



Dear Parents,

Early Achievers believes in enriching the lives of young children to help them grow into self-sufficient and independent learners. It is also our belief that a healthy body goes hand in hand with a healthy mind.

We have made the important decision to adopt a **healthy food policy** please see the following link for Canada's Food Guide <https://food-guide.canada.ca/en/?wbdisable=true> . We understand that sometimes children can be picky eaters and that no one knows your child better than you, especially when it comes to eating habits. We also understand that mornings can be quite hectic but the good news is that there are many healthy options that are both quick **and** easy that your child can enjoy.

At Early Achievers we believe in promoting and modelling healthy eating with our students and strive to encourage children to make good choices. To aid in this endeavour, we have attached **Nutritious Snack ideas issued by Eastern Health**. We look forward to working with you and your children in promoting healthy bodies and healthy minds. To that end, we respectfully ask all parents to **refrain from** packing foods that are:

- High in fat, sugar and sodium content such as Schneider's Snackables/Stackers/Lunch Mates, chocolate bars, packaged chocolate chip cookies, chips (veggie and banana chips may sound healthy but have added sugar, salt or fat), packaged jellied fruit snacks and dipped granola bars
- Juice boxes must be limited to one per day and must contain 100% fruit juice; milk and water are more nutritious
- Please do not send in McDonald's Happy Meals or similar fast food as they are not permitted in the classrooms
- Cold cereal that contains **more than** 6 grams of sugar per serving
- Puddings that are **not** milk based (milk based puddings can be found in the refrigerated section)

**Nutrition Breaks:**

1. Children will bring 1 snack and drink for programs exceeding 2.5 hours
2. Children will bring 1 snack, drinks and lunch for programs of 6 hours
3. Children will bring 2 snacks, drinks and lunch for Full-Time programs

- Please follow **Canada's Food Guide** when packing and preparing snacks and lunches. Children between the ages of 18 months and up require plenty of fruits and vegetables, whole grain and protein foods.
- Snacks and lunches are to be sent in a lunch bag with an ice pack to keep foods cold and a well insulated Thermos to keep foods warm. Please provide spoons, forks, and straws as needed. Re-usable drink containers are preferred for water. Any juices provided should be 100% fruit/vegetable

Snack Suggestions	Lunch Suggestions
Fresh Fruit (halved grapes, apple slices, bananas, oranges, cantaloupe)	Sandwiches/Wraps/Bagel
Berries/ Applesauce	Pasta/Chicken
Cheese/Yogurt	Chicken & Rice
Whole grain cereal	Salad
Whole wheat crackers/Muffins	Spaghetti/Soup Stew/Chili
Veggie sticks & dip/hummus	

**When choosing healthy foods, a best practice is to always stick with the real thing!**

Thank you for understanding and respecting our Healthy Eating Policy.