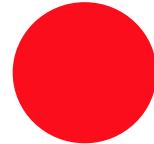


BETTER MEALS FOR EUROPE'S CHILDREN: PATHWAYS TO SERVING HEALTHIER, TASTIER, MORE SUSTAINABLE FOOD IN SCHOOLS

24 MARCH 2022 | 10H-13H CET | ONLINE

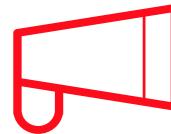




Event is being
recorded



Please find the
programme here



Engage on social media:

#buybetterfood

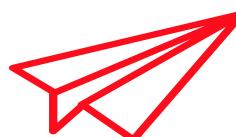
#GoodFood4All

#HealthySchoolMeals

#SustainableFoodProcurement

#ActForChildhoodObesity

@EPHA_EU



Follow-up:

nikolai.pushkarev@epha.org



Better meals for Europe's children: Healthy environments for children's health & well-being

Manuel Franco MD, PhD

Associate Professor

School of Medicine, University of Alcalá, Spain

Adjunct Associate Professor

Department of Epidemiology

Johns Hopkins Bloomberg School of Public Health, Baltimore

@mfranco_uah

- Urban health, urban policies
- School food systems
- Healthy menus, healthy diets
- Public and school food procurement
- We live in a highly unequal world:
 - Children's rights, EU Child Guarantee

School Food 4 Change

**Creating a shift to both sustainable and healthy
diets by impacting 600,000 school children
and 3,000 schools in 12 EU countries**

Implementation partners

14 local governments

Budapest (Hungary), Copenhagen (Denmark) Essen & Nuremberg (Germany), Ghent & Leuven (Belgium), Lyon (France), Malmö & Umea (Sweden), Milan & Nuoro (Italy), Tallinn & Viimsi Parish, (Estonia), Vienna (Austria) + LTPs

1 provincial government

Dordogne (France)

1 regional government

Valencia Regional Government (Spain)

2 networks of WSFA

from Czech Republic and Slovakia

9 Associate partners

Antwerp (BE), Madrid (ES), Nitra (SK), Zaragoza (ES), District of Raca (SK), Municipality Schaerbeek (BE), Bagno a Ripoli and Cuneo (IT), Rijeka University

Replication cities to be recruited

Supporting partners

12 National Lead Partners (NLPs)

WWF SE, BESEF, Mensa Civica, Speiseräume, Risteco, Ecosistemi, Rikolto, SEI Tallinn, SZS CZ, SZS SK, City Vienna, City Copenhagen

Research partners

UAH, SEI, Eurecat

Further expert partners

IFOAM Organics Europe, FTAO

WP Leads

Rikolto (WSFA), UNISG (training) and ICLEI ES (procurement), WWF Sweden, IFOAM + LTPs

Overall coordination

ICLEI ES

Communication & outreach

WWF SE, IFOAM Organics Europe, ICLEI

Let's learn from all speakers today:

- Interdisciplinary
- International
- Underserved communities; **vulnerable children**

Euricities WG Food Meeting

Healthy, safe and sustainable food at school

Healthier and more sustainable school canteens in the city of Barcelona



Barcelona
Capital Mundial
de l'Alimentació
Sostenible 2021



Ajuntament de
Barcelona



Organitza:



Agència
de Salut Pública

CSB Consorci Sanitari
de Barcelona

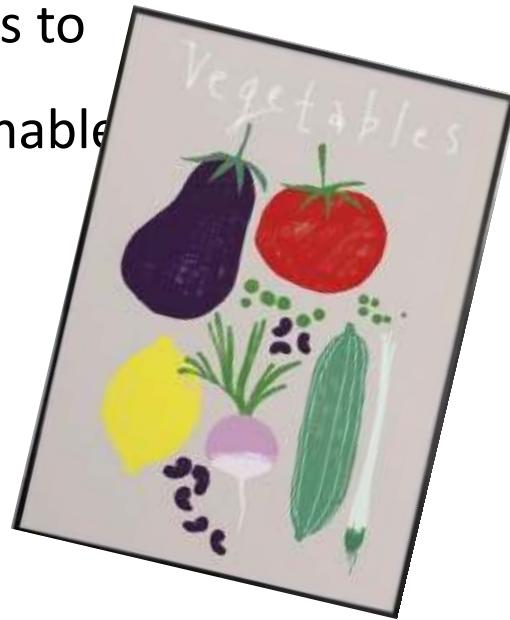
MENJADORS escolars

+sans +sostenibles

The project “Healthier and more sustainable school canteens” Aims to promote a more balanced, sustainable and healthy diet for children in schools.

Starting Point: Pilot test with 6 schools

Actually 46 schools all around the city
(aprox 12% of the 388 canteen schools in the city)



