



## **Nutrition policy**

Daycare centers, playgroups  
and after-school care  
HappyKids Childcare

## 1. Introduction

---

Before you lies the nutritional policy of HappyKids Childcare. In the nutritional policy you will find the nutritional schedule that the children follow when they are at HappyKids daycare, playgroup or after-school care. The rules and customs surrounding food and drinks are also described. You will also find guidelines and tips regarding treats at festive events. Finally, hygiene is an important condition for safe eating, which is why this subject is also addressed in our nutritional policy.

The nutritional policy is based on the guidelines provided by the Nutrition Center with regard to nutrition. The food is varied, not too much, not too fatty, healthy and hygienically stored and prepared. Our nutritional policy has also been developed in collaboration with a dietician.

There may be small differences in the range of foods available per location. In that case, changes to this general policy are described in the location's work plan.

With this nutritional policy we want to provide you with insight into our nutritional policy. If you have any questions after reading this, you can always contact our pedagogical staff. They will be happy to assist you!

## 2. Food and drinks

---

### **Het Voedingscentrum (the Nutrition center)**

Our nutrition plan is based on the standards that the “Voedingscentrum” or the “Nutrition Center” applies for a healthy and varied diet. Healthy eating means making conscious choices with common sense. The Nutrition Center uses five standards for this. This they refer to as the “schijf van Vijf” or the “Wheel of five” Namely:

1. A varied diet
2. Don't eat too much and exercise
3. Use less saturated fat
4. Eat plenty of vegetables, fruit and bread
5. Handle food safely

### **Babies**

When the babies come to daycare, the parents have made a choice whether the baby will be breastfed or bottle-fed. Bottles must be provided by the parents themselves, stating the child's name.

### **Breastfeeding**

Parents can bring expressed breast milk to the daycare center, chilled or frozen, and label it with the name of the child and the date. We provide a freezer, so a small reserve can be built up if necessary. It is also possible to breastfeed your child yourself at the daycare location. The pedagogical staff would like to know this in advance, so that they can offer you a separate room if necessary. This way you can breastfeed your child in peace. It is wise to keep a supply in our freezer in case f.e. your child spits up and therefore needs an extra feeding. This prevents you from having to come over because we have run out of milk.

### **Bottle feeding**

We offer Nutrilon 1, 2 and 3 and Kruidvat 1, 2 and 3 or a similar product for bottle-fed babies. By choosing this offer, we match as much as possible with the brands our parents provide at home. If your child needs other bottle feeding, you must provide this yourself in containers labeled with your child's name.

### **Fruit snack**

From 4 to 6 months, we can start offering a fruit snack to your baby in consultation with the parents. This (blended) fruit snack is made fresh every morning by our professionals. The snack is pureed with a hand blender, so that there are no pieces left. The fruit snack usually consists of banana, apple and pear. For older babies, kiwi or orange is sometimes added. As soon as a child gets a fruit snack, we practice oral motor skills with a sturdy plastic spoon.

### **Bread**

From 6 months onwards we can also start offering bread. The babies are given (light) brown bread. They eat from their own plate. Naturally, the pieces of bread are initially put into the babies' mouths by the pedagogical staff. When they are ready, they will learn to try this themselves through play.

It is good for young children to pick up the bread themselves with their hands and bring it to their mouth. This is good for hand-eye coordination. In addition, food is not only about tasting, but also about seeing and feeling. Feeling with your hands provides a lot of information about food: is it soft, hard, cold, warm? This can help children in the process of learning to eat.

We always spread a thin layer of margarine (or a vegetable product) on bread. This is healthy because it contains many essential fatty acids and vitamins A, D and E. Toddlers can spread margarine on their bread themselves to practice motor skills.

### **Honey**

We do not offer honey at all at our daycare centers. Honey can be contaminated with the bacteria that causes botulism. The substances that this bacterium produces in the intestines are extremely toxic and can lead to serious symptoms in young children up to one year of age.

