

Catering concept & Minimum standards in the children's shop

Framework conditions

At the children's shop "Storkower Zauberwäldchen" eV, children gain their first experiences with food at a very early age and enjoy sharing meals with other children. We offer the children in the shop a varied, healthy, and balanced diet. Our catering concept includes breakfast, snacks, lunch (hot meals provided by an external provider), and various beverage options, such as milk, unsweetened tea, and water. Parents do the weekly shopping. They receive a shopping list in advance from the educators with a rough list of groceries and the number of children, and they buy breakfast and snacks. Parents are encouraged to contribute their ideas when shopping. We offer the children food of good, healthy quality. Purchasing food in ORGANIC quality is in the children's shop not desired, as it is too costly in the long run, and these costs would be reflected enormously in the additional monthly fee. When shopping, attention should be paid to a healthy, high-quality, and varied diet. We are not a sugar-free children's store, but we make sure that industrial sugar is used to a minimum. (reduced sugar We have strict rules regarding bringing or distributing sweets in the children's shop. Sweets should not be used as a snack, but are only permitted on special occasions, such as parties, birthdays, or special projects. The famous birthday cake that children often bring on their birthdays should not contain custard or cream, and frozen cakes are also not permitted. Alternatively, fruit or vegetable platters can be brought. The child can decide.

Spatial and dining culture

We provide the children with a quiet and pleasant atmosphere in a separate kitchen. Our bright and friendly kitchen, with its large window front including sun protection, invites them to linger. The windows often feature creative

Children's artwork. The tables and chairs are age-appropriate and easy to clean. The soft floor is just as easy to clean and completes the lovingly designed kitchen. The children help with setting and clearing the dishes. Sufficient dishes and cutlery are available for the children. The kitchen is equipped with a fridge-freezer, as well as a stove, a dishwasher, and a microwave. Children's hands also get active with us. With the integrated children's kitchen, the children can help with baking and preparing meals. This makes the children even more aware of the health benefits of food, and they know which ingredients they have used, for example, in a cake. Here, too, the children have decision-making power and are allowed to help decide what to have for lunch and then prepare it with the help of a specialist. Parents are also involved in preparing parties or baking cookies, in compliance with all hygiene measures.

Breakfast

Breakfast is served from 8:15 to 8:45 a.m. in a relaxed and informal atmosphere. All children in the group who have been dropped off at the daycare center by 8:00 a.m. participate. Breakfast is freshly prepared by the teachers, so every child enjoys the same meal.

Monday- Cereal day (muesli, various kinds of cornflakes etc.)

Tuesday, Thursday- various types of bread, crispbread, various spreads (sausage, liver sausage, tea sausage, cream cheese, etc.), jam, honey, syrup

Friday- fresh rolls, topping see above, chocolate spread

Attention is paid to the amount and variety of food consumed by the children. In addition, the children are given fruit or vegetables for breakfast. Children who do not participate in breakfast are given a fruit or vegetable snack at a later time.

Lunch service

All children are offered a hot meal at lunchtime. Our nutritious and partly vegetarian lunch is delivered in the morning by the caterer "Löwenzahn" in a thermal container. The individual components are checked upon arrival and at

The food is served to the child in a measured time (HACCP) and then kept warm in a water bath and electric warming containers until served. Lunch is served at 11:15 a.m. (toddlers) and 11:35 a.m. Each group is scheduled to take approximately 20-25 minutes. The menu is posted in the kitchen entrance area for parents to view.

The children are involved in choosing the menu and have a say. The menu cycle lasts four weeks. The children in the children's shop help set the tables, and depending on their age and developmental level, the children have the opportunity to put together their own meals. For children aged four and over, bowls are clearly visible on the table, and the children can freely choose which meal they would like to eat. For children under four, the various components are arranged on the plate, and they can freely decide what they would like to eat or try. After eating, the children clear away their dishes and dispose of any leftovers in the waste bin.

Vesper offer

In the afternoon, we offer the children a varied snack. We bake, spread, and eat with a spoon. This includes cakes, sandwiches, various yogurts, and fruit or vegetables. Starting at 2:15 p.m., we eat our snack together with all the children.

Late afternoon snack

For children who are picked up late in the afternoon, the children's shop provides a small snack.

Food intolerances

Upon presentation of a medical certificate, special meals can be arranged for the child in consultation with the caterer. A briefing session with the parents will take place in advance to clarify any important questions and concerns.

Responsibilities and implementation

All staff, the caterer, parent representatives, and parents are responsible for implementing our catering concept. Thus, everyone contributes to a health-conscious and health-promoting living environment for the children in the children's shop.