



Nutrition Policy

The provision of food is not a normal part of the program at Windridge Park ChildCare Centre. Parents/Guardians provide choices of healthy snacks and lunch for their children and bring these with their children to preschool. A suggested list of healthy snacks and food choices will be given to parents/guardians if requested. All suggestions are based on Canada's Food Guide. All children will be supervised during snack and lunch times. No child will be forced to consume food or drink during this time, nor will they be withheld as a form of punishment. Children are encouraged to make their own choices of what to eat from the food that is provided by their parents or guardians. Fresh water will always be available.

- Our policy includes a 'division of responsibility' as noted on our BC Healthlink.ca, which basically states that the parents will provide the food choices for their children and the children will decide what they eat and what order they will eat it in.
- The preschool does not allow any snacks or lunch containing nuts or nut products into the classroom, due to allergies. Our Windridge Room is labelled a 'nut free zone' by Ron Andrews RecCentre.

This policy conforms with Childcare Licensing Regulation 48 (Nutrition)