### **Peanut butter**

We only offer peanut butter to the older toddler groups (or “peuters”, 2,5-4 years old). This is a precaution to prevent a possible allergic reaction to peanut butter. When the children are two and a half and move on to the older toddler group (“peuters”, it is often already known whether a child has allergies. If parents want to offer peanut butter earlier, they can indicate this to the group leader.

### **Snack**

From about 7 months onwards, in consultation with the parents, water or tea is offered with a breadstick, rice waffle, children's biscuit, corn snack or a whole wheat biscuit. From the age of 1 year we also give raisins.

### **Drinks**

In addition to (cow) milk (from 1 year), we offer water or (children's) tea. We mainly offer water. The advice is to only give sweetened drinks at a later age and save them for a special day of the week, for example the weekend. That is why we do not offer “diksap” or “roosvicee” and the like. We do offer lemonade without sugars, artificial sweeteners, and colorings in moderation.

## **Rhythm**

For young babies, we take into account the schedule that is maintained at home. We also provide when necessary. If a baby indicates that he or she is hungry earlier, we will adjust the schedule for that day.

The older babies already follow the daily rhythm of the group. The schedule will then look like this:

9.30 am Fruit snack and water or tea  
11.30 am Bread and milk/bottle  
3.30 pm Snack, water or tea and possibly yoghurt

## **Toddlers ( “dreumesen” 1-2,5 and “peuters” 2,5-4 year olds)**

We teach the children to eat at fixed times and with a varied diet. We assume that the child has had breakfast at home. We offer a bread meal and a maximum of 2 snacks. The child becomes used to these fixed times and is therefore less likely to be hungry during the times in between. And it also creates clarity. The child knows that he does not have to ask for food in between meals. We eat together, at the table, both at lunch and snack times. That's social and it provides clarity and structure for the children. We take our time to eat and create a pleasant atmosphere, but we don't sit down at the table for too long. Our pedagogical staff sets a good example at the table. They eat together with the children, supervise them during meals and set an example in social behaviour, and table manners.

We believe it is important that children eat healthy and nutritious products. They get various vitamins, minerals, fiber and other important nutrients by eating brown/whole wheat bread, vegetables, fruit and healthy spreads.

The feeding schedule looks like this:

9.30am Drink fruit with a cup. Every child gets at least one piece of fruit. The range of fruits is apple, banana, pear, kiwi and orange. Strawberry, mandarin, grapes and melon are also offered in season.

11.30 am Bread and milk. A maximum of three brown/whole wheat slices of bread are offered. We always spread a thin layer of margarine on bread. This is healthy because it contains many essential fatty acids and vitamins A, D and E. Savory and sweet toppings are alternated.

On the first slice of bread, the child can choose from different types of savory fillings (no cold cuts).

On the second slice of bread, the child is free to choose between sweet and savory (including meat products).

On the third slice of bread, the child can again choose from savory toppings (no cold cuts).

By arranging the food in this way, we ensure that children do not exceed the recommended daily portions.

We offer the following savory bread toppings:

- Chicken breast, sliced
- Light dairy spread / cottage cheese / cottage cheese / 20+ cheese spread with less salt
- Vegetarian spreadable sausage
- Luncheon meat
- Ham
- Vegetable spreads (e.g. “zonnatura” spread, hummus with less salt)

- Peanut butter without additives (from group “peuters” as of 2,5 y.o. or earlier with parental permission)

We also offer Turkey salami (Halal) and chicken sandwich sausage (Halal)

All meat products are excluded from the “Wheel of Five”.

The advice for toppings outside the Wheel of Five (including halva jam, chocolate sprinkles and meat toppings) is a maximum of 1 per day.

Healthy sandwich spreads within the Wheel of Five are 20+/30+ cheese, 20+/30+ cheese spread with less salt, light dairy spread, cottage cheese, hummus with less salt, peanut butter made from 100% peanuts. This can always be chosen.

