**Food and drink policy- Peanut free centre**

**Nutrition-**

Nutritional snacks will be provided from the childcare centre, and a menu will be created for the month for families to view. All foods will be fresh, healthy and garbage-free, and may include fresh fruits and vegetables from the garden during peak seasons. Some morning foods may include strawberries, apples, bananas, mangos, grapes, etc. paired with yogurt and granola, whole grain waffles and maple syrup, hard boiled farm fresh eggs or scrambled, French toast, muffins, etc. Afternoon snacks may include cucumbers, tomatoes, carrots, bell peppers, pickles, etc. paired with hummus, ranch dip, crackers, cheese, deli meat, sausage, etc.

Lunch is to be provided from home. Our program is outdoor driven- Therefore, \*garbage-free\* nutritious foods are highly recommended and encouraged. To ensure we maintain a clean and safe environment for ourselves and wildlife, we kindly ask families use reusable containers or reusable bags for their child’s food items.

**Liquids- Water**

An 18.9 L refillable water jug will be inside the program, available with a dispenser for easy pouring. We ask families to bring a labelled water bottle from home that can stay in the program or come and go in their backpacks. We kindly ask that pop, juice, or other liquids stay home, and only water is brought in the program

**Other**

There is no fridge or microwave available within the program. Please pack food items accordingly.

**Seasonal Vegetables and Fruit**

Additional ready to eat fruits and garden vegetables (seasonally) will be available to all children if needed or desired. This will include but not limited to apples, bananas, tomatoes and beans, located in a fruit bowl accessible in our program. During the summer, garden vegetables will be available and freshly picked/washed from our garden. Herbs will also be available.

**Plants/ Foraging**

Foraging and harvesting is encouraged during our explorations, and classes will discuss plants and their beneficial uses. Certain plants like alfalfa, sage, and dandelions will be prepared and washed with the help of the class. Any cooking, or kitchen appliance-use will be done by the educator after-hours and prepared for the children the following day. All common plants located on the property will be posted within the program for families and caregivers to see and a direct message will be sent to the families.

**Open Nutrition Breaks**

Open nutrition breaks are encouraged and is how eating times will be made available. What this means, is children will be encouraged to listen to their own bodies and eat when they are hungry. Lunch is a gathering time that will be encouraged by the class to be shared together, and therefore we will come to sit together. We will have tables available within the program, and picnic tables throughout the property for eating.

**Communication**

Communication regarding garden ready foods, changes to our food and drink policy and general information will be made directly through e-mail and posters within the program. We will also have a communication board within the program that provides weekly information on anything upcoming.