



Royal Kids Preschool

Nutrition Policy

Royal Kids Preschool staff and administration recognizes that proper nutrition is a necessary component of health and well-being for children and plays a key role in their ability to learn and grow.

Every child are required to bring a lunch kit with healthy snacks from home daily. Program snacks/lunch schedules:

1. Preschool AM (9-11am)
 - 10:00am – snacks
2. Preschool PM (11:15am – 1:15pm)
 - 12:15 – lunch

Steps in fostering proper nutrition to children attending the program:

- Advocacy to parents the importance of healthy snacks and lunches.
- Information regarding adequate healthy snacks for children according to their age.
- Each parent will be given a copy of the “Eating Well with Canada’s Food Guide” together with the parent’s handbook after registration.
- Education about nutrition for young children through play, activities and games.

Revision History

Date	Version	Classification	Description	Author Initials
Sept 2017	1.0	Major	Initial release	AM
Dec 2017	1.1	Minor	Added daily program schedules for snacks/lunches	AM