We offer the following sweet bread toppings:

- Halva jam (confiture)
- Chocolate flakes or chocolate sprinkles (pure chocolate)
- Apple syrup or apple-pear syrup, a thin layer

Chocolate sprinkles (pure), apple syrup / apple pear syrup and halva jam are included in the 'daily choice'. A child may eat 1 portion per day.

3:30 PM Snack with a plate of vegetables (cucumber, pepper, half tomatoes, pickles, olives), with a cup of full-fat yogurt.

The snack can consist of one:

- Mini Egg Cake
- Whole wheat cracker with toppings
- Raisins (1 small handful)
- Whole wheat biscuit
- Slice of gingerbread (butter optional)
- Rice waffle or corn waffle (possibly with toppings).
- “Liga” biscuit
- Or a comparable product

5:00 PM cup of water or tea

## After-school care

The nutritional offering at the BSO is largely the same as that offered to toddlers with a number of additions, such as crackers and a wider choice of biscuits. At the BSO, attention is also given to cooking or baking, so that children are also introduced to new products and dishes.

Vegetables are also offered (along with fruits) , such as tomatoes, cucumbers and bell peppers.

The schedule at the BSO looks like this:

(Only during holidays and on study days)

09:30 Drink fruit with a cup

Every child gets at least one piece of fruit. The range of fruits is apple, banana, pear, kiwi and orange. Strawberry, mandarin, grapes, pineapple and melon are also offered in season. We also offer cucumber, bell peppers and tomatoes. The range of drinks differs between water, tea and lemonade. Together with fruit, a cracker/cookie/rice waffle/cracotte is offered.

(Only on Wednesdays, Fridays, study days or holidays)

+/- 12:30 Bread and milk

A maximum of 5 brown slices of bread are offered, depending on the age and appetite of the child. (The recommendation for children aged 4-8 years is 2-4 slices per day and from 9-13 years 4-6 slices per day). We always spread a thin layer of butter on the bread. Butter is healthy, because it contains many essential fatty acids and vitamins A, D and E. Savory and sweet toppings are alternated. On the first slice, the child can choose from different types of savory toppings. On the second slice, the child is free to choose between sweet and savory. On the third slice, the child can choose between savory toppings, peanut butter or apple syrup. The children can choose for the fourth and possibly the 5th slice.

We offer the following savory toppings:

- Chicken breast (slices)
- Dairy spread
- Vegetarian spreadable sausage
- Luncheon meat
- Salami
- Gammon
- Vegetable spreads (e.g. sandwich spread, hummus)
- Peanut butter without additives
- Slices of young mature cheese
- 30+ cheese spreads

We also offer Turkey salami (Halal) and chicken sandwich sausage (Halal)

We offer the following sweet toppings:

- Apple syrup, a thin layer
- Halva jam
- Dark (pure) chocolate spread
- Pure chocolate sprinkles
- Fruit sprinkles
- “gestampte muisjes” , a Dutch sweet topping which resembles powdered sugar with an anise flavour

+/- 4:00 PM snack with drinks

(During school weeks this is the moment for fruit, during holiday weeks the fruit is at 9:30 am)

The snack can consist of:

- Egg cake
- Whole wheat cracker/rusk with toppings
- Whole wheat biscuit
- Slice of gingerbread (possibly with butter)
- Rice waffle or corn waffle (possibly with toppings)
- League (Evergreen)
- Or a comparable product

+/- 17:30 Drinking a cup of tea or water or lemonade

During warm weather, we offer extra water throughout the day.

### **Cooking activities at the BSO**

In addition to sports and games activities, cooking and baking activities are also regularly offered at the BSO. The children can then eat their creation (this is then offered instead of the “normal” snack, or it can be taken home). For cooking activities, less healthy snacks may be eaten, such as when baking cakes or apple turnovers during holidays.

