Healthy food policy for childcare on Sint Eustatius

From Nutrition Centre, BES(t) 4 kids, Openbaar Lichaam Sint Eustatius
Date November 12, 2025
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Summary

It is essential to provide children with healthy nutrition to contribute positively to their overall development. For this reason, daycare centers and out-of-school facilities on Sint Eustatius adhere to this nutritional policy. It outlines the general approach to food provision and specifies what is offered to children to promote healthy eating practices.

General guidelines

1. A minimum of 75% of the food and drinks offered to children throughout the week consists of products from the Wheel of Five.
2. Fixed and quiet mealtimes: during every meal, sufficient time is taken to sit down and eat calmly.
3. Childcare staff act as role models: they eat together with the children, provide guidance during meals, and demonstrate healthy eating behaviors in the presence of the children.
4. Allergies and intolerances among children are considered, and corresponding agreements are recorded in writing.
5. Party policy and treats: birthdays are celebrated with fun activities, healthy snacks or small portions of snacks.
6. Recommended portion sizes for different age groups are known and taken into account.

Food and drinks: healthy eating with the Wheel of Five

7. Babies follow their own feeding schedule, which is always coordinated with the parents and in contact with the baby clinic.
8. Water is available to the children throughout the day.
   Examples include (chilled) water, infused water with fruit, vegetables, or herbs without added sugar, or (cold) unsweetened tea.
9. Fruit is offered daily.
   Examples include fresh or frozen fruit without added sugar.
10. Each hot meal includes vegetables.
    Examples include fresh, frozen, or canned vegetables without added salt or sugar.
11. The hot meal preferably includes whole grains.
    Examples include brown rice, whole-wheat pasta, sweet potatoes, or whole-grain couscous.
12. Snacks include foods that are part of the Wheel of Five.
    Examples include vegetables, whole-grain bread with toppings, whole-grain crackers, yogurt, dried fruit, or a (homemade) fruit ice pop.

Hygiene

13. For the safe and hygienic preparation and storage of breast milk and baby formula, the recommendations from this policy are followed.
14. For the safe and hygienic preparation and storage of other foods and drinks, the recommendations from this policy are followed.

Staff members and parents are informed about the procedures and expectations regarding healthy nutrition from this policy.

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About **Healthy food policy for childcare on Sint Eustatius**

Introduction

This nutritional policy outlines the commitment to supporting the health and well-being of children through balanced, age-appropriate food and drinks in childcare facilities on Sint Eustatius. Nutrition plays a critical role in early development and it's important to create a positive eating environment that promotes healthy habits for life. All meals, snacks, and drinks provided or consumed on-site are guided by current dietary guidelines and tailored to meet the needs of growing children.

This policy is based on the Wheel of Five guidelines of the Netherlands Nutrition Centre and developed in consultation with BES(t) 4 kids, the Statia Government (*Openbaar Lichaam Sint Eustatius)* and a local nutritionist.

Healthy eating with the Wheel of Five

The Wheel of Five consists of five sections, with different types of products in each section. According to the latest scientific insights, the foods in the Wheel of Five are good for your body[1]. By eating according to the Wheel of Five, you get the right balance of proteins, carbohydrates, fats, fiber, vitamins, and minerals. Make sure to eat something from each section every day. The recommended amounts vary by age and gender, since everyone's needs are a little different. In addition, the Nutrition Center advises to vary within the different sections. The picture of the Wheel of Five contains examples of different products. This is not complete; there are a lot more examples of healthy products.

Not in the Wheel of Five: daily and weekly choices

Foods not found in the Wheel of Five are foods that are not necessary, or less healthy. Products are not in the Wheel of Five if they contain too much salt, sugar, or saturated fat, or if they are low in fiber. Examples include cookies, candy, soda, and chips, but also sweet spreads, processed meats, pizza, custard, white bread, white pasta, and white rice. These products should be consumed in limited amounts and not too often.
Because the products outside the Wheel of Five vary greatly, they are divided into two categories: **daily choices** and **weekly choices**.

- A **daily choice** is something small, such as a small cookie, some processed meat or jam on bread, a popsicle, a piece of chocolate, or a tablespoon of ketchup.
- A **weekly choice** is a larger treat, such as a croissant, a piece of cake, a small personal bag of chips, a glass of soda, or chocolate spread on bread.

