



What can families expect from VSOCC Meals?

All VSOCC meals are thoughtfully planned to support **healthy growth, sustained energy, gentle digestion, and positive food relationships**. Menus are reviewed by a **Registered Dietitian** to ensure children's nutritional needs are met with balanced, child-friendly meals.

Our approach to nutrition is guided by evidence-based best practices and a deep respect for how young children learn to eat.

What types of foods are included?

Our menus focus on:

- Whole, **minimally processed** foods
- **Plant-forward proteins** (such as lentils, beans, quinoa, tofu, and eggs)
- **Fibre-rich foods** (vegetables, fruit, whole grains, legumes)
- **Low-sodium and low sugar recipes** with no hidden additives
- **No trans-fats.**

These foods support immunity, digestion, and lifelong healthy eating habits.

What meals are available in the VSOCC childcare programs?

VSOCC childcare programs include a **mid-morning snack and a mid-afternoon snack daily**.

Note: Our School Age childcare programs provide:

- **A snack after school** during the school year
- **A mid-morning snack and a mid-afternoon snack** on full-days such as Professional Development Days, and Winter, Spring and Summer Breaks)

Is lunch available in my child's program?

An **optional lunch program** for an additional fee is available in VSOCC's Early Years programs (e.g. Infant, Toddler and 3 to 5 Year Olds).

The optional lunch program is not available for the school age programs due to the intermittent nature of the full days for these programs.

Can my baby eat the VSOCC snacks and lunch program?

Children must be able to eat solid foods to participate in the snacks and optional lunch program. For infants starting to eat solid foods, the Program Supervisor will discuss with parents when the infant can start to eat the VSOCC snacks and when to enroll in the optional lunch program.

What if my child does not eat many of these foods at home?

That's completely normal! Many children take time to become comfortable with new foods.

Research shows children may need up to **10 (or more) exposures** to a new food before they begin to enjoy it — and that's okay. At VSOCC, we offer foods repeatedly in a **gentle, pressure-free way**, so children can explore at their own pace.

We often see that children are more willing to try new foods in a group setting. Watching their peers enjoy a meal can spark curiosity and confidence, and many families are pleasantly surprised when their child tries (and even likes!) foods at childcare that they may not yet eat at home.

Our goal is to support a **positive, relaxed experience with food**, helping children build lifelong healthy eating habits.

Will families know what's in the food?

Yes. A VSOCC recipe book containing the snack and lunch recipes, ingredients and nutrition facts labels is available for families.

Why do VSOCC's two snacks and one lunch aim to provide approximately 50% of children's daily nutritional ?

VSOCC childcare's meals of two snacks and lunch are designed to meet 50% of a child's daily nutritional needs, and assume children have breakfast and dinner with their family.

Standard guidelines in **pediatric nutrition, public health guidance, and early childhood education** (e.g., [Caring for Kids](#), [Canada's Food Guide](#), [HealthLink BC](#)) recommends children have three balanced meals per day plus one to three healthy snacks. Small frequent meals are ideal for the small stomach capacities and high energy demands of children.