

**Nutritional and
Treat Policy of Solidoe
Childcare**

Solidoe 

Index

| | |
|--|----------|
| General | 2 |
| Healthy Food Offer | 2 |
| Healthy eating with the Wheel of Five | 3 |
| Fixed and quiet mealtimes | 4 |
| Allergies or other individual arrangements | 4 |
| Nutrition for children under 1 year old | 5 |
| Drinks | 5 |
| Food: | 6 |
| Nutrition for children aged 1 to 4 years | 7 |
| General principles | 7 |
| Food and drinks | 8 |
| Nutrition for children aged 4 to 13 | 10 |
| General principles | 10 |
| Food and drinks | 11 |
| Solidoe Treat Policy | 12 |

GENERAL

Solidoe is committed to ***providing healthy childcare!***

This means that, in addition to nutrition, we also focus on physical activity, a proper balance between play/work and relaxation, and overall healthy lifestyle habits.

In 2018, Solidoe established a Healthy Childcare working group to develop this nutrition policy. All employees participated in a team training to raise awareness about healthy eating.

This nutrition and treat policy was created based on input from the groups, advice from the Nutrition Center, and consultation with a dietitian. The policy provides both parents and employees with clear guidelines about what we offer the children. We view the nutrition policy as a dynamic document that can change based on new insights and research.

We believe it is extremely important to introduce children to a healthy lifestyle from a young age to prevent overweight and obesity later in life.

Healthy Food Offer

This food and treat policy is based on the Dutch 'Schijf van Vijf' (Wheel of Five) guidelines from the 'Voedingscentrum' (Nutrition Center). We believe it is important to offer children healthy food and thus make a positive contribution to their development. That is why we mainly offer products from the Schijf van Vijf.



Healthy eating with the Wheel of Five

The Wheel of Five consists of 5 sections, each with different types of products. According to the latest scientific insights, the products in the Wheel of Five are good for your body. If you eat according to the Wheel of Five, you will also get enough minerals, vitamins, proteins, carbohydrates, fats and fibres.

The Dutch Nutrition Centre advises to eat a certain amount from each section every day. The recommended amounts vary by age and gender, as one person simply needs more than another. In addition, the Dutch Nutrition Centre advises to vary within the different sections.

Products outside the Wheel of Five differ greatly from each other.

Therefore, there are 2 categories: the **daily choice** and the **weekly choice**.

- A daily choice is something small: a small cookie or a popsicle.
- A weekly choice is a bit bigger: a homemade cupcake, a bag of chips, a glass of lemonade or sprinkles on bread.

We offer daily choices at our locations occasionally. We prefer to offer weekly choices as little as possible, but for example during school holidays.

Fixed and quiet mealtimes

We have a fixed daily schedule, which provides familiarity and gives the children peace of mind. We eat together at the table, both at lunchtime and for snacks. This is pleasant and it ensures clear mealtimes. We take the time to eat and create a pleasant atmosphere. We adjust the duration of the meal to the age of the children and it is not too long. Our pedagogical staff set a good example at the table. They eat together with the children, eat what the children eat, and they guide the children during the meal. Children from the age of 2 spread and top their own sandwiches. At the BSO (out-of-school care), the fruit moment can also be offered in the form of a buffet. A staff member is present to ensure that all children eat and drink something. The children come to the buffet when they are ready. Our pedagogical staff determine when the child eats, the child decides from a healthy range of food what they eat and how much of it they eat, and in what order. We do not force food or drink on anyone.

Allergies or other individual arrangements

We take into account children's allergies. There is also room to make individual arrangements when it is necessary to deviate from the food policy, for example in the case of a diet or a specific (religious) belief. We record these agreements in writing in the child's file.

Hygiene

For the storage of various foodstuffs, we refer to the work instruction on food hygiene (B20) and the policy on storing products (OHA 17) and the hygiene code and health risks of the RIVM.

Special occasions

In the food policy, we distinguish between daily food and special occasions. We use the 80%/20% rule here. We eat healthy 80% of the time and sometimes we eat something that is less healthy 20% of the time.