Young children have limited capacity for foods outside the Wheel of Five.

[1] Fact sheet The Wheel of Five.pdf

Children under 4 years:
A child under the age of 4 may occasionally have a *daily choice* as a sandwich topping, for example, jam. It's better not to offer a *daily choice* as a snack. Children under 4 should not have *weekly choices*, as these products are often high in calories, saturated fat, and salt.

Children aged 4 to 9 years:
From the age of 4 to 9 children may have, for example, one *daily choice* as a topping and one as a snack. Keep portions small and avoid offering too much at once. *Weekly choices* are still limited, as they can easily add too many calories.

Children aged 9 to 13 years:
From the age of 9 years old children follow the same recommendation as adults: a maximum of 3 to 5 *daily choices* and a maximum of 3 *weekly choices*.

Guidelines for childcare facilities

Childcare facilities **primarily offer products from the Wheel of Five**. A minimum of 75% of the food and drinks offered to children throughout the week consists of products from the Wheel of Five. In childcare settings ***daily choices* are offered occasionally**; these are small products outside the Wheel of Five. A maximum of 25% of the food and drinks offered to the children consists of daily choices. **Weekly choices are offered limited**; these are the larger products outside the Wheel of Five.

Fixed and quiet mealtimes

Create a recognizable rhythm that gives children peace by offering mealtimes on a fixed schedule. Meals should be eaten together at the table at lunchtime and during snack time. This is enjoyable and ensures clear mealtimes. There should be a pleasant atmosphere, and enough time for eating. Caregivers set a good example at the table, by eating with the children or sitting with them and guiding them during the meal. The caregiver determines *when* the child eats; the child determines *what* and *how* much to eat from the healthy foods offered. Food is not forced. The use of screens such as mobile phones, tablets, or televisions is not recommended during meals.

Allergies or other individual arrangements

Allergies or food intolerances of a child should be considered. Make individual agreements when it is necessary to deviate from the nutritional policy, for example in the case of a diet based on advice from a medical doctor or a certain (religious) belief. These agreements should be recorded in writing and if necessary, parents bring the food for the child.

Party policy and treats

Birthday celebrations can take place without edible treats and still make the birthday child feel special. Plan fun activities, games, or crafts that all children can enjoy. For example, younger children may enjoy

singing, while older children can pick a card or draw an activity from a box - such as playing a game together, dancing, or spending time outside.

A treat can also be part of the celebration, depending on the child's age:

- **Children under 2 years old:** A one-year-old is still too young to understand a birthday. Parents could therefore be asked not to bring a (large) treat for the group. This helps keep the number of treats in the group limited. Or parents may bring a small treat, preferably from the Wheel of Five.
- **Children 2 years and older:** Parents may bring a small treat. This can be:
    - a **non-edible treat**, such as a book for the group, pencils, stickers, or clay; or
    - an **edible treat**, preferably from the *Wheel of Five* or a small portion of food (daily choice) outside the *Wheel of Five*, such as seasonal fruits or vegetables, raisins, small biscuits, a small portion of lightly salted popcorn, or a water-based ice pop. Less healthy treats (weekly choices such as cake, candy, or ice cream) may be offered only **in small portions**. *See Appendix 1 for examples of suitable treats.*

Celebrating birthdays with healthy foods and fun activities teaches children that eating well can also be enjoyable and reinforces positive food habits.

Nutrition for babies aged 0 to 1 year

Babies follow their own feeding schedule, which is always coordinated with the parents and in contact with the baby clinic.

Drinks

Milk:

- It has been discussed with the parents whether their child will receive (expressed) breast milk or baby formula.
- Parents deliver the expressed breast milk sufficiently cooled or frozen (in small portions) to the daycare center. Provided with a sticker with name and date. The mother can come to the Day Care to breastfeed her child. There is a room set aside for this.
- Parents should not provide prepared baby formula. During transport, even in a cool bag, the bottle feeding cannot be kept sufficiently cold.
- A child does not receive regular cow's milk until they are 12 months. Regular milk contains too few good fats and too much protein.

