



GARDE SCOLAIRE L'ANSE-AU-SABLE
675 Chemin Lequime
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Food and Drink Policy

The staff at *Garde scolaire l'Anse-au-sable* understands that the policy set out below may be subject to last minute change in order to comply with the health and safety regulations of the Province.

Food and Water

Families provide all food (3 snacks and a lunch) for their child while at *Garde scolaire l'Anse-au-sable*. Refrigeration is not provided inside the room. If the child needs to keep their lunch cold, parents are asked to include an ice pack in the lunch box. We ask parents to label all their child's containers and to send a water bottle to be kept at *Garde scolaire l'Anse-au-sable*. Water bottles must be taken home every week to be sanitized. Parents should make sure their child has enough to eat for the day and plan extra food during growth spurt periods. Staff will ensure to have extra snacks handy in case a child doesn't have enough food for the day.

On certain days there may be a cooking activity and the children may eat the food they prepared, with their parent's approval. All Food Safe guidelines will be followed. Parents will be notified of those activities and of possible snacks being shared by *Garde scolaire l'Anse-au-sable* staff when they sign in.

All children at *Garde scolaire l'Anse-au-sable* must wash their hands before snack and lunch time. Sinks and bathrooms are available. Children will also have access to a water fountain in the event that their water bottle is empty over the course of the day.

Nutrition

Guidelines

Optimal nutrition is of utmost importance at the child care facility *Garde scolaire l'Anse-au-sable*. Staff is guided by the requirements for care facilities in the Child Care Licensing Regulation as well as Canada's Food Guide. Parents/guardians are responsible to provide their child with a well-balanced, healthy lunch, and nutritious snacks. Sharing food will not be permitted as some children may have allergies. There may be special occasions

when food is brought in to share with the children as a group. The staff is responsible to inform parents/guardians about this prior to food being shared by sending an email. It is the responsibility of the parent/guardian to inform the staff should they wish for their child to be excluded from this activity. Staff will also ensure all the children's safety by having them wash their hands before eating (lunch and snacks), when coming in after outside play and after toileting. Staff at *Garde scolaire l'Anse-au-sable* will encourage children to develop healthy eating habits by asking them to remain seated while eating and by being present while children eat and discuss healthy eating habits as a group.

Procedures

- If children are found to still be hungry after eating their lunch, staff will advise families to provide more food for the next day and onward.
- Staff will also ensure that if a child has allergies to a specific food, all families whose child is attending the center are notified in writing by the manager not to include items containing that food in their child's lunch or snacks. This will be enforced to prevent any incidents related to food allergies;
- Staff will not allow the children to consume pop or chewing gum and will encourage to keep the sweet snack as a desert.
- As part of the program, staff will promote healthy eating and nutritional habits towards the children;
- Staff will ensure children to eat their provided lunch and will not leave them unsupervised while consuming food or drink;
- Staff will ensure that food and drinks are not used as a form of reward or punishment for children.
- Staff will ask children to wash their hands before eating, after outside play and after toileting. Staff will supervise children and teach them to wash their hands effectively using soap and rubbing on all parts of their hands.
- Before eating, staff will clean surfaces with soap and water and will then sanitize the surfaces.
- Staff will encourage healthy eating habits by asking children to remain seated while eating and by discussing healthy eating choices with the children. They will act as role models for the children.