

## Phoenix Child Centre Bagged Lunch Policy

Phoenix Child Centre promotes safe and healthy eating habits by ensuring that Bagged Lunches meet and follow requirements from both the Ministry of Education and the Canada Food Guide.

Phoenix Child Centre provides a delicious and healthy snack in the morning and afternoon for all programs, on a daily basis. During non-instructional days (when the children are not attending school) such as PA Days, March Break, Winter Break, and Summer Camp the school aged children will provide their own lunches that meet the following guidelines.

### Parent Responsibilities

- Bagged lunches adhere to Canada's Food Guide (example Turkey and cheese sandwich on multigrain bread, an apple, granola bar, and water) <https://food-guide.canada.ca/en>
- Lunch is brought in a labelled lunch bag (ice pack is encouraged to keep food cold when necessary)
- Food with nuts, may contain nuts, or have come into contact with nuts are **not permitted** in the children's lunch.

### Staff Responsibilities

- All eating surfaces will be cleaned (soap and water solution) and disinfected (bleach and water solution) prior to and after children have their lunch.
- Staff will ensure that all children wash their hands prior to and after eating lunch
- Staff will monitor lunches to ensure all items are nut free including labels with may contain nuts.
- Children are not permitted to share lunches as the centre does have children with life threatening allergies. Staff will monitor environment to ensure children adhere to this expectation.
- Should a child forget their lunch Phoenix Child Centre will provide them with an appropriate substitute provided by the centre's caterer Real Food For Real Kids and parents will be notified.
- Should a child's lunch consistently not adhere to the Canada Food Guide, staff will address their concerns with parents and provide the appropriate information to support the families.

Date	Revision	Effective
August 19, 2019	New policy	Immediately

