

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. A financial credit is given for the full meal replacement.

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 at any time the cook communicates that she cannot fully comply with the modification request(s), the parent will be required to provide the full food menu for their child.

If modifications are requested for alternate reasons e.g. culture, religion, the whole lunch may be replaced by the parent. 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 strive to provide nutritionally balanced meals at all four centers.

The weekly menu is posted in the main hall for your convenience as well on the website www.gtfr.org

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

For before and after school children a snack is offered between 8-8:30am and 3:30—4pm.

Optional and additional food choices;

Breakfast is offered at our Blenheim and May Court locations - Cost is \$ 1.25, please ask the RECE before 7:45am.

Supper is offered at our Chatham and Blenheim - St Anne's location for children scheduled in our evening program at no extra cost.



“Nut sensitive”

GTFR strives to be a safe child care for all of the children including those who have a life-threatening food allergy. Towards this goal, GTFR adopted a nut-sensitive environment. GTFR 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.**