Other drinks:

- In addition to breast milk or baby formula, children over 6 months are given water. An option can be lukewarm, weak green or black tea (with fruit flavor) or herbal tea, such as rooibos or chamomile without sugar. As a precaution, don't give fennel, anise, or cinnamon tea to babies. Babies can quickly ingest more than is good for them of certain plant toxins from these teas. Ensure that the tea has cooled down sufficiently or mix the tea with cold water so that it is not too hot.
- Do not offer sugar sweetened drinks, fruit juice or lemonade. These drinks contain a lot of calories and sugars which increases the chance of obesity and tooth decay.
- Children should be offered drinks at designated times and encouraged to consume them in one sitting. Bottles or cups should not be given to children to carry or sip from continuously throughout the day.
- A child does not have to drink the bottle or cup completely empty. If a child does not drink the bottle or cup empty, they are simply not thirsty.

Food

Introduction of solid food:

- First bites are offered in consultation with the parents and the baby clinic. According to the guidelines "Nutrition and Eating Behavior for Youth Health Care", this first bite is between 4 and 6 months. Start with the so-called fresh 'practice bites', where the food is well mashed. After the child is given bites, let them practice their oral motor skills with a spoon.
- In consultation with the parents, at 6 months of age, milk will be gradually replaced as the child starts eating more solid food.

- Children are introduced to a variety of well-mashed vegetables and fruit, possibly diluted with some cooking liquid or water. At this stage combinations of different fruits and vegetables are not yet offered, as the child first learns to get used to individual flavors. In this way, the child learns to recognize and appreciate flavors in pure form, which is good for taste development. As the child gets better at biting, they will be given small pieces of fresh fruit and vegetables instead of well-mashed.
- A child gets used to a mild taste more easily, for example the fruits to start with are mango, banana, melon and watermelon. The vegetables are pumpkin, carrots, peeled tomato, beans, sweet potato, yams, cassava, plantain or broccoli. The vegetables are cooked, if necessary, in a little water without added salt.

Drinks
• Milk: breast milk or baby formula • From 6 months: water, mild tea without sugar, for example ginger, lemongrass and mint
First bites, when the child is ready (between 4 and 6 months)
• (Seasonal) fruits, mashed or puréed, such as banana, melon, mango, ripe papaya • (Seasonal) vegetables, mashed or puréed, such as carrot, pumpkin, broccoli, squash • Other finely mashed foods without added salt, such as white rice, (sweet) potato, yams, cooked or baked meat, puréed beans or chickpeas, can also be offered as first foods
Solid food, once the child is used to the first bites
• Light brown bread, gradually transitioning to whole grain bread with soft margarine from a tub • Small (mashed) meals without added salt, such as white rice, (sweet) potato, cooked or baked meat, puréed beans or chickpeas, vegetables

General nutritional principles for children aged 1 to 13 years

Wheel of Five:
Offer children mainly products from the Wheel of Five.

Water:
Give children water, infused water and lukewarm or cold, light tea without sugar, for example ginger, lemongrass and mint

Fruit and vegetables:
Offer fruit and vegetables daily.

To eat the recommended amount of vegetables per day it is important to offer vegetables several times during the day, for example in the hot meal.

Hot meal:
Offer a hot meal for lunch following the recommended amounts and guidelines from the Wheel of Five. For example the hot meal can be a soup made with homemade broth with vegetables and species, without added salt.

No raw meat:
Do not give children raw meat products, such as steak tartare, beef sausage, carpaccio, or undercooked tartare. Also do not give raw or pre-packaged smoked fish. These can contain pathogenic bacteria.

Snacks:
Offer children mainly snacks from the Wheel of Five or daily choices.

