

Nutritional Food Policy

“If it came *from a plant*, eat it. If it was made *in a plant* don’t.” – Michael Pollan.

TCH has a holistic approach to childcare and proper nutrition is vital for the child’s physical and mental wellbeing. We encourage parents to pack a whole foods diet to nourish their child during their school day. We are a sugar-free facility, so please do not pack candy, cookies and other processed foods. We are also nut-free, simply because many children have serious nut allergies.

Your child can only consume a limited number of calories in their day, so we ask you to pack nutritionally dense snack and lunch items. Foods that are as close to their natural state as possible are excellent choices, i.e. fruits and veggies, good quality meat, fish, dairy and whole grains.

Your child must bring a water bottle, filled with water only, to school every day.

Packing your child’s lunch everyday can be challenging, especially if you have a “picky eater.” We have nutritional books in our library, we are happy to lend you, if you need inspiration/ideas for different foods.

When packing your child's snack and lunch please keep in mind the following:

Children generally eat better when they are not overwhelmed with too many choices. Snack needs to consist of one or two of the following food groups, and lunch about three or four:

- Fruit
- Vegetable
- Grains
- Protein
- Dairy or Alternative