

Auntie's Infant Care

Food and Drink Policy

OVERVIEW

Our programs all support a more paleo concept to food and drink. This means all snacks served at our facility will consist of mostly; fruits, vegetables, eggs, meats and fish void of preservatives wherever possible.

As the CANADA FOOD GUIDE suggests grains as a healthy choice for a child's diet, whole grains are also incorporated.

Providing Balanced Choices

Each snack served to your child will provide them some choices to make snack time more exciting.

As per the CANADA FOOD GUIDE and our own food philosophies;

50% of the snacks offered to your child will be fresh cut Fruits/vegetables.

25% of snacks will be high protein items such as; Pepperoni, tuna, eggs, cheese or yogurt.

25% of snacks will be grains such as; Baked goods, whole wheat breads and crackers.

Products are carefully chosen to ensure highly processed foods are NOT offered to your child. Wherever possible products are local and fresh made.

ALWAYS

Foods are always fresh, nutritious, and unprocessed

SOMETIMES

At times special 'treats' are permitted and served with your prior consent to celebrate holidays, birthdays, etc. such as cupcakes or cookies.

NEVER

Highly processed foods or foods containing fillers or an over abundance of preservatives are never offered to your child. Fruit juices are never served to your child however smoothies may be offered from time to time.

Set Meal Times

To help your child stay on a set schedule lunch and snack times are always at the same time each day. Children are encouraged to retrieve and set out their own snacks and lunches, this helps foster a love and enjoyment of their meals.

Of course proper hygiene is always paramount and hand washing is a must!

Packed Lunches

Children must bring a small packed lunch each day. We understand healthy foods can be expensive and each family has their own food philosophies and religious beliefs which dictate their child's meals. We ask parents to follow the guidelines below whenever possible;

Packed lunch Guidelines

- 1) Stay away from chewy granola bars and fruit snacks containing large amounts of sugar and preservatives. These are very destructive to your child's teeth
- 2) Fruit juices will not be permitted as they are extremely harmful to your child's teeth and can create a large mess.
- 3) Meals which need to be reheated such as chicken and rice or soups are always welcome. Please be sure to pack them in a microwave safe container.
- 4) Please refrain from packing your child a 'treat' unless it is a special occasion.
- 5) Pack something your child will actually eat. Even if it does not quite follow the guidelines. Sometimes there has to be a compromise and we absolutely understand this!

ALLERGIES

If your child has an allergy or a food sensitivity we must discuss food safety before they begin their time with us. Nuts and seeds are a healthy part of the human diet and may be present at our facility.