Nutrition for children aged 1 to 4 years

Drinks
• Water • Mild tea without sugar, for example ginger, lemongrass and mint • Optional: semi-skimmed milk
Hot meals
The hot meal includes per child: • At least 50 grams of vegetables without added sugar or salt [a] • At least 50 grams of cooked whole grains or brown rice, sweet potato, yam, cassava, breadfruit, or 1 potato, without added salt [a, b] • 50 grams of fish, or 30 grams of legumes, or 50 grams of meat, or 1 egg without added salt [c, d] • 1 tablespoon of liquid margarine, cooking/baking fat, or oil for preparation • Maximum of 1 daily choice per day with the hot meal (e.g., a spoon of ketchup or satay sauce), but not every day Additional Notes: a. If children eat more vegetables, grains, or potatoes than the minimum stated, larger portions will be provided. b. The uncooked weight is lower, as grains absorb water during cooking. c. Vary the weekly menu in total with the following products: 50 grams of fish, half a serving spoon of legumes, maximum of 250 grams of meat and 1–2 eggs. d. If the child has already eaten meat (or deli meat) at another time during the day at the childcare facility, less than 50 grams of meat is offered with the hot meal.
Morning and afternoon snacks
• (Seasonal) fresh fruits, such as pieces of watermelon, banana, melon, mango, ripe papaya, pitted soursop, guava or occasionally fruit cocktail from a can (100% fruit juice, without added sugars) • (Seasonal) fresh (or frozen) vegetables, such as carrot, pumpkin, tomato, beans, broccoli, squash, eggplant, callaloo, okra, bell pepper and plantain baked with a small amount of fats, not deep-fried. • Whole grain crispbread, whole wheat raisin bread, whole grain muesli bread • A handful of dried fruit, such as raisins • Homemade whole wheat pancakes Bread and toppings from the wheel of five: • Whole grain or brown bread • Soft margarine from a tub • (Seasonal) fruit, mashed or cut into small pieces, such as banana and mango

- (Seasonal) vegetables such as carrot, pumpkin, tomato, in slices/small pieces or as a vegetable spread without added salt or sugar
- (Light) cream cheese or cottage cheese
- Hummus with less than 0.5 g of salt per 100 grams
- Eggs
- Nut butter or peanut butter without added salt or sugar

Daily Choice toppings – A maximum of 3 may be offered at once:

- Jam;
- Apple syrup
- Sandwich spread
- Cucumber salad
- Hummus with more than 0.5 g of salt per 100 grams
- Low-fat and low-salt deli meats, such as chicken breast, cooked ham, turkey breast, vegetarian pâté

Average quantities and portions

The table below shows the average daily food intake of children for the age of 1 to 4 years old. This is the amount of daily food that children need to get all the nutrients. This includes the food and drinks that children get at home in the morning and evening and at childcare. The amounts are averages and serve as a guideline for pedagogical professionals. Amounts can be adjusted to the needs of each child.

Age 1 to 4 years – Boys and Girls	
Vegetables	50-100 grams
Fruit	1.5 portions
Brown or whole wheat bread	2-3 slices
Whole grain products or potatoes	1-2 serving spoons
Fish, legumes, meat or eggs*	1 portion
Nut butter without added sugar and salt	15 grams
Dairy	2 portions = 300 ml/grams
Cheese	0 grams
Margarine and oil	30 grams
Fluid	1 liter

***Vary the hot meal every week with:**

	1 to 4 years
gram fish	50 grams
serving spoons legumes	0,5 serving spoons
gram meat	Max. 250 grams
eggs	1-2 eggs

Nutrition for children aged 4 to 9 years

Drinks
• Water • Mild tea without sugar for example ginger, lemongrass and mint • Optional: semi-skimmed milk
Hot meals
The hot meal includes per child: • At least 100 grams of vegetables without added sugar or salt [a] • At least 100 grams of cooked whole grains or brown rice, sweet potato, yam, cassava, breadfruit or 2 potatoes, without added salt [a, b] • 50 grams of fish, or 60 grams of legumes, or max. 50 grams of meat, or max. 1 egg [c, d] • 1 tablespoon of liquid margarine, cooking/baking fat, or oil for preparation • Maximum of 1 daily choice per day with the hot meal (e.g., a spoon of ketchup or satay sauce), but not every day Additional Notes: a. If children eat more vegetables, grains, or potatoes than the minimum stated, larger portions will be provided. b. The uncooked weight is lower, as grains absorb water during cooking. c. Vary the weekly menu in total with the following products: 50 grams of fish, a serving spoon of legumes, max. 250 grams of meat, and 2-3 eggs. d. If the child has already eaten meat (or deli meat) earlier in the day at the childcare facility, less than 50 grams of meat is offered at dinner.
Morning and Afternoon Snacks (e.g., after school)
• (Seasonal) fresh fruits, such as pieces of watermelon, banana, melon, mango, ripe papaya, pitted soursop, guava's or occasionally fruit cocktail from a can (100% fruit juice, without added sugar) • (Seasonal) fresh (or frozen) vegetables, such as carrot, pumpkin, tomato, beans, broccoli, squash, eggplant, callaloo, okra, bell pepper and plantain baked with a small amount of fats, not deep-fried. • 1 slice of brown or whole grain bread • 1 piece of whole grain crispbread, whole wheat raisin bread, whole grain muesli bread, muesli bun, or rye bread • A small handful of unsalted nuts • A handful of dried fruit, such as raisins • Homemade whole wheat pancakes Occasionally (e.g., during holidays), possibly offer a small snack outside the Wheel of Five (daily choice):

