

# Kinder House Day Care

## Daily Nutritional Requirements

Kinder House Day Care serves snacks and meals that are nutritious, well balanced and take into account both the recommendations of the most recent version of the Canada Food Guide and the families and children's preferences.

**Breakfast: Served from 7:30a.m. to 8:45a.m.**

Parents/Guardians are required to provide breakfast for their child(ren). If you would like to bring a box of whole grain cereal that is recognized by the Canada Food Guide (cereals high in sugar and low in fiber are not permitted), the Day Care will be happy to provide the milk. Kinder House will also supplement a serving of fruit with each child's breakfast. When choosing a cereal for your child it is important to take into consideration:

- ☺ 5 grams (g) of fat or less, unless it occurs naturally from the grain  
3 grams (g) of saturated fat, or less
- ☺ 200 milligrams (mg) of sodium, or less
- ☺ 2 grams (g) of fibre, or **more**
- ☺ 12 grams (g) of sugar, or **less**
- ☺ 1 gram (g) of protein, or **more**
- ☺ All amounts of vitamins and minerals are acceptable, the exception is sodium
- ☺ **No artificial sweeteners**

**A.M. Snack: Served between 9:45 and 10:15 a.m.**

A morning snack is provided daily. At least two of the major food groups are offered for the A.M. snack.

**Lunch: Served between 11:35 and 12:35 p.m.**

A nutritious lunch, with food covering the four major food groups is provided. You can provide your own lunch and drinks (**with items in accordance with Canada's Food Guide** and that do not need to be prepared in advance) or supplement the lunch that we offer, if you wish. **The Day Care will supplement the child's meals when food provided by the family does not meet the Canada Food Guide**. Our menu is based on the Canada Food Guide and will ensure two thirds of your child's basic nutritional requirements for the day. Special foods due to allergies or other restrictions are to be provided by the Parent/Guardians.

**P.M. Snack: Served between 2:45 and 3:45p.m.**

An afternoon snack is provided daily for all children. At least two of the major food groups are offered for the p.m. snack.

**A complete menu is posted in the lobby and is available upon request. The menu is reviewed in March and September each year to ensure that it meets the changing nutritional guidelines of research and Canada's Food Guide to support children's healthy development,**

**\*\*Please note: if you will be providing food for your child, please remember to clearly label the containers. Staff are welcome and encouraged to sit and eat with the children during meal times at the center. Not only does this provide a family like atmosphere and encourage conversations, it promotes healthy eating (staff must ensure their meals reflect the Canada's Food Guide – Fast Food and soft drinks are not permitted in the playrooms).**