## **3. Rules and regulations**

---

### **Babies**

Babies are given a bottle while being held by a pedagogical employee. Eye contact is made and we are talking to the child. This gives the child the opportunity to bond with the pedagogical worker. As soon as a child is able to hold the bottle himself, this is encouraged, but personal attention is still guaranteed.

The older babies start eating in (small) groups more often. This way they are prepared for the transition to the toddler group. There they are properly introduced to the “meal times at the table” for the first time. Babies can eat bread by using their hands, this promotes motor skills and gives them the opportunity to “discover” the food.

Toddlers (dreumesen, 1-2,5 years old) and older toddlers (peuters, 2,5-4 years old)

Toddlers eat all meals and snacks at the table. It is a group event. Eating is not an annoying obligation, but a social moment. We have the following habits:

- Hands are washed before eating.

- When everyone has something to eat or drink in front of them, a song is sung. Then the children can start eating or drinking . This way they learn to wait.
- We encourage the children to make their own choices. Smaller children sometimes find it difficult to make choices. In this case, the pedagogical staff will limit the options to make the choice easier.
- We also encourage the children to politely ask for another slice of bread. We then learn the following form: 'Can I have another slice of bread?'
- A second slice is only given when the first slice and the cup of milk (or water) are completely gone.
- The pedagogical staff join the bread meal with the children. They have an exemplary role.
- We encourage the children to finish their plate. Also the bread crusts. However, we are not turning it into a power struggle. If the child does not finish his slice of bread, we take it away at the end of the meal without drawing too much attention to it.
- We also teach the children table manners. Such as eating with your mouth closed and not talking with your mouth full.
- Bread is eaten with a fork as much as possible, because it is hygienic and good for the development of fine motor skills.
- The children eat from their own plate and drink from their own cup.
- During the meal there is room for pleasant conversation.
- Crackers and rice waffles during snack time are always eaten from a plate.
- When eating fruit or vegetables, all children get their own plate or bowl. The children can choose what they like. We do encourage the children to try different types of fruit and veg.
- After eating, hands and faces are cleaned with a washcloth. Each child receives their own washcloth. We try to promote the children's independence by letting them do it themselves. We check the children afterwards.

#### After-school care

The children eat all meals and snacks at the table. It is a group event. Eating and drinking is a social moment. We have the following habits:

- Hands are washed before eating.
- The children wait until everyone has something to eat or drink in front of them. Then the children can start eating or drinking. This way they learn to wait for each other.
- The (older) children are encouraged to spread and cut their own bread. Of course, always under the supervision of one of our pedagogical staff.
- We encourage the children to make their own choices and help each other. For example, during the bread meal, the children can choose from a number of options which toppings they want on their slice of bread.
- Younger children sometimes find it difficult to make choices. In this case, the pedagogical staff will limit the options to make the choice easier.
- We encourage the children to politely ask for another slice or to pass the toppings on to each other. We use the following form: "Can I have another slice?"
- The pedagogical staff are required to eat with the children. They have an exemplary role.
- We encourage the children to clear their plates. Only when the plate is completely empty can they have another slice. However, we are not turning it into a power struggle. If the child does not finish the plate, we take it away at the end of the meal without drawing too much attention to it.
- We also teach the children table manners. Such as eating with your mouth closed and not talking with your mouth full.
- Bread is eaten from one's own plate.
- During the meal there is room for pleasant conversation.
- Crackers and rice waffles are always eaten from their own plate or handed out from a large plate.



- When eating fruit, all children get their own plate or bowl. The children can choose what they like. We do encourage the children to try different types of fruit (or veg).
- During outings we take as much of our own food and drinks as possible. It may sometimes happen that we choose a different lunch menu, for example fries/pancakes or the like.

## 5. Treats, allergies and food preferences

---

### Treats

During a festive event such as a birthday or the birth of a baby brother or sister, treats are of course allowed. We allow treats at regular meal and drink times. For example at 9:30 am or at 3:15 pm. The treat then replaces the snack. Fruit is eaten every day. So if there is a treat in the morning, eating fruit shifts to the afternoon.

