every child one year or older who is present at meal time, unless otherwise approved by a Director in the case of kindergarten groups or older (lunch for toddlers has to be provided by the centre).

If a child receives care for six hours or more, they must be provided with two snacks in addition to any meals provided. All meals, snacks, and beverages provided must meet requirements set out in Health Canada documents. Drinking water must be available at all times.

Our centre promotes the healthy development of all children, recognizing the importance of a balanced diet.

Bagged Lunches provided by the parents who choose to bring their own lunches must meet the nutritional guidelines of Canada's Food Guide. Parents are required to sign a Bag Lunches request.

#### **Allergy Awareness**

We do our best to establish a peanut free zone and every effort is made to ensure that peanut products do not enter the centre. Parents should take extra caution when making your child's lunch and to be sure to read ingredient lists. Any nut products or nut traces will be removed and sent home with a notice.

The Principal will advise teachers of any identified food allergy listed in the registration packages. Depending on the severity and type of allergy (e.g. contact, inhalation, or ingestion), parents of the involved class may be instructed to avoid sending the allergenic food in the bagged lunch.

This will occur at the beginning of school year in September or as the need arises throughout the year.

#### **Posting of menus and allergies**

We post planned menus for the current and following week in a hallway with any substitutions noted on the posted menus.

A menu shall be kept for thirty days after the last day for which it is applicable.

A list setting out the names of the children who have food allergies or other food restrictions, and their respective allergies or restrictions, is posted,

(a) in each cooking and serving area;

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(b) in each play area or play room; and

(c) in any other area in which children may be present

### **Special arrangements**

The special dietary and feeding arrangements made with respect to a child are carried out in accordance with the written instructions of a parent of the child.

### **Food and Drink Containers**

All food and drink containers must be labeled with the child's name to ensure each child receives the correct nourishment for him/her.

### **Back up Procedures (forgotten lunches)**

If child whose parents choose to bring their own lunches comes without the lunch, the staff will provide back up lunch items to the child as soup and/or crackers from back up package.

Staff may decide to provide catered lunch if any child who is getting lunch from the school is missing that day or if lunch comes in bulk and there is still enough serving left.

Parents will be notified that if lunch is forgotten repeatedly, the school has the right to remove the child from the Bagged Lunch program. In this case, the parents will have to get and pay for food provided by school.

Teachers are mandated under the Ministry of Education to inspect the bagged lunches of preschool children to ensure they meet the quality standards of the Day Nurseries Act and will do so daily.

If lunch content is questionable, teachers will first speak with parents to advise of concerns and work toward a solution.

If bagged lunch content continues to be questionable, the school reserves the right to remove the student from the Bagged Lunch program. In this case, the parents will have to get and pay for food provided by school.

### **Parent and Guardian's Responsibilities**

- The bagged lunch adheres to Canada's Food Guide.
- Lunch is provided in a labelled lunch bag with an ice pack.
- Foods that may have come in contact with nuts are not allowed in the child's lunch.

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### Staff Responsibilities

- All surfaces will be cleaned with a cleaning solution prior and after the children have their lunch.
- Staff will ensure children wash their hands prior to eating lunch.
- Staff will monitor lunches to ensure food arrives at the centre that contains nuts or has the warning sign "may have come into contact with nuts".
- An alternate lunch will be provided if a child forgets their lunch.
- Staff will encourage children not to share lunches.
- Staff will supervise closely any child that has a life threatening allergy.
- 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 menus.
- Sample lunch ideas/websites will be available at the centre to support families.

### Nutrition and dentally healthy snacks for preschoolers

Children aged 2 to 6 live in exciting time of change; their bodies are growing, they're mastering skills, their attitudes are forming. These traits influence the way preschoolers eat.

Nutritious between meal snacks consisting of food that will promote good dental health that will not interfere with a child's appetite for mealtimes.

Nutritious and dentally healthy snacks should be offered to young children in small amounts at regularly scheduled times. Children need between meals snacks to meet their energy and nutrients needs.

To promote both nutritional and dental health remember how many **Food Guide Servings** children need **per day**:

Age	Children	
	2 - 3 years	4 - 8 years
<b>Vegetable and Fruit</b>	4	5
<b>Grain Products</b>	3	4
<b>Milk and Alternatives</b>	2	2
<b>Meat and Alternatives</b>	1	1

The following are examples of **one Food Guide Serving**:

- One slice of bread (35g)
- 1/2 cup (125mL) of vegetables or fruit
- 1 cup (250mL) of milk or fortified soy beverage

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- 75g of meat, poultry or fish

### **Tips on using the Food Guide**

Choosing foods from each of the four food groups helps you get the nutrients you need. Avoiding an entire food group may cause you to miss some key nutrients. Follow these tips to make each Food Guide Serving count.

