

Diet policy in A Klynge I

Ecology: Copenhagen Municipality's target is 90% in all institutions. All Klyngen's kitchens have the organic food label in Gold 90-100%. We act with care and that is why we have drawn up a raw material policy. We buy in according to Copenhagen municipality's procurement policy.

Sugar-free Zone: In our Klynge, we do not use sugar or other sweeteners (honey, syrup, artificial sweeteners, etc.) The body's energy needs are covered by the meals we serve.

For us, the sugar-free zone is meaningful because:

- 1. Nutritionally, there is no need to add sugar and sweeteners.
- 2. The enjoyment of food does not depend on the sugar content, especially not for children whose taste buds are developing.
- 3. It gives parents the knowledge that their children have not had sugary foods during their time in daycare.

Climate: We calculate climate and reduce our CO2 footprint. All food has a climate footprint, and some foods have a higher one than others. At the start of 2024, a decision has been made that we will no longer serve red meat. We continue to have a strong focus on plant proteins.

Healthy children's food: We are doing our best with the food we make, as we are responsible for 60-75% of the children's daily energy intake. We therefore work with a varied meal plan that gives children fuel for play, development, and learning. We cook, as far as possible, from scratch, to avoid industrially added sugar, salt, fat, and other additives.

Good habits: Our goal is to help the children develop good eating habits that can last a lifetime. We strive to give the children a broad picture of what food can be and give the children knowledge of different raw materials as well as knowledge of what they taste like.

Anniversaries: If the children would like to hand out something in connection with an anniversary, the parents must be aware that our dietary policy must be observed. We do not require that what is brought is organic, but we are happy to see it. Everything must be without sugar, honey and sweeteners. NOTE: artificial sweeteners are not an alternative.

Serving suggestions for anniversaries:

- Fresh fruit and vegetables Prepare, if necessary, on skewers, cut into funny shapes
- Homemade buns or rolls with coconut and apple.
- · Muesli bars or date balls
- Pizza snails or sausage horns
- Mini sandwiches, sticks or food pancakes with filling.
- Freshly squeezed juices, smoothies, or homemade drinking yoghurt with fruit.

Popcorn, raw carrots, whole grapes, hard apples, and pears are not recommended for children under 3 years of age, if they are to be included, they must be cut into smaller pieces, popcorn must not be of the micropop type, as they contain trans fatty acids and have a very high salt content.

Feel free to check whether there are children with special needs in the group room.

If there are any questions, you can always contact the kitchen staff/educational staff.

Diets and other considerations: An egg- and milk-free diet must be offered to children with these allergies in daycare centers that produce the food themselves.

A medical certificate from a specialist is required, which must be renewed when the child changes from nursery to kindergarten.

Children who cannot be offered suitable dietary food can be exempted from payment. You can find the various certificates on our website or at www.kk.dk

The medical certificate must be signed by a pediatrician (pediatrician in a hospital ward or practicing pediatrician) or an allergist and preferably endorsed by a dietitian regarding which food should and should not be served to the child. It is not sufficient that your own doctor has signed the medical certificate.

Consideration must be given to children who, for religious or cultural reasons, have special or reservations in relation to food

At a minimum, vegetarian food must be offered as an alternative to the fixed menu, cf. Copenhagen municipality's policy.

