



Nutrition policy True Colors Delft

General

Healthy and varied food is essential for the development of children. True Colors Delft finds it important that children are offered healthy nutrition in a relaxed setting. This nutrition policy is part of the True Colors Delft Pedagogical Policy and is based on the SRK nutrition policy.

Healthy nutrition

We believe that children should get all the nutrients the body needs every day. This is why we use the minimum amount of added sugars so that parents/guardians can choose if and when they want to introduce sugars into their child's diet. We also aim to use good fats and the lowest possible amounts of colourings and salt. True Colors Delft ensures the children receive balanced nutrition which also includes the varied meals provided by 'Madaga' (<http://madaga.nl/>). The website is also in English).

Nutrition is more...

Nutrition is, as we know, more than just food and drinks. The way in which the meals are presented, the example set by the pedagogical team, the stimulation of social interaction and learning table manners all contribute to the children's development.

The nutrition for the children in day care differs from out-of-school care. The amounts noted in the guidelines of the "Voedingscentrum" are the average requirements for a child with an average activity pattern. This is a guideline and can be deviated from in consultation with the parents.

Pedagogical aspects of a meal

The daily rhythm and the nutrition policy give the child structure and clarity. This also applies to eating together at the table. The teachers offer guidance during the meal and are an example to the children. Table manners include finishing a mouthful of food, trying to eat with a spoon or fork, remaining seated etc.



The meals are supported by regular rituals such as the singing of a song. At the out-of-school centre a song is also sung and/or we wish each other 'bon appetit'. The pedagogical team is responsible for the quiet and homely atmosphere at the table. Eating is not a punishment, but a social moment where eating and attention for one another go hand in hand. The pedagogical team also pays attention to the children's table manners. The demands placed on these manners depend on the children's age. For babies and toddlers, for instance, it can actually be very good to discover their food with their hands!

How are meals arranged?

Before we sit down, we wash our hands with the children. We sing a song together before eating. Depending on the time of day, the children are offered a snack or a hot meal accompanied by tea, water or milk. We encourage independence by letting the children choose, regularly letting them spread their own bread/cracker and also practise eating with a spoon or fork. When everyone has finished, we clean our mouth and hands with a flannel or wet wipe and sing the song "zwaaien/waving".

Childcare

Allergies/diet wishes

If a child has particular allergies/diet wishes, we try to take these into account as much as possible. During the intake meeting, we ask the parents/guardians about possible allergies/diet wishes which we may need to bear in mind. This topic will also be a constant point of attention throughout the time the child is in our care and will be discussed with the parents/guardians at regular intervals. If the child has an allergy/diet wish, we may ask you to provide the care centre with substitutes such as alternative treats in the case of a peanut allergy. These can be kept in a separate basket. If they have an allergy which may require the pedagogical team to carry out medical actions, such as administering medication by EpiPen, we use special work instructions. These will be compiled and signed in consultation with the parents.

Exceptions

We do, however, like having the freedom to deviate from our policy for special occasions, parties or just for a change. Food is often a central part of a celebration and we often choose a dish related to that celebration. We sometimes prepare a 'special meal' during the holidays or for a festival, such as fried potatoes, pancakes, toasties etc. These exceptions are not the rule, are always a conscious choice and will be kept to a minimum.



Treats

Coming up with a healthy treat can sometimes pose problems. A birthday means a party and that usually involves a treat. You may provide both edible and inedible treats. We actively encourage healthy edible treats and ask parents to keep them small and not too full of calories.

Edible treats

Ideas: 1 small biscuit, a tangerine with a little umbrella, a banana boat, or a mini current bun, a box of raisins, a cup of salted pretzels, an ice lolly, gherkins, cheese, healthy biscuits or a bread stick with a small toy.

If these treats are to be shared out during the fruit snack, they will be distributed after the fruit so that the children eat their fruit first and then get their treat.

Inedible treats

Ideas: a bubble blower, a small book, a tin clicker toy, a pencil with a rubber, a bracelet, a yoyo, a pen etc. For more ideas and treats see: www.voedingscentrum.nl or www.gezondtrakteren.nl Both websites are in Dutch. 'Gezond trakteren' has a lot of visuals.

Cooking and baking activities

During cooking and baking activities we encourage the children to work with food in a playful way and we use primarily healthy products such as fruit and vegetables. Otherwise the products are:

- Not too fatty
- Not too salty
- Not too sweet
- We watch out for colourings and flavourings, limit them as much as possible and select ingredients with natural additives

Eating rhythms for babies

At the childcare centre the babies follow their home eating rhythm until they are approximately 1 year old. When they are nearly 1 year old, their feeding rhythm is gradually adapted to that of the group. This will always be discussed with parents.



Breastfeeding

At the childcare centre, expressed breast milk can be given to the baby. The mother may also come and breastfeed her baby here.

