



Policy Statement

MRCS sees meal and snack time as an important part of the day. We believe in the importance of children learning about nutrition, healthy eating and social dining at their young age.

MRCS respects all cultural, dietary and health needs of our children.

Allergies & Dietary Needs

Prior to children starting, staff will need to know any allergies or dietary needs of each child. This information is recorded in their registration package.

All staff will be made aware of any allergies/dietary needs for each child. Staff are required to show sensitivity towards any allergies or dietary needs, at no time will a child be singled out or labelled due to their diet or allergies.

Nut and Peanut Free

We are a nut and peanut free centre; this has been implemented to address the needs of several children in our program who may have life-threatening allergies to nuts and peanuts. Traces of nuts and peanuts in food items are permitted. Please do not send any nut or peanut products to the centre for breakfast, lunch or snacks.

Meal & Snack Procedures

Parents are required to provide all food for their children; this includes a healthy lunch and two snacks. All food must be transported in a cooler type of lunch bag (please note, there is no access to refrigerators for lunch/snack storage).

Staff will be able to microwave and reheat food for children, please ensure the food is labelled accordingly and in a microwave-safe container.

All children will be required to wash their hands thoroughly before any meal or snack time.

Early Arrivals

- If children are not able to eat breakfast before arriving, parents are able to bring breakfast for their child to eat.
- We ask that if your child does require to eat breakfast at MRCS, they arrive before 9:00 to ensure enough time to eat and participate in activities.

Snacks

- Snacks will be prepared for 9:30am and 3:30pm.
- In the event parents are not able to provide their child with healthy snacks, MRCS has some available so no child will be excluded from snack time.



In the event that a child does not have a snack available, Maple Ridge Child Care Society (MRCS) will provide a snack for the child to ensure they are not left without food. Parents or guardians will be notified when this occurs.

Specialty Snacks & Lunch

MRCS will also notify all parents and guardians in advance of any additional or special foods that will be provided at the centre. This may include birthday cupcakes, a special pizza day, or other food provided as part of a centre activity or celebration. Parents and guardians will be informed ahead of time so they are aware of what will be offered to their child.

Supervision

All staff are required to supervise the children during meals and snack times. This will ensure children are eating properly and can avoid any potential choking hazards. At no time will a child be forced to eat their food. Food and drink will never be used as reward or punishment for children.

Water

All children will be required to bring a water bottle which can be left in the facility. The staff will ensure all water bottles are washed daily.

Water is available to children all day, they can ask staff for water at anytime, in which the staff will provide to them, or show them how to get water.

Staff will support children in recognizing when they are thirsty or need to drink water.