



Nutrition policy True Colors Rijswijk

General

Childcare centre True Colors Rijswijk believes it is important that children are offered healthy food at the childcare centre. Healthy and varied food is essential for the development of personal competencies. The children also learn structure and independence.

This nutrition policy is based on the SRK nutrition policy and the advice of dietician, Lotte Nap, who organised a special parents' evening on nutrition at True Colors. Similar as the SRK, we follow the developments regarding healthy food from 'het voedingscentrum'. <https://www.voedingscentrum.nl>
This is the Dutch national organisation that advises in healthy foods and diet.

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.

The food policy is part of the Pedagogical Policy of True Colors Rijswijk. Children need healthy nutrition for their development. Which means they need to get all the nutrients the body needs every day. In addition to responsible nutrition, True Colors Rijswijk also ensures a balanced setting, where different meals are provided by Apetito. The meals are varied and healthy, providing the children with everything they need.

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 the learning of table manners all contribute to the children's development.

The nutrition for the children's day care facilities differs from out-of-school care. The amounts given 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/guardians.

Childcare

Allergies

If a child has particular allergies we aim to take these into account as much as possible. During the intake meeting, we ask the parents/guardians about any possible allergies that 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 a 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 stored in a separate basket. If a child has an allergy that may require the pedagogical team to carry out medical actions, such as administering medication by EpiPen, we use special instruction procedures. These will be drawn up and signed in consultation with the parents/guardians.

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 suitable for a child with the parents/guardians, even if these deviate from our guidelines. If a child needs particular types of food that are not in our assortment, parents/guardians will need to provide these themselves.

Exceptions

We do, however, enjoy 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 French fries, fried potatoes, pancakes, toasties etc. These exceptions are not the rule, are always a conscious choice and will be kept to a minimum.

Birthday treats

Coming up with a healthy treat for your child's birthday can sometimes be a challenge. At True Colors, a birthday means a party, and that usually involves a treat for all the guests. 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 cocktail 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 during the fruit snack, this will be done after the fruit, so that the children first eat their fruit and then get their treat.

Non-edible treats

Ideas: a lucky dip, 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 , <https://nl.pinterest.com/explore/healthy-birthday-treats/> or www.gezondtrakteren.nl Both websites are in Dutch but 'Gezond trakteren' has a lot of pictures.

Pedagogical aspects of a meal

Our daily routine and nutrition policy give our children both structure and clarity.

This also applies to eating together at the table. The pedagogical team offer guidance during the meal and set an example for the children. Table manners are also an important aspect: don't talk with your mouth full, don't lick the cutlery, don't burp or eat noisily, and sit nicely at the table etc.

The meals are supported by regular rituals such as the singing of a song at the nursery. At the out-of-school centre a song is sung and/or we wish each other 'bon appetit'. The pedagogical team is responsible for a quiet and homely atmosphere at the table. Eating is not a punishment, but a social moment where eating goes hand in hand with attention for one another. The pedagogical team also pays attention to the children's table manners. The requirements with respect to table manners depend on the child's age.

How are meals organised?

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.

The children are given something to drink.

The first slice of bread is with a savoury topping.

After that, the children can choose whether they want sweet or savoury toppings.

The children are given a maximum of 3 slices of bread each, unless we have arranged otherwise with the parents/guardians.

The children spread their own toppings using a children's knife.

We eat our meal with a fork or spoon.

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 of course we also focus on healthy food:

- Not too fatty
- Not too salty
- Not too sweet
- We pay attention to colourings and flavourings, limiting them as much as possible, and by selecting ingredients with natural additives.

Apetito

Apetito provides us with a hot meal 3 times a week. These meals are delivered frozen by the supplier and we store them in freezers. The meals are then prepared by our nutrition assistant, who ensures a varied and balanced meal. She tells us what we will be eating that week, so parents/guardians can take this into account when deciding what to eat at home. Where necessary, the children will receive an adapted meal if they have a special diet or an allergy. Children under the age of 1 year, are given an organic meal. Above the age of 1, they eat the Apetito meal.

Eating routine for babies

If babies come to the childcare centre, parents/guardians will have decided whether to continue breastfeeding or if their child will receive bottle feeds. This will be discussed during the intake meeting.

Breastfeeding

Our staff is happy to give your child expressed breast milk. The mother may also come to the childcare centre and breastfeed her baby here.

Important considerations

Breast milk can be heated in a bottle warmer, au bain-marie, or in the microwave (see also the Netherlands Food and Consumer Product Authority hygiene code for childcare and out-of-school centres).

- If the milk is to be warmed in the microwave, this must always be discussed with parents
- Breast milk can be refrigerated for up to 1 day
- Breast milk may not be reheated
- Breast milk must be provided in bottles marked with the child's name and the date
- Breast milk must be stored at the back of the fridge and not in the door

Bottle feeding

The childcare centre offers Avent bottle feeds. If parents/guardians want us to give their baby a different brand, they should provide a bottle with the child's name.

Our childcare centre also offers Nutrilon follow-on formula. If your child has a different brand or dietary product, the parent/guardian should 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.

