



Nutrition policy True Colors Delft

General

Healthy and varied food is essential for the development of personal competencies. Childcare centre True Colors Delft finds it important that children are offered healthy nutrition in a relaxed setting at the childcare centre. This nutrition policy is part of the True Colors Delft Pedagogical Policy and has been based on the SRK nutrition policy and the advice of dietician Lotte Nap at True Colors Rijswijk, who organised a special parents' evening on nutrition at True Colors.

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 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 drink. 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's day care differs from out-of-school care. The amounts noted 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.



Childcare

Allergies

If a child has particular allergies, we aim to take these into account as much as possible. During the introductory conversation, we ask the parents/guardians about possible allergies 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, 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.

Diet or individual arrangements

Within the True Colors policy there is plenty of room for individual arrangements to be made when it is necessary to deviate from the nutrition policy. This applies in instances where a special diet is required or there are particular religious beliefs.

We are happy to discuss the amounts and products which are suitable for the child with the parents/guardians, even if these deviate from our guidelines. If the child needs particular types of food which are not in our assortment, parents will need to provide these themselves.

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. We therefore ask parents to keep the treats as small and healthy as possible.



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 small bunch of grapes, a cup of salted pretzels, an ice lolly, gherkins, fruit, 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.

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 table. The pedagogical team 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 are responsible for the quiet and homely atmosphere at table. Eating is not a punishment, but a social moment whereby 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 for them to discover their food with their hands!

How are meals arranged?

Before we sit down, we wash our hands with the children. There are a maximum of 12 children and 2 group leaders at each table. At the out-of-school centre there is 1 group leader to a maximum of 10 children.

We sing a song together before eating or drinking. Depending on the time of day, the children are offered breakfast, 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 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.

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 bottle feeds. If the parents wish otherwise, they must provide a bottle with the child's name.



The childcare centre offers Nutrilon follow-on formula. 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 let the child drink 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
- Warming the bottle feeds in the microwave (600 Watts) takes approximately:
 - 30 seconds for 100 ml
 - 45 seconds for 150 ml
 - 60 seconds for 200 ml
- Before the bottle feed is offered, the early learning expert checks if the feed is not too hot or cold

Homemade food

True Colors Delft offers the option for parents to provide their children with homemade food. Because the food is prepared at home, True Colors cannot check whether this food meets the hygiene code that applies within the SRK. We therefore ask the parents to only do this as an exception. True Colors takes no responsibility whatsoever for this food.

Fruit puree

When a child is 4 to 6 months old, breastfeeding or bottle feeding will be supplemented with a fruit puree 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. The fruit puree is made from fresh fruit and is pureed with a hand blender. Some water may be added to make the fruit puree creamier. We teach the baby to eat from a small plastic spoon. If covered, a fruit puree which is not used immediately may be stored in the fridge for a few hours. If the baby does not eat all the fruit puree, the leftovers will be thrown away.

Breakfast

Breakfast is offered between 7.30 and 8.30 and alternates between porridge or a slice of bread with a topping. If your child is still being bottle fed or breastfed and you bring them to the childcare centre before 9.00, please give your child their first feed at home.

Snacks between meals

When the baby is ready, fruit puree 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, but 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 much more at the childcare centre than at home. We have a rule that the children may have a maximum of two helpings. If parents would like their child to eat more or less than our guideline due to weight issues, they should inform the pedagogical team.

Eating rhythm

From 7.30 to 8.30

Breakfast consists of a slice of bread with a savoury topping and porridge or cornflakes with yoghurt followed by a cup of water.

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 15.30

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

At 12.45

Slices of bread (max. 3 per child) with a savoury topping and tea, water or milk.

At 15.00

Cracotte, rice cake, Dutch rusk (beschuit) (max. 3 per child) with a savoury topping and tea or water.

At 17.00

Raw vegetables or varied fruit with a currant bun, or something similar, and tea or water.

Holiday care eating rhythm

At 10.00

Cracotte, rice cake, Dutch rusk (beschuit) (max. 3 per child) with a savoury topping and tea or water.

At 12.30

Slices of bread (max. 3 per child) with a savoury topping and tea, water or milk.

At 15.00

Cracotte, rice cake, Dutch rusk (beschuit) (max. 3 per child) with a savoury topping and tea or water.

At 17.00

Raw vegetables or varied fruit with a currant bun, or something similar, and tea or water.

The above times are guidelines and may occasionally be deviated from. Between meals, the children may sometimes be offered a small biscuit or fruit/vegetables or something extra to drink and we occasionally decide to replace a 'snack moment' with yoghurt, a smoothie, Dutch gingerbread or something we have made ourselves during a baking/cooking activity.