



## **Nutrition Policy**

The provision of food is not a normal part of the program at Windridge Park ChildCare Centre. Parents/Guardians provide healthy snacks and lunch for their children. A suggested list of healthy snacks & lunches will be given to parents/guardians at the start of the school year. All suggestions are based on Canada's Food Guide. All children will be supervised during snack times & lunch time. No child will be forced to consume food or drink during snack or lunch time, nor will they be withheld as a form of punishment. Fresh water will always be available.

The school does not allow any snacks containing nuts or nut products into the classroom, due to allergies.

This policy conforms with Childcare Licensing Regulation 48 (Nutrition)