Important considerations

- Water is heated in the microwave (approx. 45 secs. at 750 Watts)
- Left-over bottle feeds will be thrown away 1 hour after preparation
- Do not let the child drink for more than half an hour, and throw away the remaining milk
- This avoids reheating bottle feed within an hour
- Warming the bottle in the microwave (600 Watts) takes approximately:
 - a. 30 seconds for 100 ml
 - b. 45 seconds for 150 ml
 - c. 60 seconds for 200 ml

Homemade food

At the request of parents/guardians, True Colors offers the option of providing your own homemade food for children under the age of 1. True Colors is unable to check whether this food meets the hygiene code applicable within the SRK and takes no responsibility whatsoever for this food.

Fruit puree

When a child is 4 to 6 months, in consultation with parents/guardians we will supplement breast or formula milk with a fruit puree.

Important considerations

The fruit puree is freshly prepared each day. The fruits we begin with are: banana, melon, nectarine, pear, peach and apple. If the child enjoys these flavours, we will add other kinds of fruit such as tangerine, orange, mango, melon, and skinned, seedless grapes. We teach the baby to eat from a small plastic spoon. The fruit puree consists of fruit that has been pureed in a blender. Some water may be added to make the puree smoother.

A fruit puree that is not used immediately may be covered and stored in the fridge for a few hours.

If your baby does not eat all their fruit puree, the leftovers will be thrown away.

If your baby has had a spoon with the fruit puree in their mouth, but has not finished it, the rest will also be thrown away.

Bread

When a child is 7 months old, in consultation with parents/guardians, we will begin to offer them bread.

Important considerations

- We give only light brown bread to children younger than 1 year
- We spread the bread thinly with butter
- We never give honey to children younger than 1 year
- We do not give the children spreadable liver sausage due to its high vitamin A content
- We do, however, give the children spreadable vegetarian sausage, light dairy spread, cottage cheese and chicken fillet, boiled ham (but not shoulder ham).

Snacks between meals

Children from the age of 6 months are given fruit puree and a small bottle of water in the mornings. In the afternoon, we give them a rice cake, breadstick (from 7 months) and a small bottle of water or lukewarm tea without sugar. Water is a good thirst quencher, contains no calories and protects the children's teeth. We may also offer the children yoghurt or buttermilk. Babies quickly get used to sweet tastes, so adding sugar and sweet fruit cordials creates problems for the future. It is very difficult to wean children off sweet things once they have got used to them.

Vegetable puree

We may give an organic puree to children under the age of 1 under the following conditions:

- If the child is under 8 months, this organic puree does not conflict with the fruit puree
- If it is not possible to give a warm organic puree and a fruit puree, only one will be given
- If the child is over 8 months, they will eat bread together with the children over 1 year and eat their organic puree when the *Apetito* meal is served
- The organic puree can be given up to 16:00, later is not possible due to group staff availability
- We only give organic puree to children under the age of 1

Eating routine for toddlers

A toddler is perfectly aware of when they have eaten enough as they still have a natural sense of when they are hungry or full. They may also have less appetite on some days, if they have been less active, for example. Some children will always eat much more at the childcare centre than at home. We discourage 'eating to be sociable'. We offer the children a maximum of 3 slices of bread. If, due to weight issues, you would like to give your child more or less to eat than our guidelines, you should inform the pedagogical team.

Toddlers

9:30 Snack: a healthy fruit snack, with a cup of water or lukewarm fruit tea without sugar.

As standard fruit, we offer banana, apple and pear. These are supplemented with seasonal fruit such as tangerine, orange, kiwi, mango, melon, strawberries and grapes.

11:30 Lunch:

3 times a week: a meal from *Apetito*, prepared specifically to meet the children's needs, followed by a cup of water.

2 times a week: bread

We offer a maximum of 3 wholegrain slices of bread with butter and 1 cup of milk. Because variation in food is important, the children may choose from the following toppings:

- low-fat meats such as smoked beef, avocado, 30+ cheese, vegetarian spreadable sausage, humus, light dairy spread, cottage cheese, chicken fillet, ham, tomato, cucumber, avocado.

15:30 Snack: 1 or 2 (wholegrain) Cracotte cracker or rice cake with a topping of vegetarian spreadable sausage, light dairy spread, cottage cheese or a slice of chicken fillet. Alternatively, we may serve the children a slice of (wholegrain) Dutch gingerbread with a cup of water or lukewarm tea or fruit tea.

17:30 Optional snack: if the children wish, they may have a cup of water and a breadstick. We can also prepare a small bowl with slices of cucumber, tomato and carrot for the children.

When the children are getting picked up, the parents can take one piece of fruit for their child, from the table in the hall if they want to. This is because some children still have to wait a while before they get a meal at home.

Out-of-school care

Eating times during school term

15:30 Snack: The children are given a wholegrain Cracotte cracker, rice cake or wholegrain Dutch rusk (beschuit) with different savoury toppings such as chicken fillet, and vegetarian spreadable sausage. Once a week the children get to choose a second cracker with something sweet like jam or apple syrup. Water is served with the snack.

Children may have a maximum of 2 crackers, rice cakes or rusks. When they have finished their cracker(s), children are also offered a piece of fruit, raw vegetables or 30+ cheese. In terms of fruit, we offer a choice of pieces of apple, pear and/or banana. This is supplemented by seasonal fruit such as grapes and tangerines etc. We also regularly offer raw vegetables such as cucumber, cherry tomatoes and carrots etc.

The guideline is:

Children from school groups 1-4: 1 item of fruit + 2-3 rice cakes or wholegrain Cracotte crackers

Drink: water, tea or fruit tea without sugar