

Food sensitivities

No outside food from home is permitted. The exceptions are: Infants, children with allergies, school age bagged lunches, cultural or religious reasons.

For regular, on-going modifications required, a complete snack and meal replacement is provided by the parent.

This arrangement is made with the supervisor upon enrolment, or when the allergy is discovered. It will be reviewed seasonally when a new menu is introduced, with a the child's RECE.



If modifications are requested for alternate reasons e.g. culture, religion, the parent may be required to provide the full food menu for their child. This will be negotiated with the centre supervisor.

Own lunch must comply with the standards set out in the Canada Food Guide, and the Nut sensitive definition.



Each individual meal brought from home is clearly labeled with the child's name, and the date. The food is stored in the kitchen with its' own securely closed storage container and safe food temperature regulator (ice pack) so it can be placed on the lunch cart by the cook. Children may not share their food.

Note: A child with an anaphylactic plan may eat at another table from children who have brought in food from home to limit the risk of contamination.

Food Information



At Growing Together we provide nutritionally balanced meals. Our dietary team prepares all food in-house and homemade options are served as much as possible.

The monthly menu is posted at all locations for your convenience as well on the website at www.gtfrc.org.

Snacks are served mid-morning and mid-afternoon with lunch offered at 11:30 am for full day children.

A snack is offered in our Before and After school programs daily between 8-8:30am and 3:30—4pm.

Additional food choices

Breakfast Baskets are offered daily at all locations for children arriving before 7:30 am. The baskets are full of nutritious breakfast items that children can select upon entering GTFRC locations with their parents.

Supper and a 8:00pm snack is offered at our Chatham location for children scheduled in our evening program at no additional cost.



“Nut sensitive”

GTFRC strives to be a safe child care for all of the children including those who have a life-threatening food allergy.

Towards this goal, GTFRC adopted a nut-sensitive environment. GTFRC will work with families to increase awareness that nuts should not be brought to child-care for; meals, snacks, or other celebrations. This includes items that contain ingredients made with nut oils and butters.

RECE’s will reinforce good hand washing practices and classroom maintenance standards.

If your child has an allergy please discuss this with the supervisor upon registration.