

11. Meals and Kitchen

11.1. Meal Schedule

- Children will be provided with a snack or meal every three hours. This will include:
 - o 5:30 – 8:00: access to optional breakfast, including fruit, dairy, and cereal options
 - o 8:30 - 9:00: snack
 - o 11:30 - 12:15 - nutritionally balanced lunch
 - o 3:00 – 3:30 – snack
 - o 5:00 – snack
- Timeline is approximate and may vary slightly from day to day; children may receive a snack at any time if necessary

11.2. Menu

- All meals are prepared on-site in accordance with the Canadian Food Guidelines and Ministry of Saskatchewan Early Years menu Criteria supporting our belief in promoting good nutrition.
 - o Menus will follow a 6-week rotation and are posted for parents to view
 - o Any changes or substitutions to the menu will be posted

11.3. Meal Procedures

- Meals will occur at seated tables within each room; outdoor meals may occur from time-to-time
- Staff will be present at meal times to assist children with packaging, etc. and to model healthy eating behaviors
- Children will be encouraged to eat the meals that are prepared for them. Children will never be forced to eat, and they will decide when they are finished eating.

11.4. Food from Home

- Parents may bring food from home, including breastmilk/formula etc. if desired.
- Any food must be labelled with child's name and serving instructions.
- We ask that all food being sent is healthy and that it requires no other preparation
- For special occasions, such as birthdays, parents may send in something special as long as there is enough for everyone in the centre.
- Outside food brought to SCD must be nut and shellfish free; if child comes to SCD with food containing nuts or shellfish, it will be discarded
- Food brought in from home must be inclusive to the dietary needs of the children in the room.
 - o Parents are encouraged to ask your child's educator for information regarding other children's dietary needs.

11.5. Food Allergies and Special Considerations

- It is the responsibility of the parent to notify the centre of any special considerations and allergies including non-food allergies your child might have.
- A current allergy list will be posted in the kitchen and all playrooms.
- If the child can not be served the posted menu meal, it is the responsibility of the parent to notify SCD at least 24 hours prior to the morning the meal is being served. If child requires special meals, a fee may be charged to offset additional costs. Parent will be informed of fee prior to meal provided.

11.6. Kitchen Maintenance

- All kitchen staff will abide by safe food handling best practices
- Regular maintenance of all appliances and equipment is expected