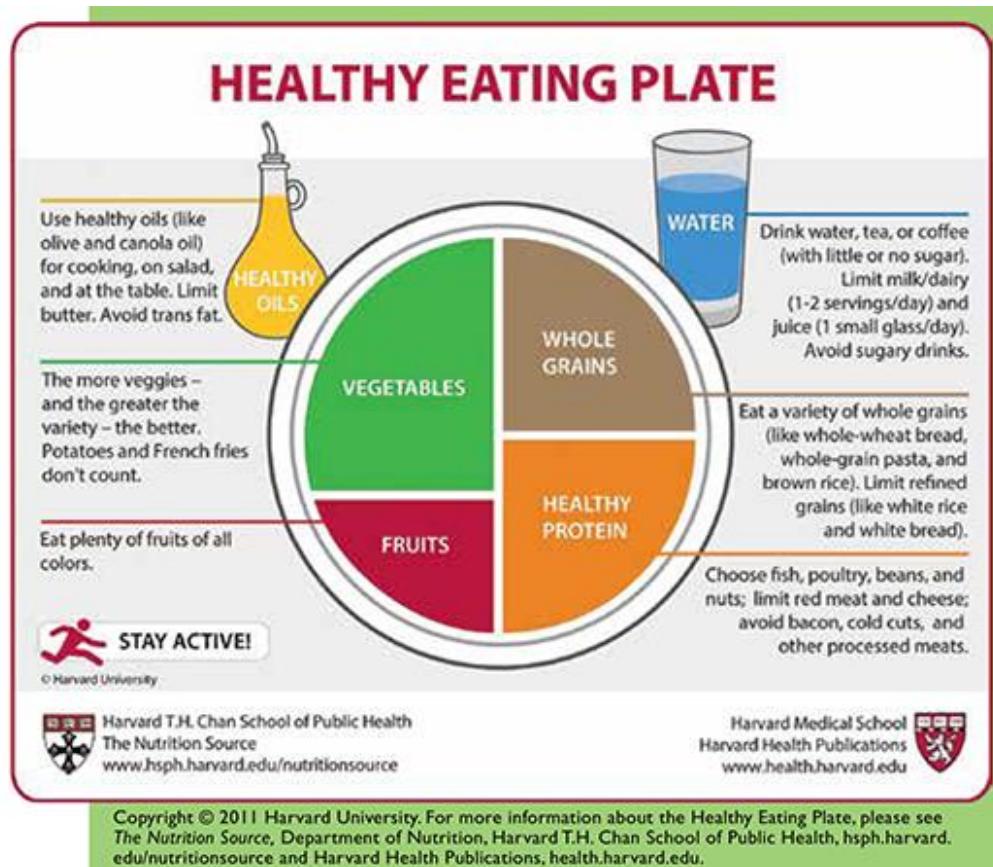
Barcelona City Council and the Barcelona Public Health Agency (ASPB)

MAIN OBJECTIVES

- 1.- To achieve **healthier diets**: Children overeat unhealthy foodt and 80% do not eat the recommended amount of fruits and vegetables
- 2.- **To combat Barcelona's climate emergency:** Low carbon menus and diets
- 3.- **To strengthen the local economy** of our peasantry and contribute to the good health of our ecosystems

The proposal

World Health Organization recommendations PREME: School Menu Review Program

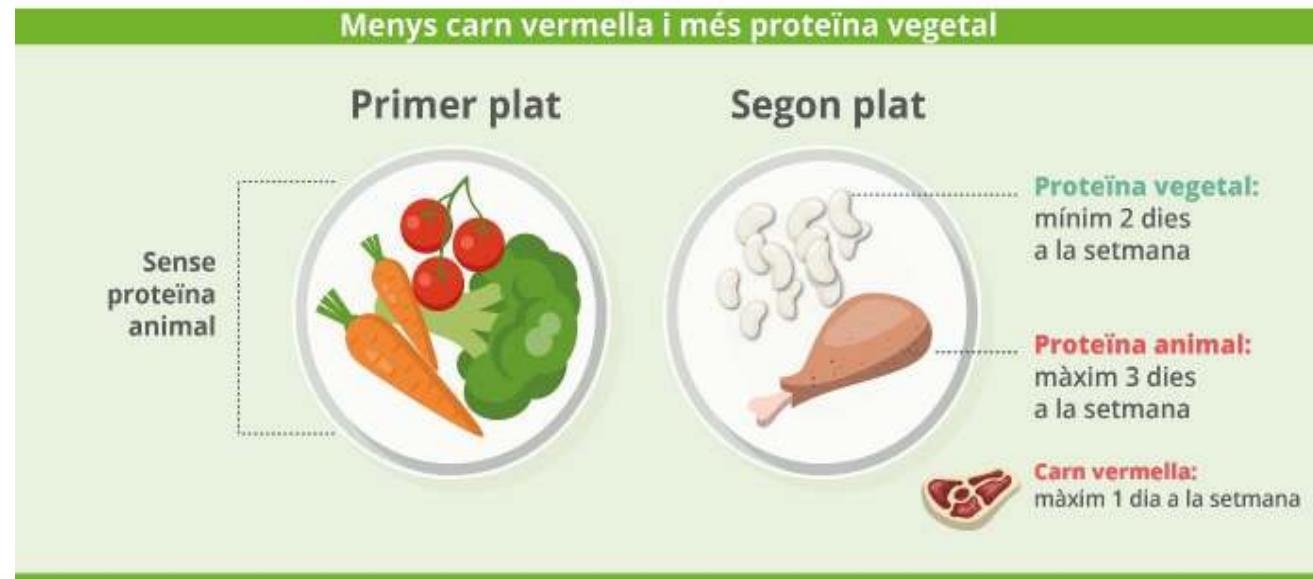


First plate: without animal protein

Second plate:

- Vegetable protein: 2 times a week
- Animal protein: 3 times a week
- Red meat: maximum once a week

Nous menús escolars



School Canteens as a transformative space: We work comprehensively with the entire educational community

TRANSFORMING AGENTS

Promoting Public institutions

- Food Policy
- Health personnel (nurses)
- Dietitians
- Nutricionists
- Specialists in training and sustainability
- Education department



TRANSFORMING TOPICS

- Health
- Social and cultural
- Territory
- Economy
- Environment

HOW DO WE DO IT: we accompany the schools in their meals transformation

1.- Methodological proposal By phases and adapting to the pace of each school



COMUNICACIÓNS I INSCRIPCIÓNS
Inici de curs

ANÀLISI PRELIMINAR
1r trimestre del curs

DISSENY I PLANIFICACIÓ DELS CANVIS DE MENÚ
Setembre-novembre

IMPLEMENTACIÓ DELS CANVIS
A partir de novembre

AVALUACIÓ FINAL I CONTINUITAT
Final de curs

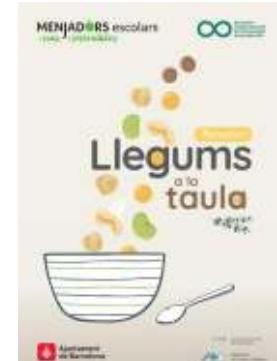
2.- Publishing a guide for the transformation of school canteens and several materials in paper and online (infographics, FAQ's, vegetables recipies.)