- A small cookie (such as a biscuit or ladyfinger)
- A few (sugar-free) candies
- A small handful of chips
- A water-based popsicle

Bread and toppings from the Wheel of Five:

- Whole grain or brown bread
- Soft margarine or low-fat margarine (from a tub)
- (Seasonal) fruit, mashed or sliced, such as banana
- (Seasonal) vegetables, such as carrot, pumpkin, tomato, zucchini, avocado, sliced or as a vegetable spread without added salt or sugar, possibly with seasoning such as coriander or mint
- (Light) cream cheese or cottage cheese, reduced-fat or light spreadable cheese, soft goat cheese, reduced-fat cheese such as light Edam, Gouda or Swiss
- Hummus with less than 0.5 g of salt per 100 grams
- Egg
- Nut butter or peanut butter without added salt or sugar

Daily Choice toppings – A maximum of 3 may be offered at once:

- Jam
- Apple syrup
- Sandwich spread
- Cucumber salad
- Hummus with more than 0.5 g of salt per 100 grams
- Low-fat and low-salt deli meats, such as chicken breast, cooked ham, lightly salted smoked beef, turkey breast

Do not offer large snacks outside the Wheel of Five (weekly choices), such as large cookies, cake, bags of chips, or ice cream.

Average quantities and portions

The table below shows the average daily food intake of children from 4 to 9 years old. This is the total daily food that children need to get all the nutrients, including the food and drink that children get the rest of the day at school and at home. The amounts are averages and serve as a guideline for pedagogical staff and parents. The amounts can be adjusted to the needs of each child.

	4 to 9 years
Vegetables	100-150 grams
Fruit	1.5 portions
Brown or whole wheat bread	2-4 slices
Whole grain products or potatoes	2-3 serving spoons
Fish, legumes, meat or eggs*	1 portion

Unsalted nuts	15 grams
Dairy	2 portions= 300 ml/grams
Cheese	20 grams
Margarine and oil	30 grams
Fluid	1-1.5 liter

***Vary the hot meal every week with:**

	4 to 9 years
gram fish	50-60 grams
serving spoons legumes	1-2 serving spoons
gram meat	Max. 250 grams
eggs	2-3 eggs

Nutrition for children aged 9 to 13 years

Drinks

- Water
- Mild tea without sugar for example ginger, lemongrass and mint
- Optional: semi-skimmed milk

Hot meals

The hot meal includes per child:

- At least 150 grams of vegetables without added sugar or salt [a]
- At least 150 grams of cooked whole grains or brown rice, sweet potato, yam, cassava, breadfruit or 3 potatoes, without added salt [a, b]
- 100 grams of fish, or 60 grams of legumes, or max. 100 grams of meat, or 1 egg [c, d]
- 1 tablespoon of liquid margarine, cooking/baking fat, or oil for preparation
- Maximum of 2 daily choices per day with the hot meal (e.g., a spoon of ketchup or satay sauce)

Additional Notes:

a. If children eat more vegetables, grains, or potatoes than the minimum stated, larger portions will be provided.
b. The uncooked weight is lower, as grains absorb water during cooking.
c. Vary the weekly menu in total with the following products: 100 grams of fish, a serving spoon of legumes, max. 500 grams of meat, and 2-3 eggs.
d. If the child has already eaten meat (or deli meat) earlier in the day at the childcare facility, less than 100 grams of meat is offered at dinner.