### **Vegetables and Fruit**

Eat at least one dark green and one orange vegetable each day. Choose dark green vegetables such as broccoli, romaine lettuce and spinach. Select orange vegetables such as carrots, sweet potatoes and winter squash.

Choose vegetables and fruit prepared with little or no added fat, sugar or salt. Enjoy vegetables steamed, baked or stir-fried instead of deep fried. Have vegetables and fruit more often than juice.

### **Grain Products**

Make at least half of your grain products whole grain each day. Eat a variety of whole grains such as barley, brown rice, oats, quinoa and wild rice. Enjoy whole grain breads, oatmeal or whole wheat pasta.

Choose grain products that are lower in fat, sugar or salt. Compare the Nutrition Facts table on labels to make wise choices. Enjoy the true taste of grain products. When adding sauces or spreads, use small amounts.

### **Milk and Alternatives**

Drink skim, 1% or 2% milk each day. Have 500 mL (2 cups) of milk every day for adequate vitamin D. Drink fortified soy beverages if you do not drink milk.

Select lower fat milk alternatives. Compare the Nutrition Facts table on yogurts or cheeses to make lower fat choices.

### **Meat and Alternatives**

Have meat alternatives such as beans, lentils and tofu often.

Eat at least two Food Guide Servings of fish each week including char, herring, mackerel, salmon, sardines and trout.

Select lean meat and alternatives prepared with little or no added fat or salt. Trim the visible fat from meats. Remove the skin on poultry. Use cooking methods such as roasting, baking or poaching that require little or no added fat. If you eat luncheon meats, sausages or pre-packaged meats, choose those lower in salt (sodium) and fat.

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Offer foods from **2 food groups** at each snack (examples):

- fresh or canned fruit with yogurt
  - vegetable sticks and chunks of cheese
  - half tuna sandwich with water
  - whole grain muffin and milk
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- strive for snack that are low in sugar, fat and salt
  - keep portion sizes small
  - be creative by offering a wide variety of snack foods
  - avoid sweet sticky foods – fruit leathers, candies and chewing gum
  - emphasize finger foods

Foods that are small, round or smooth, some examples grapes, carrots beans... please chop or slice them to reduce the risk of choking.

Please pack appropriate snack for your child, keeping in line with our policy to encourage healthy eating habits amongst children, we will have all Wednesdays “fruit& veggie” days.

Please pack the fruit and veggie what your child enjoys most and can share with other children.

Use **ice packs** with snacks or bag lunches. Keep it cold, keep it safe.

Start with clean lunch box and cold food. Place sandwiches and any other foods that would normally be refrigerated, next small ice pack or a frozen water bottle.

Invest in reusable insulated lunch bags. Keep two or three gel packs in the freezer, so you'll always have one ready. Refrigerate foods overnight. Use an insulated container for hot foods. Keep bacteria from developing in the lunch box by keeping cold foods cold and separated from hot foods.

Clean lunch boxes every day. At least once a week, wipe the interior of the lunch box with a weak solution of bleach and water / 1 tea spoon of bleach per gallon of water /, or use baking soda to eliminate odors.

“Healthy habits start young”

All lunch bags must be labeled by child's name.

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For the back-up procedure; any forgotten bag lunch, which contains any kind of food, will be checked up by the supervisor teacher, and leftover food, will be clean out from the bags and throw out. The lunch bags will be return to you empty.

### Sample Snack and Lunch Menu

#### Morning/Afternoon snack:

- Fresh fruit, raisins, breadsticks, biscuits or crackers
- Milk, water or juice
  
- Whole wheat crackers, cheese and apple slices
- Bread with apple butter, melon, milk
- Veggie sticks, crackers and juice
- Yogurt and fruit, milk
- Pretzels, oranges and milk

#### Lunch menu:

Roast chicken  
Roast potatoes  
Peas, carrots, broccoli  
Water

Chicken nuggets, apple  
sauce and milk

Fish fingers  
Potatoes  
Baked beans  
Chocolate mouse

Pasta salad with cheese,  
veggies and milk

Chicken and rice  
Fruit salad  
Milk

Spaghetti sauce with meat,  
bread, fresh fruit and water

Tuna and cheese  
Fresh fruit  
Fruit juice  
Lentil or vegetable soup  
Whole meal bread  
Water or juice

Grilled cheese on wheat  
bread with veggie plate  
fruit slices and milk  
Broccoli noodles with  
steamed carrots and fruit  
Milk