3.-training and information to the whole educational community, specific for each group:

- Families: break myths and propositions for dinners
- Teachers and school directors: awareness
- Catering enterprises: good supply practices and prices
- Cooks (technical data sheets for the dishes)

Alimentació sana i sostenible dels infants



Key points, challenges and reflections for the future

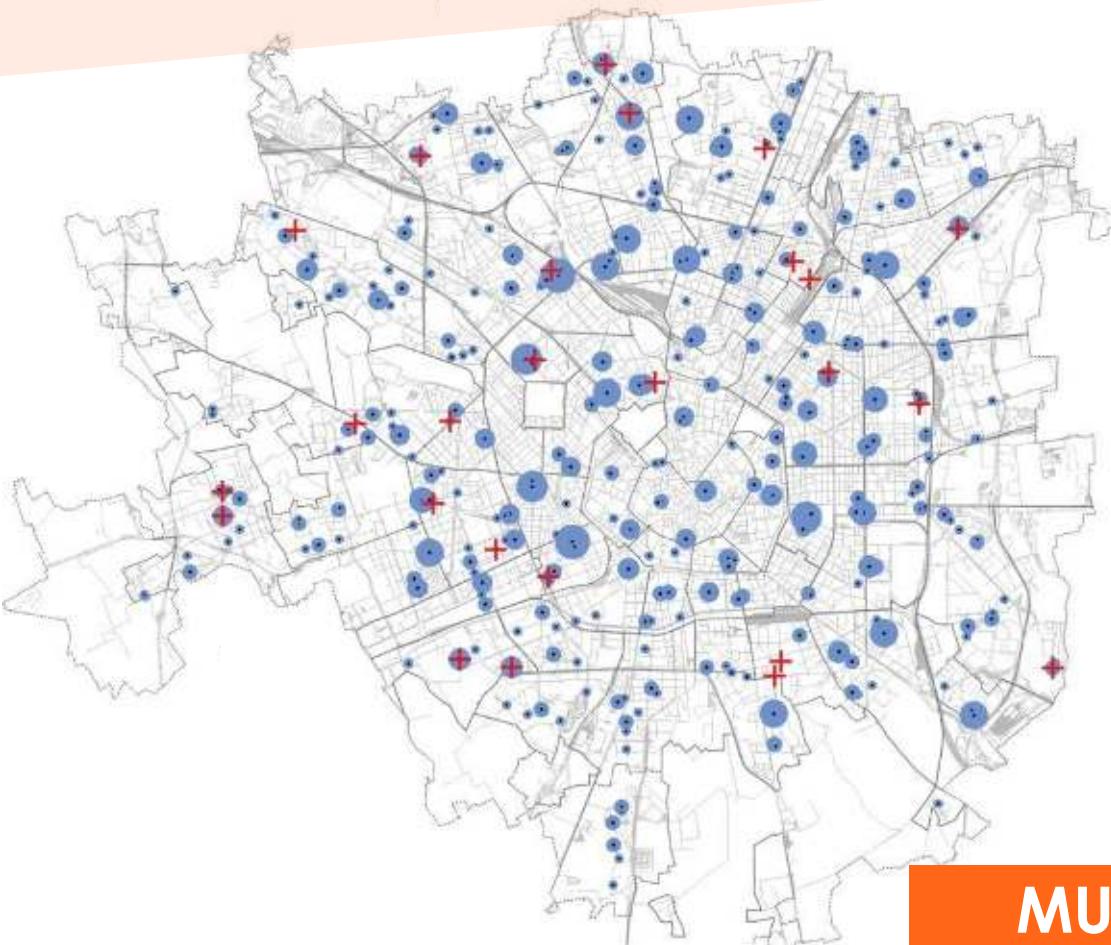
- Communication to families (letter / documents) and educational community
- Continuous diagnosis and evaluation (previous pilot in 6 schools) and good monitoring (detection of new needs)
- Available and replicable protocols
- Shared community intervention: more sustainable
- Facilitate participation in decision making
- Initial training (4 key groups): key axis
- Key documents: ASPB website (guide / summary)
- Interdisciplinary technical office: dietitians, nutritionist, public health techniques, food policies, etc.



