



# Sugar and candy policy in Drivhuset



## ***Drivhuset's sugar and candy policy.***

The board has decided, as of the board meeting held the 9th March 2009, the following sugar and candy policy for Drivhuset. The board's intentions with this sugar and candy policy, is to limit the children's sugar intake at Drivhuset and thereby give the parents the opportunity to control their child's intake of sugar. At the same time the board wishes to have a clear policy on sugar and candy.

The board's decision is based on broad and general terms. Thereafter it is up to the staff to make decisions based on the principles laid down by the board with regards to less sugar and no candy, which can be more detailed and final.

- Candy and sweet items will not be offered as part of the day-to-day pedagogical service. This also includes special events such as "festelavn", Easter, Christmas etc.
- Staff define "sugar and sweet items" and are in continuing discussion as to what is to be included in this category, and the board is updated on this on a running basis. As a parent, you can always ask if you are in doubt.
- The sugar content of the food served at special events at Drivhuset will be reduced. For example, at Drivhuset's anniversary celebrations where parents bring cakes, or at Christmas, where staff and children may make special "Christmas candy".
- Parents are not to distribute candy at birthdays and/or leaving parties, but rather continue the existing culture by sharing something that is healthy or for example buns/cake/ice cream that doesn't contain candy.
- Parents are not to share anything in connection with holidays, as Drivhuset would rather give an ice cream during the summer while on a walk etc. Experience shows that large amounts of ice cream are consumed during a summer if all parents distribute ice cream in connection with holidays.

## ***Dear Parents***

Your child's birthday is one of the most important events of their life, and there is no end to all the delicious things that the child wants to share amongst their friends in the nursery and kindergarten. But, your child is of course not the only child who has a birthday. In one group there are between 10 and 20 children and therefore during the course of the year there will be many birthdays and therefore many delicious food containing lots of sugar in the form of cake, candy and ice cream. Then of course there are all the private parties and arrangements that you may hold, and who is not used to a candy on a Friday, popcorn at the movies and soft drinks with dinner?

It can be difficult to limit the child's desires, but with this folder we would like to challenge you to think about how you can reduce the child's sugar intake and give ideas about alternative birthday-treats that will improve their health and wellbeing for many years to come.

On the following pages you can see suggestions for healthier birthdays!

**Did you know that:**

As part of a healthy diet for a child there is space for 4 unhealthy treats a WEEK. This can be, for example, one of the below possibilities:

- One glass of cordial
- A carton of chocolate milk
- One glass of soft drink
- 2 dl yoghurt
- A milk slice
- A wafer bar
- 4 chocolate bites
- A kinder surprise egg
- 10 wine gums
- A musli bar
- 3 small ice lollies



**Birthdays at Drivhuset. What can you bring?**

Homemade buns topped with e.g. kiwi, strawberries or clementine. Can also have some tea sugar or caramel or be coated with colored icing. The buns can be made in the shape of a man or a woman.

Fruit tray with the season's fruit, raisins and nuts.

Fruit salad with nuts and some chopped chocolate and whipped cream.

An apple cake with whipped cream

Muffins with banana and raspberries

Muffins with chocolate pieces and nuts

A lovely home baked bread and a glass of marmalade

Jam (when it is in season)

Layer cake base held together with whipped cream and fresh berries

Pancakes served with finely sliced kiwis, strawberries and chopped chocolate



**Birthdays at home. What can I serve?**

**Tarzan-candy**

Fry a large handful of coconut flour until golden in a dry pan. Let it cool and mix with a little un-fried coconut flour and some “hundreds and thousands”. Peel some bananas into approx. 8 pieces each. Roll the banana pieces into the coconut mixture.

**Banana ice cream with coconut**

½ banana per child

Melted dark chocolate and coconut

Bananas divided in the middle and placed on a lollipop stick. The chocolate is melted and the bananas dipped in. Roll in the coconut flour and placed on baking paper in a dish that is placed in the freezer.

**Raspberry/yoghurt ice cream (large portion)**

2 bags of frozen raspberries

1 kg. Natural Yoghurt, 10 %

1 table spoon, vanilla-essence

2 table spoons of liquid sweetener or 4 table spoons of sugar. The frozen raspberries, yoghurt, vanilla essence and sweetener are put in a blender and blended together. Served immediately.



**Potato pancakes (8-10 pieces)**

500 g potatoes

1 teaspoon Salt and 1 teaspoon pepper

1 large egg

1 medium large finely grated onion

Peel and grate the potatoes. Squeeze the juice from them. Mix the salt, pepper, onion and egg together with the potatoes. Heat two tablespoons of oil in a pan. With your hands, form small balls of potato mixture. Place them on the pan and press them flat. Fry for 10-15 minutes on a low heat.

**Dough for mini-pizzas, "pizza-snails", sausage rolls, and empanadas (10 – 15 pieces.).**

2 dl water

15g. yeast

1 teaspoon Salt

2 table spoon oil

Approx. 300 g wheat flour

The dough is kneaded together and left to rise for a couple of hours.

**Mini-pizzas:** contains tomato puree, grated cheese, chopped peppers, ham or prawns, or minced beef and oregano.

Make small pizza base. Place the contents on and bake in the oven at 200 degrees for approx. 12- 15min.

**"Pizza-snails":** same contents as above.

Roll the dough out in a rectangle. Spread the contents and roll the dough together. Cut the dough into strips and put the "snails" on a baking tray. Bake at 200 degrees for 10 – 12 min.

**Sausage Rolls:** roll the dough out and cut it into smaller pieces that can be rolled around a sausage. Place a teaspoon of ketchup on the sausages before the dough closes around the sausage roll. Allow to rise for 30 min. On a baking tray. Bake at 200 degrees for 15 – 20 min.

**Empanadas:** contains finely chopped onions, tomato puree, peppers, grated carrots, and minced beef fried with herbs and grated cheese.

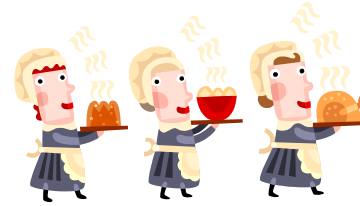
Roll the dough out and cut out small round pieces with a glass. Put a spoon full of the contents in each piece and fold them together. Brush with egg and press the edges together with a fork. Leave to rise 15 minutes. Bake at 210 degrees for 10 – 12 min.

**Pancakes (non-dessert) with meat sauce and lettuce**

Buy ready-made or bake small pancakes. If you bake them yourself, then you can add sweetcorn from a can into the dough. Make a meat sauce. Slice lettuce, tomatoes, cucumber and grate some carrots as filling. Add dressing.

**or:**

Chicken drumsticks, chicken meatballs, or chicken sticks with rice or bulgur.



**Reading List and web links:**

Børnenes fødselsdagsbog..... Gyldendals bogklubber

Børnenes kogebog .....Politikens håndbøger

Æblekinder og kondisko ..... Berit Elkjær

Ælle, bælle frikadelle ..... Camilla Plum

[www.boerneboxen.dk](http://www.boerneboxen.dk)

[www.frugtfest.dk](http://www.frugtfest.dk)

[www.altomkost.dk](http://www.altomkost.dk)

[www.drivhuset.ltk.dk](http://www.drivhuset.ltk.dk)