We want the treat to be kept small and healthy. When the treat is candy, we will give it to the children to take home. Parents can then decide for themselves whether and when their son/daughter receives the candy. Treats don't always have to be in the form of food, a little gift, for example a bubble blower, is fun too.

Some examples of desirable treats:

Gingerbread

Children's cookie

Raisins / yogurt raisins

Popsicle

Popcorn

Breadstick

Mini raisin bun

Fruits

Egg cake

Cheese/sausage/grape skewers

### Allergies and food preferences

If a child is not allowed to use certain products due to religious beliefs, principles or other reasons, we will of course take this into account. We will offer alternatives and parents can bring something from home that we do provide. This only concerns unopened pre-packed foods (such as crackers, porridge, cookies, bread, jars of fruit) with the expiration date visible. Unfortunately, self-prepared meals, fruit snacks and the like are not allowed to be provided (based on the laws and regulations regarding food in childcare), because, for example, the preparation date and temperature cannot be sufficiently demonstrated for these products.

Even if a child is allergic to certain products, this is handled with care. In our parent portal we keep track of details for each child regarding nutrition, allergies, accidents and illnesses. In this way, all pedagogical staff are always aware of the child's details.

## 6. Hygiene and food preparation

---

We at HappyKids are partly responsible for the health of your most important asset. That is why we want to eliminate any risk that may arise when storing and preparing food. Below you will find our rules regarding food and safety.

## Groceries

All our products come from a regular supplier and are delivered to location twice a week. As soon as the order is received, the products are put away accordingly. The expiration date is also checked. We work according to the First in, First out system. New products are therefore placed at the back and the products with the shortest expiration date are brought to the front.

## Storing food

### Chilled products

Once a product has been opened, the date of opening is written on the product packaging with a marker or pen. This way we prevent products from remaining lying around for too long. Opened products are properly covered with cling film, aluminium foil or stored in special food containers. The temperature of the refrigerator is also always below 7 degrees Celsius.

### Unrefrigerated products

- Products with the shortest expiration date are kept at the front, so that they are used up first. Once the date has passed, the products are thrown away.

- Bread is delivered fresh. If it is too much for one day, the rest of the bread is stored in the freezer.

Sweet toppings are stored high and dry. An exception, for example, is jam, which is kept in the refrigerator. The packaging is always carefully checked for the correct storage method.

### Freezer

Frozen products are not stored for longer than three months. The temperature in the freezer is not higher than -18 degrees Celsius

### Fruit

- Fruit snacks are prepared in the morning from fresh fruit.

- After preparation, the fruit snack is immediately covered and stored in the refrigerator. Once all the children have eaten fruit, the leftovers are thrown away.

- Peeled fruit is served immediately or stored covered in the refrigerator. Leftovers are immediately thrown away.

### Bread meal/ lunch

- Food and drinks are removed from the refrigerator as soon as possible (maximum five minutes) in advance.

- Milk and milk products should not be kept outside the refrigerator for longer than half an hour.

### Rules regarding storing and warming expressed breast milk:

- Frozen breast milk should always thaw slowly before reheating.

- Store thawed breast milk in the back of the refrigerator and use it within 24 hours.

- Throw away leftovers

- Breast milk is best warmed in a bottle warmer.

- When using the microwave, the microwave must be set to the lowest power. The teat must be removed from the bottle and must be shaken twice in between.

- Reheated leftover breast milk can be stored for 1 hour, unless it has been heated in the microwave. The leftovers should then be thrown away immediately.
- Warmed breast milk should not be reheated.

Rules regarding preparing, storing and warming bottle food:

- To prepare the bottle, follow the instructions on the packaging.
- Bottle feeding should be stored in the refrigerator immediately after preparation.
- Prepared bottle food cannot be stored for more than eight hours.
- Leftovers should always be thrown away.
- Bottle food that has already been warmed up should not be warmed up again.

Questions regarding our food policy? We are happy to help!