

Regarding food and meals at kindergarten



THE KINDERGARTEN SHALL:

- aim to ensure that nourishing meals are eaten every day – in the form of a packed lunch or through food the kindergarten provides
- aim to ensure that meals and the preparation of food contributes to happy mealtimes, participation, conversation, and the sense of community for the children
- give the children a variety of different tastes
- serve water and semi-skimmed or skimmed milk to drink at mealtimes
- ensure that the children have water to quench thirst between meals
- avoid food and beverages with a lot of added sugar
- ensure good hand hygiene, especially in connection with meals





MEALS

Children can eat breakfast, lunch, and a fruit snack at kindergarten.

Breakfast

Children who arrive early at kindergarten can eat their breakfast there if their parents request it. Often children bring a packed breakfast. This should contain healthy, nourishing and filling food, preferably with some pieces of cut up raw vegetables. Avoid sugary foods. The children are served milk or water at breakfast time.

Lunch

At most kindergartens, lunch is covered by the money that parents pay for food every month. Some kindergartens may have other schemes. Your kindergarten will inform you of these. The kindergartens serve a hot or cold lunch. Cold lunches often include sandwiches with various toppings/fillings, which the children make themselves with the staff's help. Hot lunches may consist of soup or other simple dinner dishes.

The children are served milk or water to drink at this meal.

Fruit snack

Most kindergartens have a fruit snack every day. Normally the children bring a piece of fruit with them. The fruit is cut up so that everyone can taste everything. Some children may also eat the rest of their packed lunch during this snack time or a yoghurt.

The children drink water with the snack.

Packed lunch for excursions

Kindergartens take the children on excursions as part of their service package. The children normally must take their own packed lunch on excursions. It is best to take food that does not require warming up or any special preparation. Sandwiches with toppings/fillings are a good alternative. Preferably include some pieces of cut up raw vegetables and fruit as well. The kindergarten staff can give you advice about packing lunches for excursions.

Other

You must inform the kindergarten staff if there is something your child should not eat. This can be for religious, cultural or health reasons.



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KOMMUNE

