



**Policies and
Procedures
April 2017**

Section: Operations

Subject: Bagged Lunch Policy

This Policy applies to any PLASP operated Lunch Programs and full day holiday camps only (Winter, March Break and Summer).

PLASP Child Care Services promotes the healthy development of all children, recognizing the importance of a balanced diet. Keeping with this requirement when bagged lunches are necessary, the responsibilities are as follows:

Parent and Guardian's Responsibilities

- Lunch is provided in a labelled lunch bag with an ice pack.
- Parents are encouraged to follow Canada's Food Guide for information on nutrition and healthy eating.
- Parents are required to ensure the medical information on their child's registration is up to date, noting if the child has allergies or food intolerances.
- PLASP promotes a nut-free environment and we ask parents not to pack anything containing nuts (including foods that "may contain nuts") in your child's lunch.

Staff Responsibilities

- Staff will support parents by directing them to resources such as the Canada Food Guide when preparing their child's lunch.
- Staff will refrigerate the lunches when the children arrive.
- All table surfaces will be cleaned with soap and water prior to and after the children have their lunch.
- Staff will ensure they wash their hands before assisting children with their lunches.
- Staff will ensure children wash their hands prior to and after eating lunch.
- Staff will monitor lunches to ensure food at the camp does not contain nuts, have the warning sign "may contain nuts" and has not come in contact with peanuts or tree nuts.
 - Staff will notify parents if concerns arise regarding the nutritional adequacy and/or presence of allergens in the lunch and snacks.
 - If a child forgets to bring a lunch, or if allergens are present, PLASP staff will have on hand extra snacks to supplement, ex. apples, crackers or cheese.
 - Staff will ensure that all children with food allergies and life threatening allergies are recorded and posted in every room where the camp operates.
 - PLASP staff will NOT allow children to share lunches.

Note: During the school year, children are not permitted to bring food into the programs.

Please refer to Canada's Food Guide on the reverse side of this page.

Recommended Number of Food Guide Servings per Day

| Age in Years | Children | | | Teens | | Adults | | | |
|------------------------------|----------|-----|------|---------|-------|---------|-------|---------|-------|
| | 2-3 | 4-8 | 9-13 | 14-18 | | 19-50 | | 51+ | |
| | Sex | | | Females | Males | Females | Males | Females | Males |
| Vegetables and Fruit | 4 | 5 | 6 | 7 | 8 | 7-8 | 8-10 | 7 | 7 |
| Grain Products | 3 | 4 | 6 | 6 | 7 | 6-7 | 8 | 6 | 7 |
| Milk and Alternatives | 2 | 2 | 3-4 | 3-4 | 3-4 | 2 | 2 | 3 | 3 |
| Meat and Alternatives | 1 | 1 | 1-2 | 2 | 3 | 2 | 3 | 2 | 3 |


The chart above shows how many Food Guide Servings you need from each of the four food groups every day.

Having the amount and type of food recommended and following the tips in *Canada's Food Guide* will help:

- Meet your needs for vitamins, minerals and other nutrients.
- Reduce your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis.
- Contribute to your overall health and vitality.

What is One Food Guide Serving?

Look at the examples below.

| | | | | | |
|---|--|--|---|---|--|
|  <p>Fresh, frozen or canned vegetables 125 mL (½ cup)</p> |  <p>Leafy vegetables Cooked: 125 mL (½ cup) Raw: 250 mL (1 cup)</p> |  <p>Fresh, frozen or canned fruits 1 fruit or 125 mL (½ cup)</p> |  <p>100% Juice 125 mL (½ cup)</p> | | |
|  <p>Bread 1 slice (35 g)</p> |  <p>Bagel ½ bagel (45 g)</p> |  <p>Flat breads ½ pita or ½ tortilla (35 g)</p> |  <p>Cooked rice, bulgur or quinoa 125 mL (½ cup)</p> |  <p>Cereal Cold: 30 g Hot: 175 mL (¾ cup)</p> |  <p>Cooked pasta or couscous 125 mL (½ cup)</p> |
|  <p>Milk or powdered milk (reconstituted) 250 mL (1 cup)</p> |  <p>Canned milk (evaporated) 125 mL (½ cup)</p> |  <p>Fortified soy beverage 250 mL (1 cup)</p> |  <p>Yogurt 175 g (¾ cup)</p> |  <p>Kefir 175 g (¾ cup)</p> |  <p>Cheese 50 g (1½ oz.)</p> |
|  <p>Cooked fish, shellfish, poultry, lean meat 75 g (2 ½ oz.)/125 mL (½ cup)</p> |  <p>Cooked legumes 175 mL (¾ cup)</p> |  <p>Tofu 50 g or 175 mL (¾ cup)</p> |  <p>Eggs 2 eggs</p> |  <p>Peanut or nut butters 30 mL (2 Tbsp)</p> |  <p>Shelled nuts and seeds 60 mL (¼ cup)</p> |

Oils and Fats

- Include a small amount - 30 to 45 mL (2 to 3 Tbsp) - of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.
- Use vegetable oils such as canola, olive and soybean.
- Choose soft margarines that are low in saturated and trans fats.
- Limit butter, hard margarine, lard and shortening.

