



Spring's
nutritional
policy

Healthy food at Spring childcare

nieuwsgierig naar jou






Did you know...

Babies are very sensitive to taste? They prefer mild flavors, like apple, pear or banana.

At Spring, we pay attention to a healthy lifestyle. For example, think of healthy food and getting enough exercise. We'd love to tell you more about healthy food at Spring!

The Wheel of Five

For its food provision, Spring follows the guidelines of the Nutrition Centre (Voedingscentrum). The Wheel of Five (Schijf van Vijf) plays a central role in this, because products from the Wheel of Five support children's growth.



Did you know... that your child becomes curious about healthy food when it sees others eating healthy?

We consider different cultures and lifestyles. For example, we offer halal and vegetarian options.

Development and sustainability

We let children practice making their own sandwiches from an early age and ask them to help set the table. We let children do as much as possible themselves and make their own choices. Spring also focuses on sustainability. For example, we drink tap water and eat mainly whole-grain and plant-based products like fruit, vegetables, 100% peanut butter or hummus. We choose seasonal fruits and vegetables and minimize food waste. We also explain to children where our food comes from and enjoy working together in the vegetable garden.

Celebration policy

Spring uses a celebration policy instead of a treat policy. The focus is not on the treat itself, but on the birthday child and the party itself. For example, we pay extra attention to fruit or offer an activity kit. When children turn four and say goodbye, we focus on the moment of saying goodbye. A healthy treat can be brought from home to share.

The Nutrition Centre (Voedingscentrum)

You can also visit the Nutrition Centre website: www.voedingscentrum.nl. This offers general information about healthy eating for children (and adults). You'll also find helpful tips and delicious, healthy recipes.

Questions?

Our pedagogical professionals at our locations are ready to help! Feel free to contact them with any questions you may have.

General contact details

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