



**Policies and  
Procedures  
April 2017  
Revised: January 2019  
May 2021**

**Section: Operations**  
**Subject: Bagged Lunch Policy and Procedures**

(This Policy applies to any PLASP operated Lunch Programs and full day holiday programs only (Winter, March Break and Summer).

PLASP Child Care Services promotes the healthy development of all children, recognizing the importance of a balanced diet. Keeping with this requirement when bagged lunches are necessary, the responsibilities are as follows:

**Parent and Guardian's Responsibilities**

- Lunch is provided in a labelled lunch bag with an ice pack.
- The lunch should be nutritious and well balanced. Parents are encouraged to follow Canada's Food Guide.
- Parents are required to ensure the medical information on their child's registration is up to date, noting if the child has allergies or food intolerances.
- PLASP promotes a nut-free environment and we ask parents not to pack anything containing nuts (including foods that "may contain nuts") in your child's lunch.

**Staff Responsibilities**

- Staff will support parents by directing them to resources such as the Canada Food Guide when preparing their child's lunch.
- Staff will refrigerate the lunches when the children arrive.
- All table surfaces will be cleaned with soap and water prior to and after the children have their lunch.
- Staff will ensure they wash their hands before assisting children with their lunches.
- Staff will ensure children wash their hands prior to and after eating lunch.
- Staff will monitor lunches to ensure food at the camp does not contain nuts, have the warning sign "may contain nuts" and has not come in contact with peanuts or tree nuts.
  - Staff will notify parents if concerns arise regarding the nutritional adequacy and/or presence of allergens in the lunch and snacks.
  - If a child forgets to bring a lunch, or if allergens are present, PLASP staff will have on hand extra snacks to supplement, ex. apples, crackers or cheese.
  - Staff will ensure that all children with food allergies and life threatening allergies are recorded and posted in every room where the camp operates.
  - PLASP staff will NOT allow children to share lunches.

Note: During the school year, children are not permitted to bring food into the programs.

# Eat well. Live well.

## Eat a variety of healthy foods each day

Have plenty of vegetables and fruits

Eat protein foods

Make water your drink of choice

Choose whole grain foods

## Healthy eating is more than the foods you eat



Discover your food guide at  
[Canada.ca/FoodGuide](https://Canada.ca/FoodGuide)

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