Experience from Milano initiative of cutting GHG emissions with school lunches



School Canteens municipal agency



PRIVATE SECTOR



PRODUCERS
FARMERS

DISTRIBUTORS

SUPPLIERS

MUNICIPAL AGENCY FOR SCHOOL CANTEENS



CENTRAL
STOCK CENTER

TRUCKS

COOCKING
CENTERS

SMALL
TRUCKS

SCHOOL
CANTEENS

85.000 meals prepared each day
17.000.000 meals per year
26 cooking centers



Fruit consumption promotion

from 2017

20.000 children

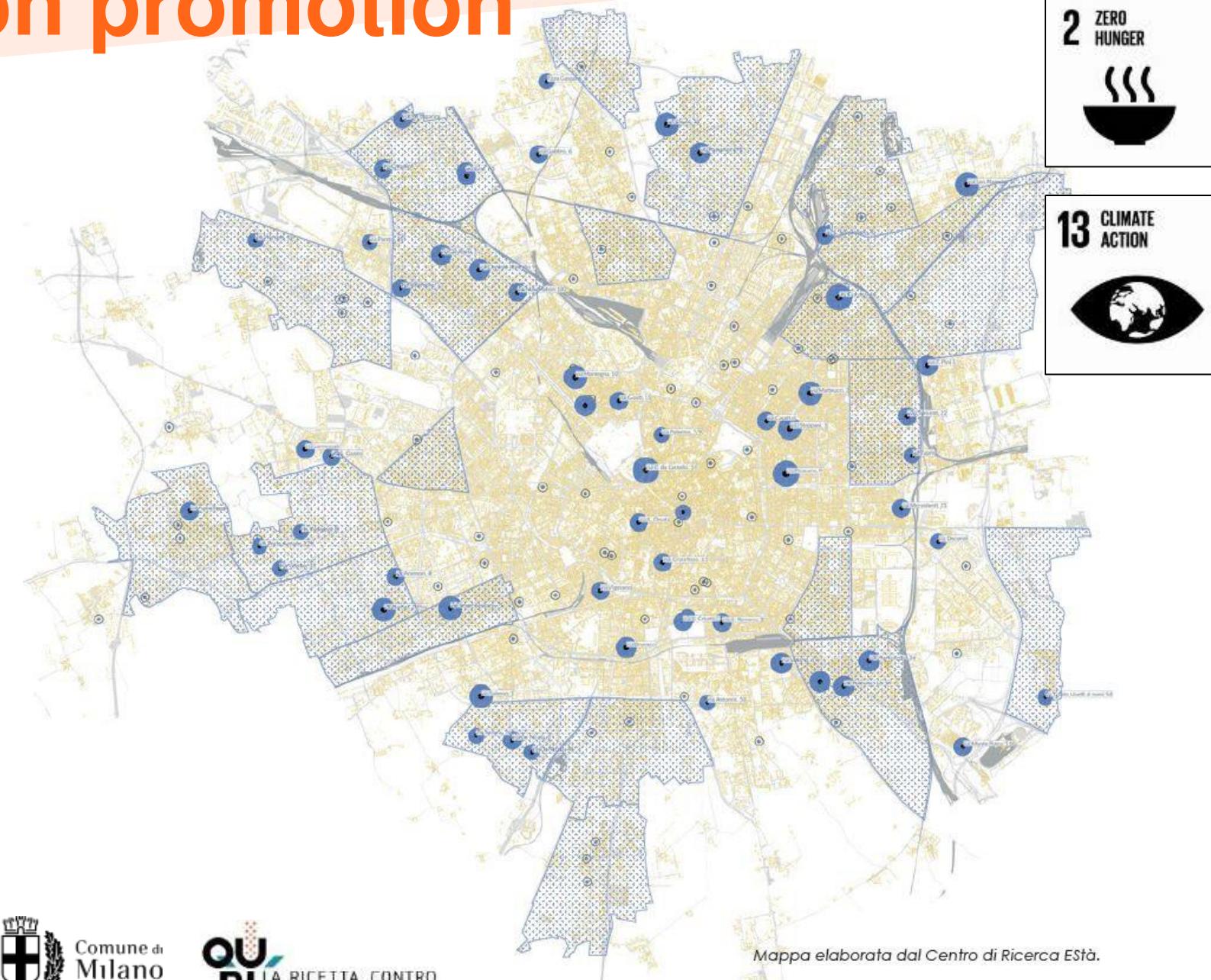
66 schools 880 classrooms



Comune di
Milano



LA RICETTA CONTRO
LA POVERTÀ INFANTILE



Mappa elaborata dal Centro di Ricerca Està.

2 ZERO
HUNGER



13 CLIMATE
ACTION



Canteens are tool for healthy habits



Since the launch of the Food Policy in 2015 we worked on shifting menus towards healthier and **plant based** diets, plus nudging activities on **fruit consumption**.

