



Certain programs offered by RisingOaks Early Learning require parents to send a morning snack and lunch on school-closure days. This includes any day where your child attends for a full day (i.e. PA Days, Winter Break, March Break and Summer Camp), unless otherwise stated.

1. The bagged snack/lunch must be clearly labelled with your child's name.
2. Include a cold pack in order to keep the lunch cold until it is consumed. Hot foods should be kept warm in a thermal container. Utensils must be provided. We do not have the ability to heat food for your child.
3. All packaged items must remain in the original packaging from the store, so staff are able to review the ingredient list. We are a nut sensitive environment. Please do not send food that contains nuts or foods with labels "may contain nuts".
4. Children will not share lunches due to various other food sensitivities and restrictions. If further life-threatening allergies are identified, families will be notified of the food restrictions.
5. Bagged lunches should include plenty of vegetables and fruits, whole grains and protein to meet Canada's Food Guide requirements. A healthy lunch limits processed foods and foods that are high in sodium, sugars and saturated fats. Examples include;
 - a. Ham and cheddar cheese sandwich on whole grain bread with lettuce and tomato, carrot and celery sticks, and an apple
 - b. A whole grain tuna salad wrap with lettuce, carrot and celery sticks with hummus, yogurt and a clementine
6. Please provide milk or milk substitute, real fruit juice, or water for drinking. Do not send pop, Kool aid, Gatorade, or fruit drinks high in sugar. Please label your child's drink bottle with their name.

If bagged lunches do not meet the requirements as set out above, or are forgotten, educators will provide a snack replacement and/or a cold pack and contact parent/guardian to provide food that meets the requirement.

I agree to provide a nutritious lunch, based upon Canada's Food Guide and as required by the Child Care and Early Years Act 2014.

Child's Name: _____

Location: _____

Parent Signature: _____

Date: _____

When completed electronically, typing your full legal name in the signature box constitutes your signature and is binding.