

Kids Camp

Bag Lunch Policy and Procedure

Parents must ensure that their child's lunch is nut free, nutritious and meets the guidelines of the Canada Food Guide (see attached). Lunches should include items from each of the food groups plus 1 extra fruit or vegetable. A few examples of recommended food items are:

FRUIT	GRANOLA	COLD MEAT
WHOLE WHEAT BREAD	MILK	EGGS
CHEESE	VEGETABLES	PASTA
100% FRUIT JUICE	YOGURT	

Please do not include foods which are low in nutritional value and/or high in sugar content such as:

POTATO CHIPS	SODA POP	CANDY
CHOCOLATE BARS	HIGH SUGAR DRINKS/PUNCHES	

Please check food labels before sending lunches. It is important that lunches are **nut free**

1. Lunch containers must be labelled with the child's name.
2. Food allergy lists are posted in the room where the lunch program takes place. We ask parents to keep us updated in writing regarding your child's food allergies.
3. No food items are provided by the lunch program unless a child has forgotten his/her lunch or the lunch contents are low nutritional value and/or high sugar content. The Kids Camp program has on hand a balanced lunch and snacks which will be provided for your child. Parents will be charged \$5 when this occurs.

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