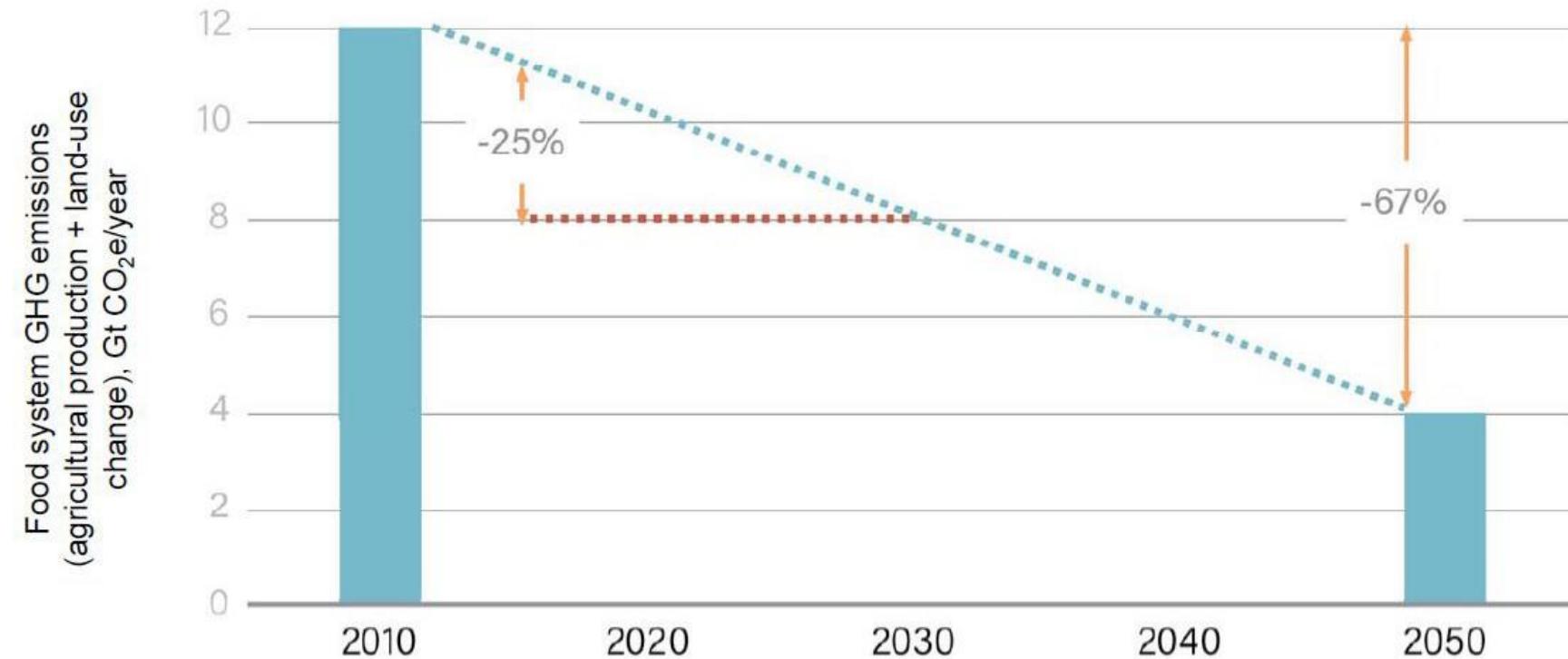
+20% tubers
+18% legumes
+11% poultry
-62% beef
-71% pork



WORLD
RESOURCES
INSTITUTE



Collective target: reduce food-related emissions 2030



Sources: Searchinger et al. (2019), Science Based Targets Initiative (2019).

