



Vancouver Society of Children's Centres (VSOCC)

Early Years Food Program

A Balanced, Wholesome Approach to Everyday Eating

At VSOCC, we believe good nutrition supports happy, healthy learning. Our childcare programs include a **mid-morning snack and a mid-afternoon snack daily**, and families may choose to add our **optional lunch program** for an additional fee.

Our lunches and snacks are thoughtfully planned to support **healthy growth, sustained energy, gentle digestion, and positive food relationships**. All menus are **reviewed by a Registered Dietitian**, ensuring children's nutritional needs are met with balanced, child-friendly meals. Together, the two daily snacks and the lunch provide **approximately 50% of a child's daily nutritional needs**, helping fuel play, learning and development throughout the day.

In our childcare programs, because children enjoy eating together and trying foods with their friends, **even the pickiest eaters are more willing to try our meals and new foods and flavours**. Our meals have been taste tested in our programs, including by children who are selective eaters.

VSOCC's Daily Menu of Two Snacks + Lunch



What to Expect

- VSOCC menus rotate weekly to provide variety
- Whole-food, plant-forward meals
- Balanced protein, grains, fruits, and vegetables
- Low-sodium, minimally processed foods
- Kid-approved recipes (Full nutrition details and ingredient transparency are available.)
- Seasonal fruit and vegetables may be substituted as needed
- Repeated, pressure-free exposure to new foods (*Children may need up to 10 exposures to enjoy something new*)
- Allergies and dietary needs are accommodated, where possible



Nutrition

- Meets BC Childcare Licensing requirements
- Aligns with the Canadian Food Guide
- Meets approximately 50% of daily nutritional targets
 - Protein: 6.5–9.5 g
 - Calcium: 350–500 mg
 - Iron: 3.5–5 mg
- Meets approximately 50% of daily food group targets
 - Meat & Alternatives: 0.5 servings
 - Milk & Alternatives: 1 serving
 - Grains: 1.5–2 servings
 - Vegetables & Fruit: 2–2.5 servings



How Meals Are Served

- Meals are served in a calm, supportive environment.
- Mealtimes are positive and pressure-free.
- Meals are presented in an appealing manner.
- Children are provided with choice.
- Children are encouraged to serve themselves when developmentally appropriate
- Trying food is optional — children are never forced
- Familiar foods are paired with newer options to build confidence



Interested in enrolling in the Lunch Program?

Speak with the Program Supervisor or contact VSOCC Administration at info@vsocc.org for registration details.

VSOCC Early Years Menus

Nourishing children through care, connection, and food.

VSOCC's two snacks and one lunch provide approximately 50% of your child's daily nutrition while in care.

Drinks: Water with snacks • Milk with lunch

Week One Menu:

Day	Morning Snack	Lunch (optional)	Afternoon Snack
Monday	Yogurt Parfait with Fresh Fruit & Granola	Perogies with Veggie Sausage & Side Salad	Power Balls with Veggie Sticks & Dip
Tuesday	Baked Good with Veggie Sticks	Teriyaki Protein Stir-Fry with Rice & Vegetables	Wow Butter & Banana Roll-Ups
Wednesday	Overnight Oats with Fruit	Vegetarian Chili with Cornbread	Green Smoothie & Whole-Grain Muffin
Thursday	Avocado & Tomato on English Muffin	Roasted Vegetable Flatbread with Pesto & Salad	Baked Oat Bar with Fresh Fruit
Friday	Cereal, Milk & Fruit	Black Bean Burger with Veggie Sticks <i>(Build-Your-Own)</i>	Rice Cakes with Yogurt Dip

Week Two Menu:

Day	Morning Snack	Lunch (optional)	Afternoon Snack
Monday	Cereal, Milk & Fruit	Egg & Vegetable Stir-Fry with Rice Noodles	Flatbread with Hummus & Veggie Sticks
Tuesday	Baked Good with Veggie Sticks	Garden Vegetable Chickpea Pasta with Salad	Greek Pinwheels with Veggies
Wednesday	Overnight Oats with Fruit	Squash Mac & Cheese with Side Salad	Plant-Based Nuggets with Yogurt Ranch
Thursday	Cottage Cheese with Fruit Jam & Veggie Sticks	Vegetable Dumplings with Miso Soup & Salad	House-Made Banana Pudding with Granola
Friday	Mixed Fruit Smoothie with Muffins	Bibimbap Rice Bowl <i>(Build-Your-Own)</i>	Baked Good with Veggie Sticks

Week Three Menu:

Day	Morning Snack	Lunch (optional)	Afternoon Snack
Monday	Yogurt Parfait with Fruit & Granola	Tofu & Vegetable Thai Curry on Rice	Power Balls with Veggies & Dip
Tuesday	Baked Good with Veggie Sticks	Egg Bites with Veggie Sticks	Wow Butter & Banana Roll-Ups
Wednesday	Overnight Oats with Fruit	Three-Cheese Flatbread Pizza with Salad	Green Smoothie & Whole-Grain Muffin
Thursday	Avocado & Tomato on English Muffin	Vegetarian Jambalaya with Cornbread	Baked Oat Bar with Fresh Fruit
Friday	Cereal, Milk & Fruit	Bean, Veg & Cheese Burrito Bowl <i>(Build-Your-Own)</i>	Rice Cakes with Yogurt Dip

Week Four Menu:

Day	Morning Snack	Lunch (optional)	Afternoon Snack
Monday	Cereal, Milk & Fruit	Tofu & Vegetable Chow Mein with Fruit	Flatbread with Hummus & Veggie Sticks
Tuesday	Baked Good with Veggie Sticks	Curried Cauliflower & Potatoes with Salad	Greek Pinwheels with Vegetables
Wednesday	Overnight Oats with Fruit	Spinach Cannelloni with Veggie Sticks	Plant-Based Nuggets with Yogurt Ranch
Thursday	Cottage Cheese with Fruit Jam & Veggie Sticks	Moroccan Chickpea & Lentil Soup with Flatbread	Banana Pudding with Granola
Friday	Mixed Fruit Smoothie with Muffins	Soft Protein Tacos <i>(Build-Your-Own)</i>	Baked Good with Veggie Sticks

Nutrition Focus: Protein-rich • Fibre-rich • Whole foods • Iron-rich vegetables • Healthy fats • Gut-supporting fibre • Balanced protein • Familiar foods with added vegetables • Exposure to global flavours • Variety & confidence building