



Healthy Eating at Millgrove - Lunch & Snack



As part of the Ontario Kindergarten Program, the children are required to learn about healthy eating and the benefits of making good snack choices. With all the media attention surrounding this issue, it is easy to make informed choices when packing your child's food for school. Please help us to ensure that your child will learn to choose healthy foods over those full of sugar and other preservatives by sending mostly healthy foods to school. The best healthy foods include fruits, vegetables, cut up and in reusable containers to minimize garbage, cheese and yogurt, whole grain crackers and bread, sandwiches and warm meals in a thermos. Refillable water bottles are best for your child as they close/reopen during the day, unlike a juice box. Involve your child in choosing the foods to include in their snack / lunch. This helps to ensure that they eat the food and that you are aware of changes in their food likes and dislikes. Remember that pop, chips, candy and chocolate bars should not be packed in your child's lunch. By saving sugary treats for home and special occasions, your child will learn good eating habits that will last a life time.

Supervising children while they eat their snack and lunch can be a very difficult job. In order to simplify things and keep spills to a minimum, we ask that all children follow these simple rules.

- ❖ Children should not share food as there are students with food allergies in each classroom. Uneaten food will be sent home so that parents know what their child ate at school that day.
- ❖ Please send your child to school with a labelled fabric or hard plastic reusable lunch bag that fits easily inside their backpack. A bag with a handle works best.
- ❖ When sending a drink to school with your child, we would appreciate a spill-proof container that fits inside your child's lunch bag. A water bottle should come to school daily - please avoid open-mouthed containers. No breakable bottles please.
- ❖ Please be sure that your child can open lunch or snack items by themselves. If a package needs cutting, please open it at home and put the contents in a container or baggie. If you send items that need to be cut or peeled (e.g., an orange), please do so at home. Bananas can come to school with the peel on.

Important Note: Millgrove is a nut-safe school.

Snack / lunch time is very busy and with your support, we can make eating time healthy, enjoyable and independent for students.