

Stonecrest operates on a Balanced School Day schedule.



Morning break
@ 11:15am

Afternoon break
@ 2:00pm



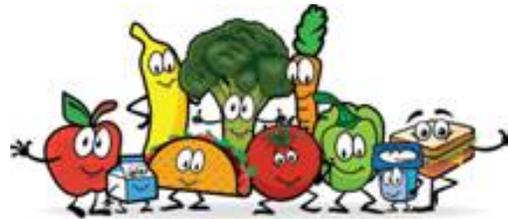
Kindergarten students are allowed an additional “snack time” in the morning if they feel hungry. Fruit, vegetables, or yogurt for this snack period is highly recommended.

For each nutrition break, pack food that includes at least three of the four food groups from Canada’s Food Guide:



Resources:

- Canada’s Food Guide
www.canada.ca/content/dam/hc-sc/migration/hc-sc/fn-an/alt_formats/hpfb-dgpsa/pdf/food-guide-aliment/print_eatwell_bienmang-eng.pdf
- Dieticians of Canada
www.unlockfood.ca/en/SchoolHealth.aspx
- Ottawa Carleton Assembly of School Councils (OCASC)
www.ocasc.ca/school-council-resources/balanced-school-day-information



The Stonecrest Elementary School Council is a group of parents and school staff who aim to maintain a school-wide focus on all issues, promoting the best interests of the school community. Please visit the website at www.stonecrestcouncil.ca for additional information.



WHAT’S FOR LUNCH?

Everything you need to know about school lunches...

Different ways to divide up food through the day:

Example #1

Morning Break	½ Lunch + Snack
Afternoon Break	½ Lunch + Snack

Example #2

Morning Break	Snack
Afternoon Break	Lunch

Example #3

Morning Break	Lunch
Afternoon Break	Snack

Example #4

Morning Break	Breakfast / Brunch
Afternoon Break	Lunch



Different ways to pack for 2 nutrition breaks:

- Two separate lunch kits
- One lunch kit but pack the food in separate containers and label them #1 or #2
- One lunch kit with 2 separate compartments
- Use a piece of cardboard to divide up the lunch bag so that the child eats everything above the cardboard in the first break and then lifts the card and eats the rest at the second break

Involve your child in planning and making their lunches – if they help, they are more likely to eat!

Tips and tricks:

- Send food in reusable containers (including drinks) that your child can manage independently - partially consumed juice boxes are messy!
- Avoid using plastic wrap because children find it hard to pull apart
- Keep foods at a safe temperature:
 - To keep foods hot, use an insulated bottle or thermos; fill the bottle with boiling water and let it stand for a few minutes, then empty the bottle and fill it with hot food
 - To keep food cold, use an insulated lunch bag and add a freezer pack or other frozen item (reusable drink container or yogurt)
- Send a variety of foods:
 - Mains: sandwich, pasta, wrap, bagel, pizza, stew, soup, or chili
 - Offer a selection of crackers or a different variety each week
 - Cut fruit into pieces and squeeze a little lemon on apples, pears or bananas to stop them from going brown
 - Cut up vegetables and send dip in a separate container
 - Bake muffins or a loaf on the weekend to use during the week
 - In the depths of winter, dried fruit is a good alternative to fresh
- When making weekend meals, make extra and freeze leftovers in individual portions
- Limit sugary juices and foods with unpronounceable ingredients, additives, and dyes



Be aware of food allergies. Parents and guardians are encouraged not to send nuts or other foods identified by

teachers to avoid allergic reactions in the classroom.

Your child will be encouraged to:

- Wash their hands before eating
- Eat their healthy food first
- Eat perishable food first and save uneaten items for later
- Bring a reusable water bottle to refill as necessary

Other things to know:

- Early Childhood Educators or lunchtime monitors supervise students during nutrition breaks
- Because this may be a new environment, and eating amongst 20+ other students can be a social event, students may not finish their lunches or eat as much as you may expect
- Write your child's name on their lunch kit, water bottle and any other containers for when they go missing
- To keep lunch kits clean, throw the entire kit in the dishwasher!
- Be aware of changing energy needs and send more food during growth spurts