Morning and Afternoon Snacks (e.g., after school)

- (Seasonal) fresh fruits, such as pieces of watermelon, banana, melon, mango, ripe papaya, pitted soursop, guava's or occasionally fruit cocktail from a can (100% fruit juice, without added sugar)

- (Seasonal) fresh (or frozen) vegetables, such as carrot, pumpkin, tomato, beans, broccoli, squash, eggplant, callaloo, okra, bell pepper and plantain baked with a small amount of fats, not deep-fried.
- 1 slice of brown or whole grain bread
- 1 piece of whole grain crispbread, whole wheat raisin bread, whole grain muesli bread, muesli bun, or rye bread
- A small handful of unsalted nuts
- A handful of dried fruit, such as raisins
- Homemade whole wheat pancakes

Occasionally (e.g., during holidays), possibly offer a small snack outside the Wheel of Five (daily choice):

- A small cookie (such as a biscuit or ladyfinger)
- A few (sugar-free) candies
- A small handful of chips
- A water-based popsicle

<u>Bread and toppings from the Wheel of Five:</u>

- Whole grain or brown bread
- Soft margarine or low-fat margarine (from a tub)
- (Seasonal) fruit, mashed or sliced, such as banana, apple, strawberry
- (Seasonal) vegetables, such as carrot, pumpkin, tomato, zucchini, avocado, sliced or as a vegetable spread without added salt or sugar
- (Light) cream cheese or cottage cheese, reduced-fat or light spreadable cheese, soft goat cheese, reduced-fat cheese such as light Edam, Gouda or Swiss
- Hummus with less than 0.5 g of salt per 100 grams
- Egg
- Nut butter or peanut butter without added salt or sugar

Daily Choice toppings – A maximum of 3 may be offered at once:

- Jam
- Apple syrup
- Sandwich spread
- Cucumber salad
- Hummus with more than 0.5 g of salt per 100 grams
- Low-fat and low-salt deli meats, such as chicken breast, cooked ham, lightly salted smoked beef, turkey breast

Do not offer large snacks outside the Wheel of Five (weekly choices), such as large cookies, cake, bags of chips, or ice cream.

Average quantities and portions

The table below shows the average daily food intake of children from 9 to 13 years old, per gender. This is the total daily food that children need to get all the nutrients, including the food and drink that children get the rest of the day at school and at home. The amounts are averages and serve as a guideline for pedagogical staff and parents. The amounts can be adjusted to the needs of each child.

	9 to 13 years	
	Boy	**Girl**
Vegetables	150-200 grams	150-200 grams
Fruit	2 portions	2 portions
brown or whole wheat bread	5-6 slices	4-5 slices
Whole grain products or potatoes	4-5 serving spoons	3-5 serving spoons
Fish, legumes, meat or eggs*	1 portion	1 portion
Unsalted nuts	25 grams	25 grams
Dairy	3 portions= 450 ml/grams	3 portions = 450 ml/grams
Cheese	20 grams	20 grams
Margarine and oil	30-45 grams	30-40 grams
Fluid	1-1.5 liter	1-1.5 liter

***Vary the hot meal every week with:**

	9 to 13 years	
	Boy	**Girl**
Fish	100 grams	100 grams
Legumes	2 serving spoons	2 serving spoons
Meat	max. 500 grams	max. 500 grams
Eggs	2-3 eggs	2-3 eggs

Food hygiene: preparing and storing food

Children's food must be handled safely to prevent illness. When preparing and storing food use the following guidelines.

Breast milk and baby formula

Preparation:

- The children's bottles are provided with a name.
- The expressed breast milk is labeled with name and date.
- Clean and sanitize the workplace beforehand and wash your hands with soap and water.
- Prepare the bottle feeding per bottle, if possible, rather than in advance.
- Heat the prepared bottle or expressed breast milk in au bain-marie, in a bottle warmer, or in the microwave on the lowest setting.
- When heating in the microwave, rotate the bottle at intervals to distribute the heat well. Do this again when the milk is at temperature.
- Do not let the milk get warmer than 30-35 ˚C (drinking temperature). This is especially important for breast milk, because the nutrients and immune-supporting properties break down if the milk gets too warm.
- Test the temperature with a milk drip on the inside of the wrist to ensure it is not too warm.

