

From Nutrition Centre, BES(t) 4 kids, Openbaar Lichaam Sint Eustatius
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About **Requirements healthy food for childcare on Sint Eustatius**

Requirements

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 these nutritional requirements. The *Healthy food policy for childcare on Sint Eustatius* outlines the further 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 the *Healthy food policy for childcare on Sint Eustatius* are followed.
14. For the safe and hygienic preparation and storage of other foods and drinks, the recommendations from the *Healthy food policy for childcare on Sint Eustatius* are followed.

Staff members and parents are informed about these requirements regarding healthy nutrition.