

## Nutrition concept

**A balanced and nutritious diet is essential in order for a child to develop healthily both in body and mind. Eating habits are formed at a very early age. Taste preferences are established and those who eat healthily as a child are more likely to do so as an adult.**

Eating should be a pleasurable experience, for it represents well-being, enjoyment and life quality. In the kihz facilities, we focus on a healthy and wholesome diet and avoid sweet food as far as possible in order that parents can decide how much and from which age they wish their children to eat sweet products.

- Staff are aware of the responsibility of their role model function
- Fruit and vegetables are provided at least 3 times a day
- kihz daycare centres avoid fried and breaded food as far as possible
- A dish with sauce is provided maximum once a week at the most
- All dishes are freshly prepared each day by a catering company
- Attention is given to using only fresh vegetables (except leaf spinach)
- Gluten-free herbs and spices without additives and flavour enhancer are strictly specified
- We avoid buying our fresh products (milk products, bread, fruit and vegetables) from low-budget segments (Budget, Prix Garantie, Aldi, Lidl, etc.)
- We buy only Swiss meat and poultry
- Our fresh fish comes from Europe
- Pork is not used
- A vegetarian option is always available to replace meat
- Home-cooking days in the centre's kitchens are possible
- Dishes are not given additional seasoning, except for fresh herbs

## Drinking

Beakers or drinking bottles make drinking more enjoyable. Beakers are available for all children, marked with a name or picture so that each child knows which is his.

- Only unsweetened fruit or herbal teas, or tap water, are given to the children in the daycare centre
- Water can be flavoured with lemon, apple or mandarine slices or with melissa or verveine leaves
- The children can drink at any time, especially during physical activity
- When the weather is very hot, or when children have a cold, carers encourage the children to drink plenty
- On special occasions (e.g. birthday, farewell party, carnival) sweetened drinks are offered of which the children may drink no more than 2 dl

## Lunch

Based on the following principles, our lunches contribute to a balanced and nutritious diet:

- A vegetarian lunch is provided 2 times a week with milk / cheese, egg or pulses (lentils, beans, peas)
- Fish is eaten once a week
- Meat is eaten twice a week (no pork and no sausage meat)
- Pulses are eaten at least once a week
- Each day, two carbohydrate side dishes are provided

- Pasta (wholemeal where possible) is only provided on home-cooking days
- The children can be asked to help to make the salad dressing
- Salad is eaten every day with raw vegetables according to the season, e.g. carrots, beetroot, cucumbers, kohlrabi, fennel or green beans (cooked). The vegetables are not mixed with the leaf salad. The leaf salad may be served with sweetcorn, lentil or bean salad
- A sauce is served with the meat or vegetables once a week at the most

### Sweet and salty snacks

Sweets and salty snacks are offered only at parties and birthdays.

### Morning and afternoon snack

Snacks consist of fruit or vegetables in combination with a milk product and a grain product. The foods mentioned on the orange list are not a fixed component of the morning or afternoon snack. As a rule, the foods mentioned on the red list are not offered (exceptions are special occasions such as birthdays, farewell parties, carnival or Christmas).

### Healthy and recommended foods (green list)

- Seasonal and regional fruits and vegetables
- Milk or unsweetened milk products (dips using low or half-fat quark, natural yoghurt or sour cream flavoured with herbs, tomato purée, chopped eggs, gherkins, etc.)
- Nuts: hazelnuts and walnuts, almonds, chestnuts, sunflower seeds and pumpkin seeds (with consideration given to the child's age to avoid choking)
- Bread is spread with raw or grilled vegetables/fruits; egg; tuna; fish filet; dried meat, ham and turkey; cheese, cream cheese, cottage cheese, mozzarella, etc.
- Dried apple rings, non-sulphured
- Nutritious grain products including:
- Unsweetened rusks (Zwieback)
- Rice waffles
- Crispbread
- Wholemeal bread
- Darvida
- Microc
- Unsweetened and unsalted popcorn (home-made)

### Partially recommended foods (orange list)

- White bread or semi-white bread (pretzel rolls, currant buns, grissini, salted crackers, salty sticks, soft white rolls, sesame buns, etc.)
- Home-made pizza dough, vegetable pastry whirls or vegetable strudel, savoury pies
- Dips made of quark with mayonnaise
- Nuts: cashews, Brazil nuts, peanuts (with consideration given to the child's age to avoid choking)
- Bread spread with sausage products or salami
- Fruit juice without added sugar, fruit juice drinks

- Bananas (with the exception of babies) and exotic fruits
- Dried fruit (all kinds)
- Sweetened milk products such as fruit yoghurts, or fruit milkshake

#### **Not suitable (red list)**

- Sweets and sweetened drinks
- Sweetened yoghurt and quark
- Artificially sweetened foods
- Energy bars, chocolates, croissants, sweetened bakery products, milk-sponge bars (Milchschnitten)
- Candy, jelly beans, chewing gum with sugar
- High-fat products (fried bakery goods or convenience foods)
- Convenience foods with added synthetic colouring and preserving agents, artificial flavours or flavour enhancers (in cans)
- Cream

#### **Nutrition education**

Carers take on a role model function when they eat lunch, i.e. they also try all the foods.

- Children serve themselves wherever possible, or are given help
- Children are not forced to eat the plate clean
- Children are encouraged to try new foods, but are not forced
- Food is not used for discipline purposes (reward/punishment)
- The children are asked to help as often as possible in preparing foods (washing and cutting fruit and vegetables, making the salad dressing, etc.)
- The groups regularly cook or bake with the children, e.g. baking bread, preparing muesli, cooking soups or lunch
- The carers talk to the children about food and name the different foods
- The children are encouraged to recognise when they are full

#### **Collaboration with parents**

The Foundation believes in a close collaboration with parents and encourages parents to discuss their children's eating habits and preferences. It is essential for the Foundation that the staff know the children's eating patterns and are informed about any allergies.

The menu plan set by the caterer SMEILEY'S is published two weeks in advance on the Foundation's website at [www.kihz.ch](http://www.kihz.ch), in order that parents can adapt their own menu plan accordingly. Parents are therefore asked to ensure that their children are not given sweet or salty snacks (e.g. jelly beans, chocolate, croissants, crisps, etc.) to bring to the centre.

#### **Fresh products**

Fresh products such as milk products, bread, salad, fruit and vegetables are bought at Coop, at the market or in a local shop in the vicinity of each centre.

### Our catering partner

#### **kihz Tagesstätten:**

SMEILEY'S  
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#### **Sources:**

*“Empfehlungen für eine gesunde Verpflegung in Kitas”, published in German by the School Health Services of the City of Zurich, authors Regula Behringer, School Health Services of the City of Zurich, Marianne Honegger Schnyder, certified Nutritionist FH, School Medical Services of the City of Zurich. 2012.*

*“Ernährungsrichtlinien für die Schulen der Stadt Zürich”, published in German by the School Health Services of the City of Zurich, written by Marianne Honegger Schnyder in collaboration with the staff of the School Medical Services of the City of Zurich. 2009.*