



"Where Kids Count"

Bag Lunch Policy
For Full Day Care (P.A. Days, March Break, Christmas Break, etc.)

Parents will be required to supply a bag lunch for their children at:

- Maynard Public School -Kinder and School Aged Program
- Holy Cross Catholic School -Kinder and School-Aged Program
- Kemptville Main Site -School-Aged Program
- TR Leger Site -Kinder and School-Aged Program
- Clothier Street Site – Kinder and School-Aged Program

Bag Lunches must be in a bag or container which is clearly **LABELLED WITH YOUR CHILD'S NAME. ALL CONTAINERS IN THE LUNCH MUST ALSO BE LABELLED WITH YOUR CHILD'S NAME.**

Refrigeration space is limited so we ask that you include a frozen ice pack for your items that must remain cold.

We are **NUT-SAFE CENTRES.**

Regarding Breakfast:

We appreciate that some children have to get up really early so they don't have time to eat breakfast; some can't eat until they have been awake for a while. Policing what comes into the centre, reading and knowing the ingredients listed on the "Food from Home" is too great a responsibility for our staff, while they are also attending to the children in our care. So, if you miss breakfast...snack is served at 8:30-8:45 each morning and the children are invited to have seconds if they are extra hungry!

Please consider the following when you are serving **Breakfast at home...**

Please refrain from serving Peanut Butter, Nutella, Granola Bars or other foods containing nut products. The minutest quantities of allergen can trigger a deadly reaction therefore we must provide you with information...to ensure an accident doesn't happen. Peanut Butter on a child's hand or clothing could be transferred to the toys in the classroom.

We will no longer be able to accept foods from "Special Occasions". Please see staff for other fun ideas.

Regarding Lunches:

Packing lunches for Kinder and School-Aged Children.

We encourage your food choices to be nutritious. Too many sweet treats, pop and chips do not provide the nutritious value needed by growing bodies. Plus, "Kids feel yucky" eating these products when the weather is really hot.

Crunchy vegetables, cold fruits, sandwiches, salads, pudding and juice boxes are preferred.

Please do not send chocolate bars, pop, candy, etc. We cannot allow the children to eat these items at day care. We will replace these items with a lunch and you will be billed accordingly.



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**Bag Lunch Form
(Please complete and return)**

A bag lunch, provided by myself (Parent/Guardian):

is to be served to my son/daughter:

At More Than Just Babysitting Child Care Centre
Inc.

Kinder or School–Age Program as a noon-day meal.

I have been provided with nutritious lunch suggestions.

I am sending an ice pack in the bag lunch when applicable.

I have read the regulations regarding a "NUT SAFE ENVIRONMENT".

I understand that my child’s lunch must be ready to eat – we do not have the people power or electric power to prepare canned or packaged food. If your child’s lunch needs to be heated please make sure to send it in a microwaveable container; Thanks.

I understand that it is the responsibility of the program to ensure lunches are nutritious as per the Child Care Early Years Act.

I understand that staff will bring any concerns in this regard to my immediate attention.

Parent Signature

Date