

Involving Children in Planning and Preparing Meals

Involving kids in planning & preparing meals, you can:

- nurture healthy eating habits
- increase their self-confidence
- share culture and family traditions
- give them hands-on learning experiences
- stay connected and spend quality time together
- encourage picky eaters to try foods they helped prepare
- set the foundation for children to learn and improve food skills

Kids learn how to:

- grocery shop
- harvest foods
- build a healthy meal
- decrease food waste
- develop healthy food habits, skills & food choices
- how food relates to culture and traditions

Involving kids in planning and preparing meals teaches them other important life skills like:

- budgeting
- organizing
- reading a recipe
- writing a grocery list
- following instructions measuring ingredients

These real life examples support other skills they are learning like:

- math
- writing and reading
- sciences and social studies

It's never too late to start teaching your kids food skills

Eat well. Live well.

Eat a variety of healthy foods each day

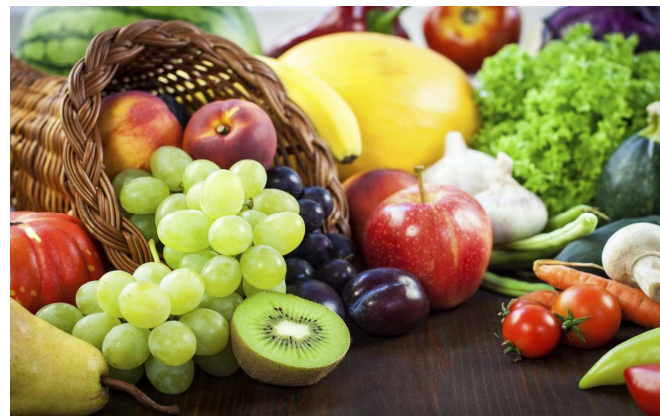


Healthy eating is more than the foods you eat



Discover your food guide at

Canada.ca/FoodGuide



MULVEY SCHOOL LUNCH PROGRAM

Bus Students



750 Wolseley Avenue
Winnipeg, Manitoba
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204-786-3469



www.winnipegssd.ca/schools/mulvey

@MulveySchoolWSD



Mulvey School Parent Council

MULVEY LUNCH PROGRAM

Welcome to the Mulvey School Lunch program. Since your child is a bus student they will be attending our supervised lunch program daily.

Please read through this pamphlet for information for you and your child.

Children are expected to bring a lunch. Please make sure that lunch is carried to school in a strong bag and all items are labeled with your child's name and room number. Only lunchroom staff have use of a microwave to warm precooked foods. Milk is provided for a subsidy cost by Parent Council and free to your child. Please ensure your child has their own spoons or forks to eat lunch. They are not provided.

Children are supervised during the 12:00-1:00 pm lunch period. Children eat their lunch from 12:00 to approximately 12:30, at which time they will be supervised on the playground (weather permitting), or dismissed to noon hour clubs. Inside activities will occur during inclement weather. To keep all students safe we request that **FISH, NUTS, OR EGGS NOT** be brought into the lunchrooms.

A more detailed list will be circulated once the lunch program begins and if required updated through the school year.



EXPECTATIONS OF STUDENTS & PARENTS

What's Expected Of The Students?

- Follow the school rules.
- Bring their lunch, outside clothing, book, etc. when they come to the lunch room.
- Enter the lunch room quietly and sit down at the tables. Remain seated until they are dismissed.
- Ask for permission to leave the lunchroom area. Once permission is given, children will be given a hallway pass.
- Clean up the eating area when finished. Garbage and recycling go in containers, unfinished lunch goes home, and Lunch Bags go into their classroom's hampers.
- Line up to exit from lunchroom area.
- Students enrolled in the Parent Council Lunch Program must remain on the school grounds for the entire lunch period. Students are not permitted to leave the school or school grounds during school hours.
- Keep each other safe by eating their own food.

What's expected of Parents/Guardians?

- Reinforce the school rules and lunchtime procedures with their children.
- Provide their children with a lunch every day.

POLICY & PROCEDURES

Should an incident occur at the Lunch Program, the child is expected to cooperate with staff in solving the incident. Staff may choose any of these options but are not limited to

1. Discuss issue with the children involved.
 2. Notify parents if the problem persists. and ask parents for support.
 3. Suspension of lunchroom privileges.
- Lunchroom Program staff will make every attempt to document behaviours and keep parents informed about their child's behaviour. If parents have any concerns they are asked to contact the Lunchroom Supervisor at 204-786-3469.

Program Conditions

1. Parents must register all children before they attend the lunch program.
2. Student must be residing in the Mulvey School Bus Hazard Catchment Area.
3. Students in the Mulvey Bus Catchment stay for the lunch program