Think of, for example, pancakes, homemade pizza or a snack at an outing.

NUTRITION FOR CHILDREN UNDER 1 YEAR OLD

Babies have their own feeding schedule. We follow the following points of attention for their diet:

Drinks

Formula milk:

- The parents have been consulted about whether their child will receive breast milk or formula.

- Parents must deliver the expressed breast milk to the daycare sufficiently cooled or frozen (in small portions). It should be provided with a sticker with the child's name and date.
- Parents do not provide ready-made formula. During transport, even in a cooler bag, the food cannot be kept cold enough.
- From the age of 6 months to 12 months, a child receives follow-up milk. The child does not yet receive regular milk until he is about 12 months old. It contains too little iron and good fats and too much protein. Breast milk can be given as long as the child and the parent want it.

Other drinks:

- In addition to breast milk or formula, children from 6 months can also have water or lukewarm green or black tea (including fruit-flavored teas such as forest fruits, lemon, strawberry, etc., and Earl Grey, Ceylon, or English tea) without sugar. We make sure that the tea has cooled down sufficiently or mix it with cold water so that it is not too hot. The amount of caffeine in tea is so low that it is not harmful for young children if they drink a few cups a day.
- We do not offer sugar-sweetened drinks or fruit juice. The same applies to lemonade syrup or concentrated juice. These drinks contain a lot of calories and sugars, which increases the risk of obesity and tooth decay.
- Once a child can sit independently, we start practicing with them drinking from an open cup. This is better for the development of the oral motor skills than a sippy cup.
- A child does not have to finish the cup completely with us. If a child does not finish the cup, he simply is not thirsty. We do encourage children to drink when drinks are offered. Children are always allowed to drink water throughout the day.

Food:

First bites:

- We start giving babies their first bites of food in consultation with their parents. According to the guideline "Nutrition and eating behavior for Youth Health Care", this is between 4 and 6 months of age. We start with a few spoonfuls of food at a time. The food is either well-mashed or not too finely pureed. Once babies are able to eat bites of food, we encourage them to practice their oral motor skills by using a (shallow, plastic) spoon. We prefer to give babies these "practice bites" on our laps so that we can have one-on-one time with them.
- We start giving first bites in consultation with the parents. In consultation with the parents, we will gradually replace follow-on milk or breast milk with solid food after the age of 6 months. The child will eat more and more solid food as a result.

- We introduce children to a variety of well-mashed or not too finely pureed fruits, possibly thinned with some water. We do not yet offer combinations of different types of fruit with this fruit snack. The child first learns to get used to all the individual flavors. This way he learns to recognize and appreciate them in their pure form, which is better for his taste development. As the child becomes better at chewing, he will be given pieces of fresh fruit or a combination of partly mashed with some pieces added.
- A soft taste is easier for a child to get used to. For example, we start with fruits like pear, apple, banana, melon and peach.
- **Please note that we do not accept home-prepared food due to food safety regulations.**

Bread and toppings:

- Initially, we give the children light brown bread. If that goes well, we gradually switch to whole wheat bread without seeds and pits.
- We always spread the bread with a little soft margarine from a tub, which contains many unsaturated (good) fats. More toppings than margarine is not necessary. If we do use more toppings, we choose the healthy toppings from the table on page 8.
- We do not give children up to 12 months old honey. Honey can be contaminated with a bacterium that can make young children very sick.

NUTRITION FOR CHILDREN AGED 1 TO 4 YEARS

General principles

We adhere to the following general principles:

Drinks:

- We offer the children water (with the option of a slice of orange or other fruit or vegetable). We also offer lukewarm (fruit/black or green) tea without sugar.
- We do not offer lemonade syrup or concentrated juice, as these contain a lot of calories and sugars, which increases the risk of obesity and tooth decay.

Toppings:

- Children under 4 years old are best off eating margarine. Margarine is mainly made up of good fats, which children need in their first years of life.