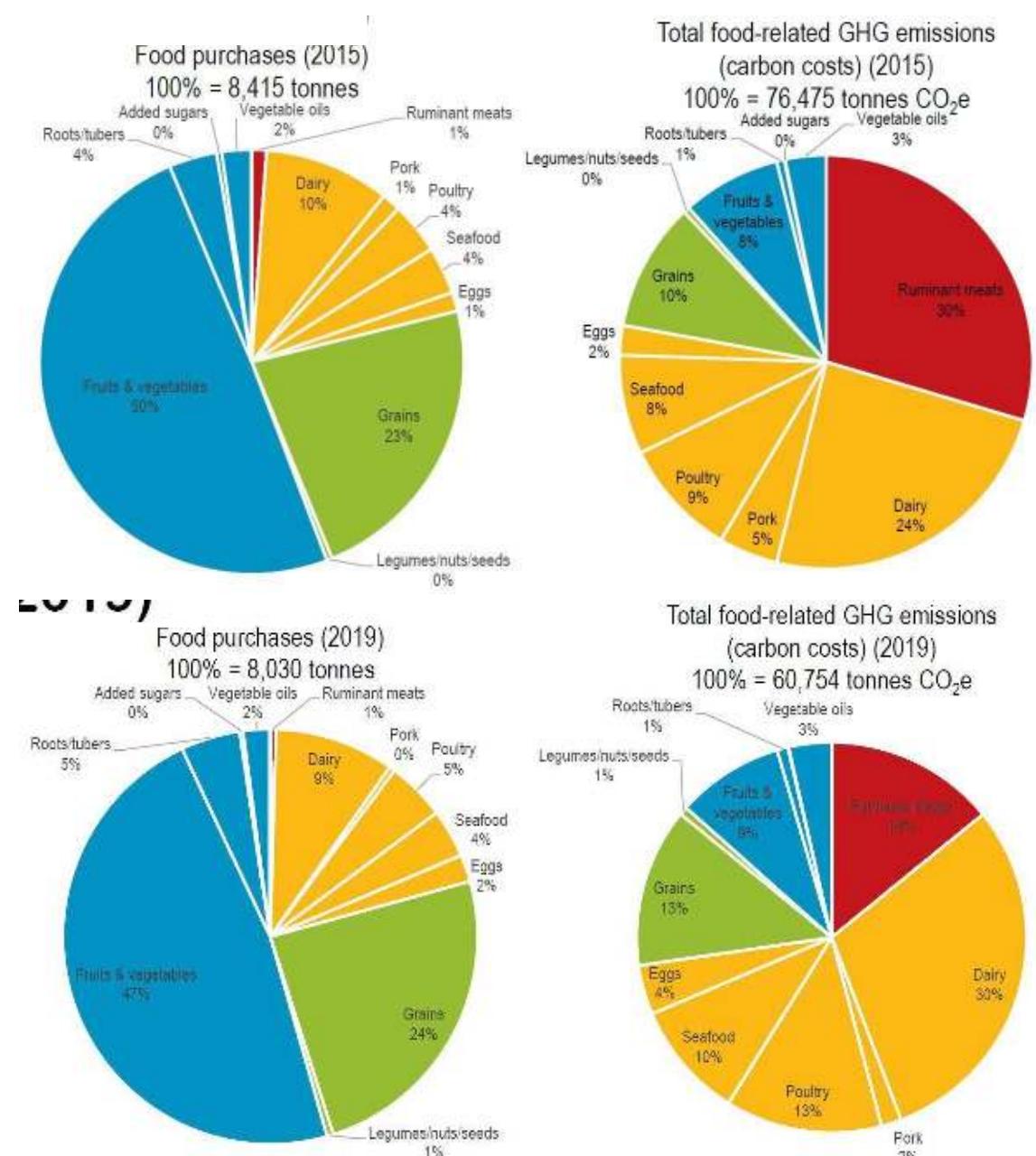
Baseline 2015 Results 2019

■ Beef & lamb

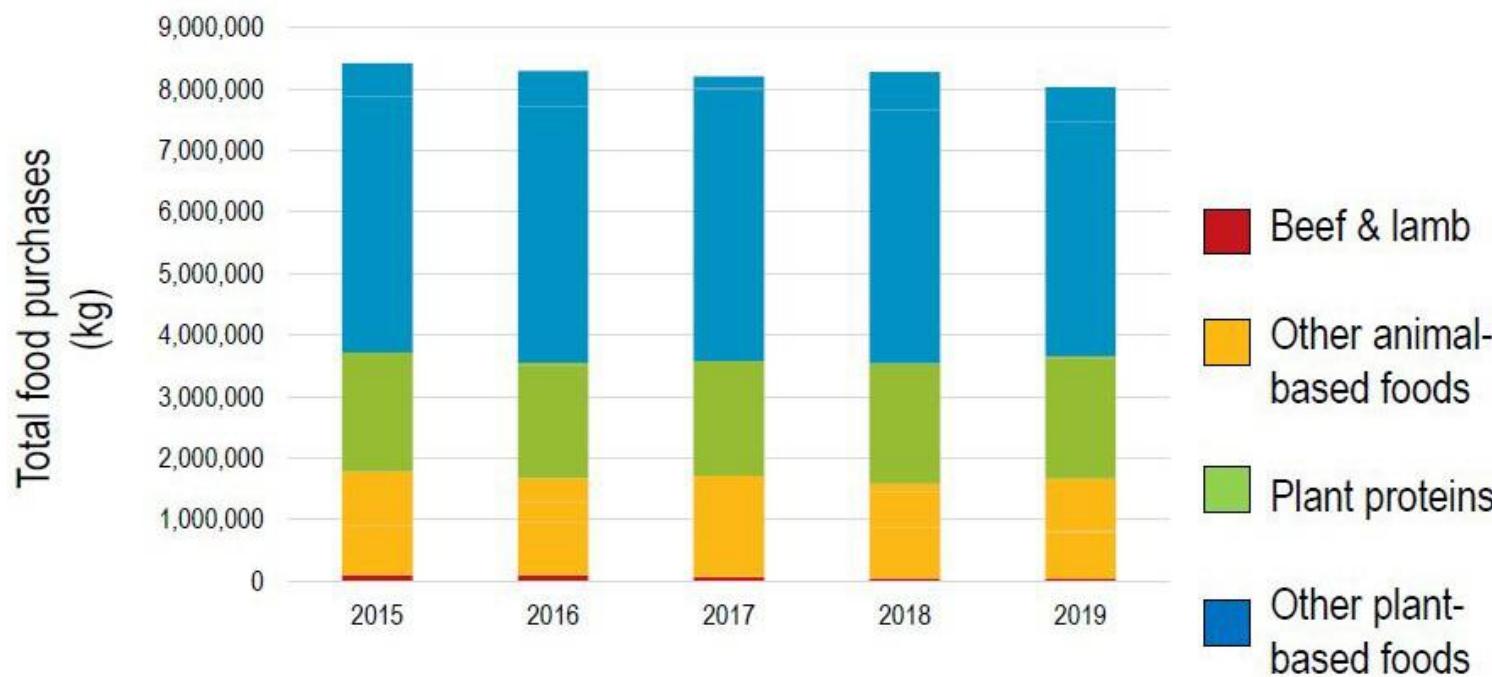
■ Other animal-based foods

■ Plant proteins

■ Other plant-based foods



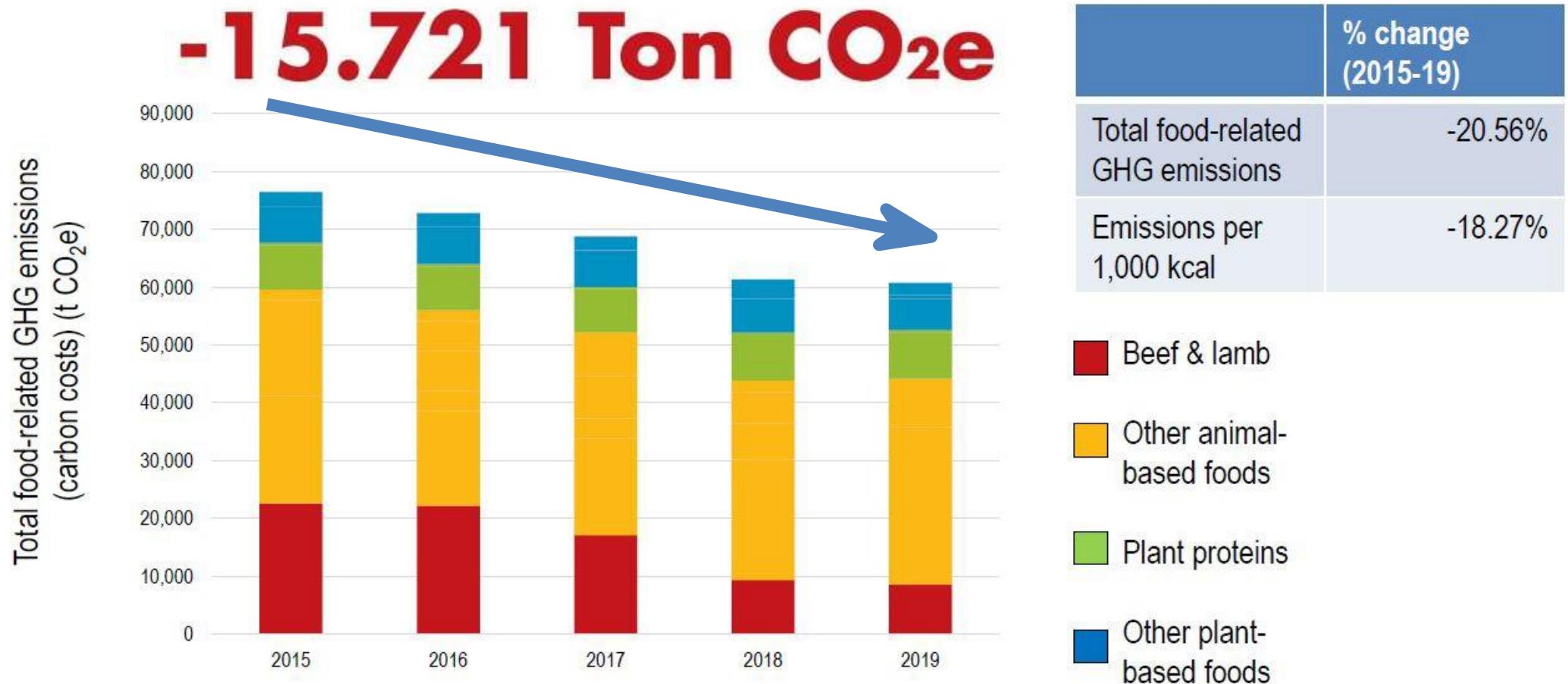
Milan total food purchases (2015-19)



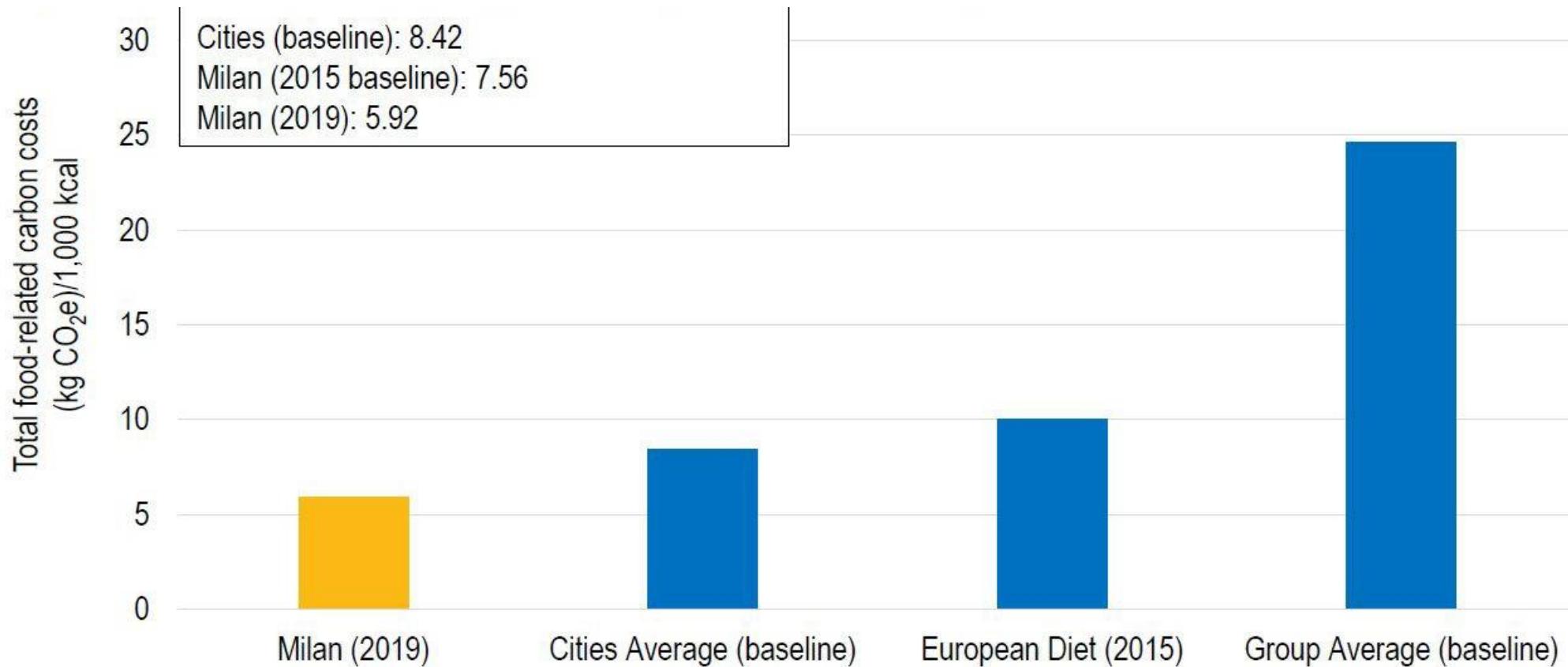
Food type	% change (2015-19)
Beef	-62.02%
Dairy	-6.95%
Pork	-71.09%
Poultry	+11.51%
Seafood	-0.66%
Eggs	+40.73%
Grains	+2.51%
Legumes, nuts, seeds	+18.43%
Fruits and vegetables	-8.50%
Roots/tubers	+20.39%
Added sugars	-33.77%
Vegetable oils	-11.56%
Total	-4.58%

Source: Provided by member.

