

## CHAPTER FIVE: NUTRITION

Nutrition	Special Dietary and Feeding Arrangements
Approved: September 1, 2017 Revised: October 2020	Policy Number: 5.6

### Policy Statement:

Parents may wish to make special dietary and feeding arrangements regarding food/drink in order to meet the individual nutritional needs of their child. This may include an arrangement where the parent chooses to provide the meals and/or snacks for the child, or the parent supplements the meals and snacks provided by the licensee.

Where a child requires special foods and/or feeding arrangements at meal times and/or snack times, it is important that the expectations and responsibilities of both the licensee and the parent are clearly set in writing.

### Procedure:

1. For each child identified as having special feeding or dietary arrangements, written instructions from a parent of the child are kept in the child's records.
2. The child is observed to be fed according to the written instructions. OR Staff confirm that written instructions are followed.

When the written instructions from the parent of the child is provided it must be identified if;

- The parent will need to identify if they will be providing all between-meal snacks for the child or if the child may choose a snack offered by the licensee;
- whether the parent will be providing an ingredient list to help ensure that allergens are not brought into the child care centre;
- whether the licensee will still offer drinks, other than water, to the child (drinking water is available to children at all times);
- an arrangement if the child is still hungry after consuming the lunch from home; and,
- a contingency arrangement if the lunch from home is forgotten.

Parents should be advised that they need to make known to the licensee when there are any changes to the written instructions. Parent-provided meals must meet the nutritional requirements set out in the Canada's Food Guides and are provided in keeping with the licensee's anaphylactic policy.