Points needing attention:

- We warm the breast milk in a bottle warmer or au bain-marie
- Breast milk can be refrigerated for up to 1 day
- We do not re-heat breast milk
- Breast milk is to be supplied by the parent in bottles marked with the child's name and the date the milk was expressed
- The breast milk must be stored at the back of the fridge and not in the door

Bottle feeding

The childcare centre offers Difrax and Avent bottle feeds. If the parents wish otherwise, they must provide a bottle with the child's name.

The childcare centre offers Nutrilon 1 and 2 and porridge for 4 and 6 months old babies. If your child has a different brand or dietary product, the parent/guardian should preferably provide this in unopened packaging marked with the child's name. The powdered milk may also be provided in small containers marked with the child's name.

Points needing attention:

- Left-over bottle feeds will be thrown away 1 hour after preparation
- We do not feed for more than half an hour and we throw away the remaining milk.
The bottle feed does not need to be warmed twice within an hour
- Before the bottle feed is offered, the teacher checks if the feed is not too hot or cold

Mashed fruit

When a child is 4 to 6 months old, breastfeeding or bottle feeding will be supplemented with mashed fruit in consultation with parents.

Points needing attention:

- The fruit is freshly prepared each day.
- Fruit to start off with: banana, melon, nectarine, pear, peach and apple. If the child appreciates these tastes, different kinds of fruit may be added such as tangerine, orange, mango, melon and grapes.
- If covered, mashed fruit which is not used immediately may be stored in the fridge for a few hours. If the baby does not eat all of it, the leftovers will be thrown away.
- We teach the baby to eat from a small plastic spoon.



Snacks between meals

If the baby is up to its age wise, mashed fruit and a small bottle of water will be given in the morning. In the afternoon they will be given a rice cake, cracker or breadstick (from 7 months) and a small bottle of water or lukewarm organic tea without sugar. Water is a good thirst quencher, contains no calories and saves the children's teeth. We may also offer the children yoghurt or buttermilk. Babies quickly get used to sweet tastes and by adding sugar and concentrated fruit juices, one creates problems for the future. Once a child has got used to sweet things, it is very difficult to change.

Vegetable puree

We can give an organic vegetable puree to children from the age of 4 months. The vegetable puree can be given until 16:30. This is not possible after 16:30 due to group staffing.

The vegetable puree will only be given to children under the age of 1, after which they join in with the hot meals.

Toddlers

A toddler is perfectly aware of when they have eaten enough. They still have a natural feeling of being hungry or full. They may also feel less like eating on some days than they do on others, if they have been less active, for example. Some children will eat more at the childcare centre than at home. We follow the guidelines of the 'Voedingscentrum', but also listen to the child. If parents would like their child to eat more or less than our guideline due to weight issues, they talk about it with the teachers.

Eating rhythm

At 9.30

Varied fruit with organic children's tea.

At 11.30

A hot meal from 'Madaga' (<http://madaga.nl/>) with a cup of water and maybe some raw vegetables.

At 15.00

2 crackers, or something similar, with a topping and a cup of milk.

At 17.00

A snack such as raw vegetables with a cracker, or something similar, and a cup of water.



Out-of-school care

After-school eating rhythm

Mondays, Tuesdays and Thursdays

At 15:00 all children eat crackers, rice cakes or Dutch rusk (beschuit) with savoury toppings and spreads, and a choice of water, milk or soya milk.

At 16:30 kids that join sports ring eat raisin bread before returning to True Colors Delft.

At 17:00 we offer a selection of cut fruits and vegetables.

Wednesdays

At 12:45 we provide the children a warm lunch with a choice of water, milk or soya milk.

At 15:00 the swimmers eat raisin bread.

At 16:30 we offer a selection of cut fruits and vegetables.

Fridays

Children who start at the BSO at 12:30 will eat warm lunch at 12:45 with the choice of water, milk or soya milk.

At 15:00 the children that join BSO from 14:00 or 14:45 are offered crackers, rice cakes or Dutch rusk (beschuit) with savoury toppings and spreads, and a choice of water, milk or soya milk.

At 16:30 we offer a selection of cut fruits and vegetables.

Holiday care

During the holidays until 9:30 we give the children that have not eaten breakfast a chance to eat crackers, rice cakes or Dutch rusk (beschuit) with savoury toppings and spreads and a choice of water, milk or soya milk.

At 12:00 we provide a warm lunch with a choice of water, milk or soya milk. If we are on an outing the lunchtime can vary between 12:00 and 13:30, and the lunch can be a warm meal or a sandwich, with drink of water.

Between 16:00 and 16:30 we offer a selection of cut fruits and vegetables.



General information

During cracker times we guide the children to have a maximum of three crackers. In the BSO we provide all of the food that the children are offered during their time with us, so we ask parents not to pack extra snacks or lunch for the time of after-school-care.

Usually, we organise a cooking activity once a week, and combine the end result with the fruit time of the day. Sometimes the children may be offered an extra snack or treat during the day. The above guidelines may occasionally be deviated from.