**Nutrition**

Good nutrition is vital to the overall health of the child.

The centre recommends the parents to pack healthy meals for the children.

We limit the intake of juice to once per day, when it is 100% juice.

We do not serve sugar sweetened beverages to the children, even if packed by the parent.

We request the parents to provide two servings of fruits everyday and at least one serving of vegetable.

We recommend the parents provide in the meal kit, whole grain foods for one serving.

We limit sweet food items to no more than two times a day.

Staff provides opportunities for children to learn about nutrition at least once per week and act as role models fro healthy eating in front of the children.

Meal and snack times are planned such that the children don’t go more than 3 hours without offered food.