

Sugar Policy for Børnehuset Grønttorvet

Purpose: The purpose of this sugar policy is to create a healthy and educational environment for the children, where we promote healthy eating habits and help them develop an awareness of moderate sugar consumption. We aim to establish a balance where children can enjoy sugar in small amounts without it negatively impacting their health and well-being.

Key Points of the Policy:

1. General Guidelines for Sugar Consumption:

- **Daily meals:** We aim to serve meals and snacks with a low sugar content. Fresh fruits, vegetables, and whole-grain products will be the primary sources of natural sweetness.
- **Sugary drinks:** Only water and milk will be served in the institution. Soft drinks, juice, and other sugary beverages will not be served.
Soft drinks may exceptionally be served in the summer during high temperatures to maintain the children's fluid balance, as well as their salt and sugar levels in the heat. Additionally, soft drinks will typically be served at parent events such as summer parties, Lucia, etc.

2. Celebrations and Festive Occasions:

- We recognize that there may be special occasions such as birthdays and holidays where sugary products are traditionally part of the celebrations.
- **Healthy alternatives:** To celebrate special events, we encourage parents to bring healthier alternatives such as homemade fruit salads, healthier muffins, or small snacks made with natural ingredients.
- **Moderation:** If sugary products are brought for festive occasions, we will ensure that they are served in small portions as part of a varied meal that also focuses on health.

3. Collaboration and Responsibility:

- We want close cooperation with parents to ensure that the sugar policy is followed both in the institution and during birthdays at home.
- Parents will be informed about the sugar policy when they start at the institution, and we will continuously communicate any updates or changes to the policy or new initiatives.
- If a parent wishes to bring a sugary food item for a special occasion (e.g., birthday), we ask that this be discussed with the staff in advance to ensure it aligns with our sugar policy.

4. Follow-up and Evaluation:

- We will continuously evaluate the sugar policy based on feedback from both parents and educators. If any adjustments are needed, these will be discussed and implemented.

Conclusion: This sugar policy is a step toward creating a healthier daily routine for the children at Børnehuset Grønttorvet. We believe that small changes in eating habits can have a significant impact on children's health and well-being. By working together, we can ensure that children learn to eat healthily and develop good habits.

Suggestions for Items to Share at Birthdays:

- Banana (pancake) cake
- Banana ice cream (half a banana on a stick, dipped in dark chocolate and frozen)
- Tea buns – possibly with chocolate or raisins
- Popcorn (only for kindergarten)
- Fruit salad
- Fruit skewers
- Cheese snacks/sticks
- Vegetable sticks with dip, e.g., hummus (only for kindergarten)
- Fig bars
- Raisins
- Sausage rolls
- Pizza spirals
- Muesli bars

6 Good Recipes for Sugar-Free Birthdays in Institutions

[6 gode opskrifter til sukkerfri fødselsdage i institutioner](#)

[5 ting dit barn kan dele ud til fødselsdagen](#)

Note: We ask that no candy bags or large confectionery cakes be brought. Dried fruit is also quite sugary, so we ask for your attention regarding the quantity.

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