Mainly "Wheel of Five" toppings:

- We mainly offer "Wheel of Five" products as toppings for bread. In addition, we offer a few products for bread that are not in the "Wheel of Five" and are daily choices. We make sure that the toppings are lean and do not contain too many calories and unhealthy fats. We also pay attention to the amount of sugar and salt. Products that are weekly choices are offered minimally, or not every week.

No spreadable liver sausage (smeerleverworst):

- We do not offer spreadable liver sausage, as it contains a lot of vitamin A. It can be harmful if a child structurally consumes too much vitamin A. Since the child may already receive spreadable liver sausage at home, we do not offer spreadable liver sausage as a precaution. Vegetarian spread can be given as an alternative.

No Raw Meat:

- We do not give children products made from raw fish, raw meat, such as filet américain, 'ossenvorst', carpaccio or undercooked tartar. These may contain harmful bacteria.

No Regular Cheese and Spreadable Cheese:

- We do not offer regular cheese (which you buy in slices or cut with a cheese grater) and spreadable cheese. These contain a lot of salt. As an alternative, we offer dairy spread or cottage cheese/hüttenkäse.

Nut Butter or Peanut Butter without Sugar and Salt:

- If there is a child with a severe allergy to peanuts or nuts in the group, we will make specific agreements about this and record them in the child's file. This will be done in consultation with and with the approval of the parents, and possibly the child's treating physician.

Cow's milk allergy in young children

- If there is a child in the group with a cow's milk allergy, we make specific agreements with the parents about alternative products.

Celiac disease (gluten intolerance)

- Children with celiac disease cannot tolerate gluten. Gluten is a mixture of proteins that occurs naturally in certain grains, such as wheat. Eating gluten mainly causes inflammatory reactions in the lining of the small intestine. If there is a child with celiac disease in the group, we make specific agreements with the parents about this.

Food and religion

- People from all different countries and with all kinds of different religions live in the Netherlands. These religions all have their own characteristics and rules. A number of those rules, which are common to every religion, are the dietary laws. Dietary laws are laws that describe the consumption patterns of members of the religion.

If there are children in the group to whom the dietary laws apply, we make agreements with the parents about which foods are allowed.

Warm meal (if applicable to the location)

- Some Solidoe locations offer a hot meal as lunch. There are several reasons for this; many children are less tired around lunchtime than at the end of the day, and eating together is stimulating. In addition, a hot lunch typically offers more variety and vegetables than a packed lunch. Many parents also find it convenient if the hot meal has already been eaten. The hot meals are delivered by an external company and heated up on site, parents choose this and pay extra for this service.
- It gives parents the flexibility to choose between a hot meal or a packed lunch in the evening. The advantage of two hot meals a day is that it is possible to reach the recommended daily amount of vegetables more easily. However, it is wise for parents to keep the portion of meat (substitute) in the evening small and to offer bread for breakfast and/or snacks. The latter is important because of the iodine in the bread that a child needs.

Food and drinks

For children aged 1 and up, we offer the following food options. Our starting point is to mainly offer products from the Dutch Wheel of Five. Children under the age of 4 have little room for daily choices. Only for on bread and with the hot meal do we offer a few products outside the Wheel of Five. We offer as few weekly choices as possible because they contain a lot of calories.

We offer the children small pieces of fruit if necessary, for example, a toddler can usually eat half an apple with the skin. The children are free to choose which fruit they want to eat and also whether they want to drink first and then eat or vice versa. At the bread meal, the children choose what they want on their bread and are offered the bread and the drink at the same time so that they can choose whether they want to drink first or eat first. Children from about 2 years old are allowed to spread and top their own bread.

| Drinks |
|---|
| <ul style="list-style-type: none"> • Water (tap water) • (Fruit) black/green tea without sugar • Semi-skimmed milk, buttermilk |
| Bread and toppings |
| <u>Schijf van Vijf products</u> |

- Whole wheat bread, without seeds or pits / Brown bread
- Soft margarine
- (Season) fruit, Like banana, apple, pear and strawberry
- (Season) vegetables, like tomato, carrots and cucumber
- Avocado (limited due to high calories) or a vegetable spread without salt and sugar
- Dairy spread or cottage cheese
- Hummes
- Egg
- Nut butter or peanut butter without salt and sugar
- Fruitspread

