



Aspen Hill
Montessori



Welcome to our meal plan program!

We are excited to partner with Fuelling Minds Kitchens to offer the option of fresh-served meals and snacks for our full-time students this fall as a pilot program. Fuelling Minds is fully licensed by Alberta Health Services. Menus are kid-tested and approved, have a wonderful international flavour, and are developed by Red Seal Chefs in accordance with Canada's Food Guide. Ingredients are locally sourced and organic where possible. To learn more about Fuelling Minds and their approach, visit <https://fuelingminds.ca/>.

Menus will be provided to subscribed families for information at the start of each 4-week cycle. A sample menu is attached to give you an idea of the exciting variety!

- Menus rotate through 8 weeks of variation, and completely change out every three months.
- Fuelling Minds is a dedicated nut-free facility. Allergies, religious preferences, and known intolerances (gluten, dairy, etc.) are accommodated on a rolling basis if notes are given by the family at the time of program registration. *Fuelling Minds are experts at delivering similar-to-look and taste options for our children that need a special menu!* Accommodations are provided at no additional cost to the family.

There is one core option (lunch and two snacks) for our Bambini through Kindergarten level, with the add on of a breakfast and / or an after school snack for our children in extended hours care. Our Nido students have one 'all in' option based on the eating needs of younger children.

Meals are served individually per-child. All meals are prepared fresh the day-of, and arrive immediately before serving using food-safe storage, handling and delivery from the provider. Children who are served food through our meal program and who bring food from home will all eat at the same time. All children regardless of program will continue to use their water bottle as their main drink for meals.

We monitor children in the program to ensure adequate food intake. We will always advise you if we are noticing eating patterns that indicate the program may not be a fit for your child. Children who are part of the meal program are still allowed to bring extra snacks from home if desired, and there are extra portions available for children who are hearty eaters.

Thank you for your understanding that un-eaten / leftover food cannot leave the facility, and cannot be stored overnight, as per requirements from Alberta Health Services. (If your child misses a day or is late, their missed food cannot be held and distributed later on; if your child does not eat all of their food, we are not allowed to send it home.) Thank you for your understanding. We work closely with Fuelling Minds to ensure foods are composted.



Aspen Hill
Montessori



We will evaluate the participation levels in the program throughout the year to determine if the program carries forward into future learning seasons. The program is guaranteed to be offered for the duration of the 2021-2022 season, barring any pandemic-related restrictions.

Who can participate?

Children who attend full days (9AM – 3:30PM) in any program with Aspen Hill Montessori can participate.

To be eligible for either the breakfast or after school snack add-on, your child must be registered to attend either before and after-care as appropriate. If you subscribe to this option, we strongly recommend that you plan to arrive no later than 8AM to before care, and leave no earlier than 4:30PM in after care.

Fees

A \$50 non-refundable administration fee is paid for entry into the meal program once per child, per learning season. This assists with delivery fees and allocation of dishware, utensils and the dish sanitizing service for the year per child.

The program you choose determines your fees (see final page in this PDF).

- Fees are pro-rated for short months or months with a break (spring break etc.)
- There is no pro-rating for short weeks (stat holiday) as we have taken these into account in the overall pricing.
- Meal service is not provided or paid for on optional extended hours days.
- There are no sibling discounts or option to pay late, as the program is operated by an external provider.
- All fees are non-refundable once paid.

Register today!

Registration for a September 7th start is due by July 15th. To register, e-mail meals@aspenhillmontessori.ca with:

- your child's student ID number
- child's full name
- days they attend each week
- if they are in extended hours care, if you would like the add on before and/or after care snack

You will receive a confirmation e-mail with the deposit due for the program you have selected (\$50 registration fee + September's monthly fee). This must be submitted by Aug. 1 2021.

Once you have registered, a payment schedule / amounts will be provided. Payment is either by post-dated cheques dated to the 15th of the previous month, or quarterly by credit card or e-transfer.



Aspen Hill
Montessori



Meal plans are intended for commitment through the learning season; however, families can withdraw with 30 days' notice (i.e. to withdraw for November and forward, you would need to give notice before Oct. 1 2021)

- New entry into the meal plan program is due no later than the 15th of the previous month for the next month starting. (i.e. registration and payment for Oct. 2021 is due by Sept. 15 2021). Families cannot join the meal plan program part-way through a month.
- If a family leaves the meal program without 30 days notice, no refunds are provided for the current or following month.

What if I have more questions before committing?

E-mail registrar@aspenhillmontessori.ca for information.



Aspen Hill
Montessori



Meal plans pricing for 2021-2022

NIDO program

Full day program (breakfast, lunch, 3 snacks)

3 full days: \$50 per week per child

4 full days: \$60 per week per child

5 full days: \$70 per week per child

BAMBINI programs

Two snacks + lunch

3 full days: \$36 per week per child

4 full days: \$46 per week per child

5 full days: \$56 per week per child

Add on breakfast each week: +\$10 per week per child

Add on after school snack each week: +\$10 per week per child

SENIOR BAMBINI / JUNIOR CASA programs

Two snacks + lunch

3 full days: \$40 per week per child

4 full days: \$50 per week per child

5 full days: \$60 per week per child

Add on breakfast each week: +\$10 per week per child

Add on after school snack each week: +\$10 per week per child

SENIOR CASA / KINDERGARTEN PROGRAMS

Two snacks + lunch

3 full days: \$44 per week per child

4 full days: \$54 per week per child

5 full days: \$64 per week per child

Add on breakfast each week: +\$10 per week per child

Add on after school snack each week: +\$10 per week per child