

Mary Shadd Food and Beverage Policy

This policy is in place in the absence of a TDSB system policy.

The Mary Shadd food and beverage policy is guided by our common desire to limit children's exposure to food allergens and foods which parents do not want their children consuming. We are also committed to healthy food choices as outlined in Ontario's Food and Beverage Policy. We appreciate the cooperation of all members of the school community in adhering to these practices:

- **Lunch and Recess Snacks:** Children are not allowed to share food and beverages, including lunch and recess snacks. All parents are expected to provide their children with nut-free lunches and snacks. Please be sure to read all food labels prior to sending food to school.
- **Breakfast Program:** Meals served at our breakfast program meets Canada's Food Guide and our processed food is identified as nut-free by the manufacturer or vendor. Menus are available and posted in the Breakfast Room.
- **Birthday Treats and Class Parties:** We recognize the importance of birthdays and seasonal celebrations but we also need to be mindful of food allergies, dietary and cultural requirements and our preference for healthy foods. Therefore, treats including candy and baked goods are not permitted for distribution and sharing in classrooms. Parents may discuss alternatives with the teacher.
- **Pizza Lunches, Fundraising and Special Events:** Occasionally, as part of a learning activity, special event or a school fundraising campaign, food may be provided to students in class or available for sale at school. These foods will be from vendors that indicate their food is nut-free and whenever possible, Halal compliant. In these situations, parents will be informed in advance and provided with the opportunity to opt out or required to be present for the food and beverage purchase.

If your child has an anaphylactic allergy they are required to have one current Epi-pen at school and he or she must carry the EpiPen while at school or on school excursions (Grades 1-8). Applicable medical forms must be completed and submitted to the office annually.

Related Links:

Food Allergy Canada: <http://foodallergycanada.ca/>

Ontario Food and Beverage Policy: <http://www.edu.gov.on.ca/eng/healthyschools/policy.html>