Daily choices, of which we offer a maximum of 3 at a time with a bread meal

- Sandwichspread
 - Yoghurt-based celery salad
 - Yoghurt-based cucumber salad
 - Leaner and lower-salt deli meats such as: Chicken breast, ham, cooked sausage, lightly salted beef jerky, turkey breast, a small sausage (like a 'knakworst')¹

Weekly choices, we offer these once a week:

- Fruit sprinkles (hagelslag)
- Half-fat Jam
- Apple syrup

In the morning and afternoon, snacks

Schijf van Vijf products

- (Seasonal) vegetables, such as pieces of carrot, cucumber, bell pepper, halved cherry tomatoes, or lesser-known varieties such as avocado (limited due to calories), radish, radish, zucchini, or cauliflower florets;
- (Seasonal) fruit, such as pieces of apple, pear, banana, kiwi, halved grapes, melon, strawberry, mandarin.
- Cragotte (till around 1 year old), Swedish crispbread, Rice cracker
- Yoghurt with reduced fat
- Handful of raisins

Weekly choices, we offer these once a week

- Raisin bread, Muesli bread
- Whole wheat breadstick

NUTRITION FOR CHILDREN AGED 4 TO 13

General principles

Drinks:

- We offer water to the children (possibly with a slice of orange or other fruit or vegetable).
- We offer lukewarm (fruit) tea (black/green) without sugar.
- We do not offer lemonade syrup or soft drinks. Lemonade syrup and soft drinks contain a lot of calories and sugars, which increases the risk of obesity and tooth decay.

¹We advise to halve hot dogs lengthwise for children under 5 years old to prevent choking. The thickness of a hot dog is the same as that of a trachea, so halving it significantly reduces the risk.

Vegetables:

- To meet the recommended daily intake of vegetables, it is important to offer vegetables at multiple times throughout the day.
- We therefore offer vegetables in the afternoon and/or during lunch.

No raw meat:

- We do not give children products made from raw fish or raw meat, such as filet américain, ossenworst, carpaccio, or undercooked tartare. These may contain harmful bacteria.

Nut butter or peanut butter without sugar and salt:

- If there is a child with a severe allergy to peanuts or nuts at the BSO, we will make specific arrangements. This will be in consultation with and approved by the parents, the school and, if necessary, the child's doctor.

Celiac disease (gluten intolerance):

- Children with celiac disease cannot tolerate gluten. Gluten is a mixture of proteins that occurs naturally in certain grains, such as wheat. Eating gluten mainly causes inflammatory reactions in the lining of the small intestine. If there is a child with celiac disease in the group, we will make specific arrangements with the parents.

Food and religion:

- People from all different countries and religions live in the Netherlands. These religions all have their own characteristics and rules. Some of these rules, which are common to all religions, are the dietary laws. Dietary laws are laws that describe the consumption patterns of members of the religion.

If there are children in the group to whom the dietary laws apply, we will make agreements with the parents about which foods are allowed.

Food and drinks

For children aged 4 and over, we offer the following food options. Our main focus is to provide products that are part of the Dutch "Schijf van Vijf" (Wheel of Five). For bread toppings, we offer a few products that are not part of the Schijf van Vijf (only daily choices). Children aged 4-8 can choose bread toppings that are not part of the Schijf van Vijf once a day. For children aged 9 and over, this is max twice a day.