Cleaning:

- Throw away any milk left over after feeding.
- Immediately after drinking, rinse the bottle and teat with cold water.
- Wash the bottle and teat in hot soapy water with a bottle brush or in the dishwasher on a long wash program at a minimum of 55˚C.
- Leave the bottle and teat upside down to dry on a clean, dry cloth.

Storage:

- Breast milk: as soon as possible, place cooled breast milk in the bottom of the refrigerator. Store it in the refrigerator for a maximum of 2 days, or in the freezer for a maximum of 3 months.
- Baby formula: if the bottle is prepared in advance, place it in the refrigerator immediately after preparation. The bottle can be stored in the refrigerator for a maximum of 8 hours, after which it should be thrown away.

Other food and drinks

Personal hygiene:

- The children wash their hands with soap and water before eating and after using the toilet.
- The pedagogical staff wash their hands with soap and water before eating and preparing food, after touching raw meat and raw vegetables, after using the toilet and after changing diapers.

Preparation:

- Ensure the countertops, utensils and cutting boards are clean and sanitized.

- Wash fresh vegetables, fruit, and herbs to remove dust and dirt.
- Defrost frozen products covered in the refrigerator or in the microwave on defrost setting.
- Keep raw products separate from prepared food.
- Heat certain food thoroughly, especially meat, chicken, eggs, and fish.
- Do not use raw eggs in dishes that are not heated.
- Thoroughly reheat leftovers.
- Stir the food several times while heating it in the microwave to ensure a consistent safe temperature.
- If food is delivered by an outside caterer, ensure that the food remains at safe temperatures until it is served.

Storage:

- Label food packaging with stickers to indicate the date the product was opened. Close packaging immediately after use. Use sealable containers to protect food from drying, bacteria and harmful substances.
- Put perishable products, such as dairy and meat products, back in the refrigerator (4 ˚C) immediately after use.
- Divide leftovers into smaller portions, let them cool and put them in the fridge within 2 hours. Store leftovers in the fridge for a maximum of 2 days. Label containers appropriately.
- Store jugs of water with fruit/vegetables/herbs covered in the refrigerator.
- If a product says 'keep refrigerated' or ‘keep cool’ store in the refrigerator.
- Only use products that have exceeded their 'best before' date if the packaging is undamaged and the appearance, smell and taste of the product are good. Discard products when the 'use by' date, or expiration date has passed.
- Check perishable products on the expiration date.

Appendix 1: treats

Inspiration for healthy homemade treats, for a group of 30 children.

Watermelon 'popsicles'

What do you need?

- 1 watermelon
- 30 popsicle sticks

Directions:

1. Cut the watermelon into wedges.
2. Use a knife to make an incision the size of the popsicle stick.
3. Slide the popsicle stick into the melon rind.
4. Freeze the popsicles for at least 2 hours until the melon is frozen solid.

Festive elephants

What do you need?

- 30 small raisin boxes
- 30 printed elephant templates
- Scissors
- Tape or glue
- 30 party horns

Directions

1. Print and cut the elephant templates.
2. Stick the elephant on the raisin boxes.
3. Put the party horns as an elephant trunk through the templates.

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Monkey banana

What do you need?

- 30 bananas
- 30 printed Monkey templates
- Scissors
- Tape or glue

Directions

1. Print and cut the monkey templates.
2. Stick the belly of the monkey on the bananas and put the monkeys tail around the bananas.

Tropical butterflies

What do you need?

- Pineapple
- Watermelon
- Butterfly shaped cookie cutter
- 30 large picks

Directions

1. Cut the pineapple and watermelon in half.
2. Cut the peel off the pineapple and half of the watermelon, keep one half of the watermelon with peel.
3. Cut the fruit into slices.
4. Use the cookie cutter to cut butterfly shaped pieces.
5. Put the pieces on the picks and stick them in the other half of the watermelon.

Stuffed dates

What do you need?

- 50 grams nuts, such as walnuts or hazelnuts
- 200 grams of light dairy spread
- 30 grams pitted dates
- 30 cocktail picks
- 30 paper muffin liners

Directions:

1. Chop the nuts.
2. Mix the nuts and the dairy spread.
3. Fill the dates with the spread.
4. Place the dates in the muffin cups and insert the cocktail picks.