

bink

BON APPÉTIT!

Having meals together
at Bink

HAPPILY
GROWING
TOGETHER



Bon appétit!

Eating together with your peers, discovering what you like, learning new things from each other, that is what eating meals together at the day care centre is all about. We acquaint children with healthy nutrition from an early age in a playful and fun way. After all, this is how we create habits that last a lifetime!

Healthy nutrition is important for growing children. It gives them energy and is beneficial to their development. Children eat at home but also spend a significant part of their day at our day care centre. Together with you, their parents, we therefore also play an important part when it comes to nutrition and teaching them healthy eating habits. That is why we would like to share with you the methods we use when it comes to food and drink and how we help children to make healthy choices.

Healthy and varied

Our nutritional policy is based on the Voedingscentrum's (Dutch Nutrition Centre's) Food Pyramid and the recommendations provided by Healthy Childcare. In short this entails fresh, healthy and varied nutrition. In choosing our products we prioritize foods that have been sustainably produced, which is better for the environment, nature, climate and animals:

- All of the dairy products we offer are organic, just like the eggs. You also have the option of organic follow-on formula.
- We do not offer meat products during meals where sandwiches are served and during cooking activities.
- During every lunch we eat whole meal bread with healthy and varied spreads. Some of our locations offer a hot meal at lunch time.
- We drink water (sometimes with a delicious fresh fruit flavour), lukewarm tea, organic milk and buttermilk instead of sweetened drinks.
- We offer fresh fruit and/or vegetables on a daily basis, preferably in season and homegrown in the Netherlands.



Mealtime!

Eating together at a day care centre, playgroup or out-of-school care is different than mealtimes at home. With the aid of our pedagogical principles, we would like to explain how we deal with food and drink:

I have value

We eat at the table in small groups. The table is set for each child, with their own plate, cutlery and cup. Fresh wholemeal bread and varied spreads are served on a daily basis. Children are allowed to make their own food choices. And prepare their own sandwiches or cut their own fruit. We do not rush this process. This is good for their motor skills and encourages their growth!

Together with others

Watching others eat encourages eating! Tasting new things is easier when you're with your friends. That is why children often eat better at the day care than they do at home. Eating together is also a uniquely fun and social time, with plenty of attention for each other. This is when your child learns to talk in a group, listen to others and give his or her opinion. We set and clear the table together. At the after-school-care, we also invite the children to help think of what should be placed on the table.

Exercise and balance

Besides healthy nutrition, children also require plenty of exercise. We take them outside every day, come rain or shine. Moments of activity are interspersed with moments of calm, so play comes first, followed by a meal at the table. This also helps to create a calm atmosphere during mealtime. At the table, your child learns to take small bites, make a sandwich, cut fruit and drink from an open cup.

Playfully exploring and discovering

Eating is a journey of discovery of tastes and scents. If your child does not like something, that is fine. There are more than enough options on the table. We also teach children where our food comes from by planting and harvesting our own tomatoes and strawberries. Preparing their own meals, like smoothies or whole meal pancakes, is the most fun of all. At the after-school-care, children are taught everything there is to know about cooking: from recipes to groceries, from prepping ingredients to using mixers and blenders



I don't like that!

Every child goes through a period in which they become picky eaters. Luckily, this phase does not last, so we do not turn it in to a battle. We offer your child different options and let him or her decide what he or she wants to eat or not. By tasting often, your child becomes accustomed to new flavours. If we are concerned about your child's eating habits, we will of course let you know.

Food allergy or diet?

Does your child have any allergies or does he or she follow a specific diet? Then please discuss this with our pedagogical staff members. Together we will determine what your child can or cannot have within our offering. Please also consult with us if your child requires other (dietary) products. This will enable us to also provide your child with a healthy and varied selection.

Snacks

If your child attends the playgroup, we do ask that you provide him or her with a healthy snack such as a piece of fruit or a whole meal biscuit. We provide a cup of water or tea. If your child attends the day care centre or the out-of-school care, you do not have to give them anything. We provide the snacks, such as fruit, vegetables or crackers with a healthy spread.

Joan, mother of Luuk (4 years old):

'Luuk has always been a picky eater. That is why I was so pleasantly surprised to discover that he eats better at the day care centre than he does at home. Simply because the children around him do it too. Watching others eat encourages eating! This way, he still gets all the nutrition he needs!'





Hip hip hooray....!

Is it your child's birthday? Then it's time to celebrate. We will make it a festive day and if you like, your child is allowed to treat the other children. Please do ensure that the treat is small and healthy. Feel free to consult a pedagogical staff member or look on Voedingscentrum.nl for inspiration for fun and healthy treats. Or visit our Pinterest page. Healthy treats fit within our nutritional policy and are in line with the wishes of many parents. Therefore, unhealthy treats will not be shared and will be given back to the parents of the birthday boy or girl to take home.

Would you like your child to be able to treat the other children but prefer it to not be something edible? In that case, you can make it a group gift, such as your child's favourite game or book. Many parents choose not to have their child offer treats on their first birthday, as this is a milestone they are not yet aware of. Children who attend out-of-school care have often already shared treats at school and therefore do not do so at the out-of-school care. We leave that choice up to you as their parent. But with or without treats, it goes without saying that we will make it a festive event, because after all, a birthday only comes along once a year!

During special occasions or around the holidays we replace 'normal' snacks with something special like apple sauce or breadsticks. Or we add something extra special to the lunch, for example currant buns or chocolate sprinkles. On hot days, we tend to give the children an ice-cream.

Is this a healthy choice-app

By using the Voedingscentrum's *Kies ik gezond?* (Is this a healthy choice?) app, we can see which products are included in the food pyramid. With a few exceptions, all the products we offer are included in the food pyramid. The *Kies ik gezond* app is naturally also very convenient for at home! It allows you to easily scan products and quickly determine whether it is part of the food pyramid and therefore a healthy choice for your child. If it is not, the app gives your healthy alternatives. You can download the app in the Play Store and App Store.

Questions?

Do you have any question? If so, please feel free to contact one of the pedagogical staff members or your location manager.

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