Bread and toppings

Schijf van Vijf products

- Whole wheat bread / Brown bread
- Soft margarine of halvarine
 - (Season) fruit, like banana, pear, grapes, melon, apple, strawberry
- (Season) vegetables, such as sliced tomatoes, carrots and cucumber, avocado or a vegetable spread without salt and sugar
- Cream cheese spread, Cottage cheese, 20+ or 30+ spreadable cheese
- 30+ cheese, fresh goat cheese

- Hummus
- Egg
- Nut butter or peanut butter without salt and sugar

Daily choices, of which we offer a maximum of 3 at a time with a bread meal

- Half-fat Jam
- Fruitspread
- Apple syrup
- Fruit sprinkles (hagelslag)
- Sandwichspread
- Yoghurt-based cucumber salad
- Yogurt-based celery salad
- Leaner and lower-salt deli meats such as: Chicken breast, ham, cooked sausage, lightly salted beef jerky, turkey breast, a small sausage (like a 'knakworst')²

Drinks

- Water (tap water)
- (Fruit) black/green tea without sugar
- Semi-skimmed milk, buttermilk or Low-fat yogurt drink without added sugar

Snacks for in the morning and afternoon (after school)

- (Seasonal) fruit, such as pieces of apple, pear, banana, kiwi, grapes, melon, strawberry, mandarin.
- (Seasonal) vegetables, such as pieces of carrot, cucumber, bell pepper, halved cherry tomatoes, or lesser-known varieties such as avocado (limited due to calories), radish, radish, zucchini, or cauliflower florets
- A slice of brown or wholemeal bread
- Whole grain crispbread, Raisin bread, Muesli bread, Muesli ball
- Rye bread, Whole grain wrap
- A small portion of unsalted/unroasted nuts
- A small handful of dried fruit, like raisins.
- Low-fat yogurt

Occasionally we offer a small snack outside the Schijf van vijf:

- A cookie (Little biscuit, Speculaas cookie)
- A small serving of popcorn or chips
- Popsicle
- Something we baked ourselves, like cupcakes or pancakes.

Solidoe Treat Policy

²We advise to halve hot dogs lengthwise for children under 5 years old to prevent choking. The thickness of a hot dog is the same as that of a trachea, so halving it significantly reduces the risk.

A child's own birthday or a farewell party is an important event for a child that we want to celebrate extensively. The child receives a birthday hat until their fourth birthday, there is of course exuberant singing and there is a gift.

There are many children in a group, so it often happens that there is also a treat. For that reason, we have created a healthy treat policy. With this we want to prevent children from consuming too much sweets.

Everyone knows that sugars are bad for health and teeth. In addition, there are more and more children in the Netherlands who are overweight at a young age. We want to deal with this consciously as childcare Solidoe, because "care, sports, health and exercise" is also what we stand for.

Of course, we have described the 80/20% rule in our food policy, we eat 80% healthy and sometimes we eat something that is less healthy 20%. This is possible during the holidays or during holidays such as Sinterklaas and Christmas.

If childcare workers celebrate their birthday, they can treat the children to something that falls within the agreements made and they eat the cake during their break in the coffee room.

For the treats for the 0-4 year olds, we have chosen the following healthy options:

Option 1: We use a Solidoe birthday cookie tin filled with a (responsible) cookie of choice, such as a biscuit, speculaas, or a handful of raisins. In this case, parents do not need to provide a treat.

Option 2: Parents provide the treats themselves, using healthy examples such as: raw vegetables, fruit (on skewers), rice cakes, whole-grain breadsticks, gingerbread, raisins, small yoghurt pots or a water ice lolly. It is important to ask parents early when their child's birthday will be celebrated and what kind of treat they plan to bring. We ask parents to keep the treat as small as possible, something that the children can eat straight away and that complies with the healthy guidelines described above. It is not the intention to give out small gifts, as children often do not see the value in these. They are often made of plastic and quickly end up in the bin, which does not fit in with the idea of being environmentally conscious.

The following applies to treats for children aged 4 to 12:

Birthday parties: Children celebrate their birthdays at home, at school, during sports activities and possibly in many more places. Because it can become too much, we choose to have a party without treats for children aged 4-12. Of course, there is still plenty of attention for the birthday child, there is singing, the birthday child receives a gift and is in the spotlight all day with all the rituals of the location. Think of streamers, doing the polonaise or a special birthday game. If a child wants to, there is the possibility that afternoon for the birthday child to prepare and hand out the fruit that is standardly eaten on the group.

Going-away party: Parents and child provide a treat themselves based on healthy examples.