School canteens public procurement food-related GHG emission (2015-19)

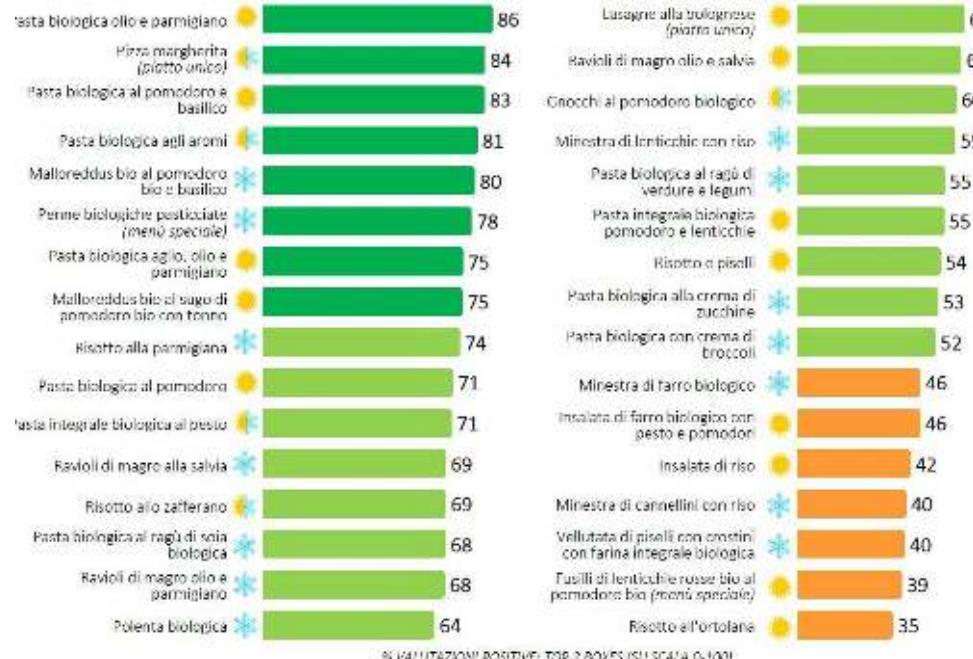


Benchmarking against sartorial performance (per 1.000 kcal)



Source: Emission factors from Poore and Nemecek (2018) (agricultural supply chain) and Searchinger et al. (2018) (carbon opportunity costs). Note: only "mandatory foods" (animal and plant proteins) are counted in this chart for comparability across all members.

Monitor of children appreciation





**Back in 5 minutes – stretching
break!**





anses

SIMULATED IMPACT OF VEGETARIAN SCHOOL MEAL FREQUENCY- A FRENCH EXPERIMENT

PERRINE NADAUD, PHD-NUTRITIONAL RISK ASSESSMENT UNIT

➤ CONTEXT

- Since november 2019, EGalim act: at least one « vegetarian » menu per week
- The Directorate General for Health and the Directorate General for Food asked ANSES to provide its scientific support
- As an alternative to meat or fish dishes, the vegetarian menu may include other animal-based foods such as dairy products, eggs, and plant-based foods (grains and pulses).

➤ ANSES was asked to assess:

- the impact of introducing meat- and fish-free menus on the nutritional intakes of primary-school children;
- the recommended weekly minimum or maximum frequency of vegetarian dishes.



MENU CATEGORIZATION

Category (nb menus)	Subcategory (nb menus)	Examples
Egg-based menus (251)		Hard-boiled eggs, omelets and tortillas
Cheese-based menus (334)		Cheese pasta, cheese crisps, cheese nuggets or breaded cheese, cheese pies, cheese pancakes, croque-monsieur, gratins, pizzas
Plant-based menus (594)	Pulses (118)	Lentil dumplings, dahl, chili sin carne, vegetable cassoulet, chickpea curry, falafel
	Soybeans (234)	Soy chunks and steak, couscous
	Grains or vegetables (242)	Vegetable bulgur, cereal patties or nuggets, vegetable lasagna, tandoori pasta

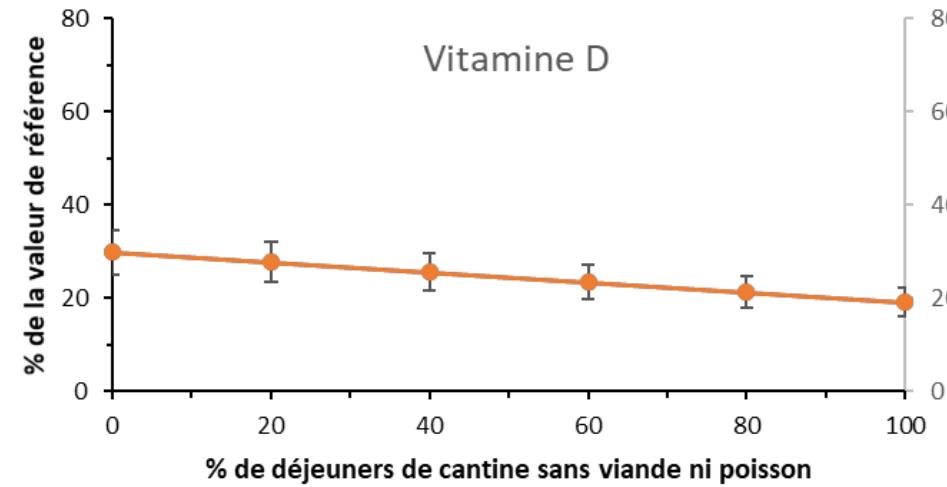
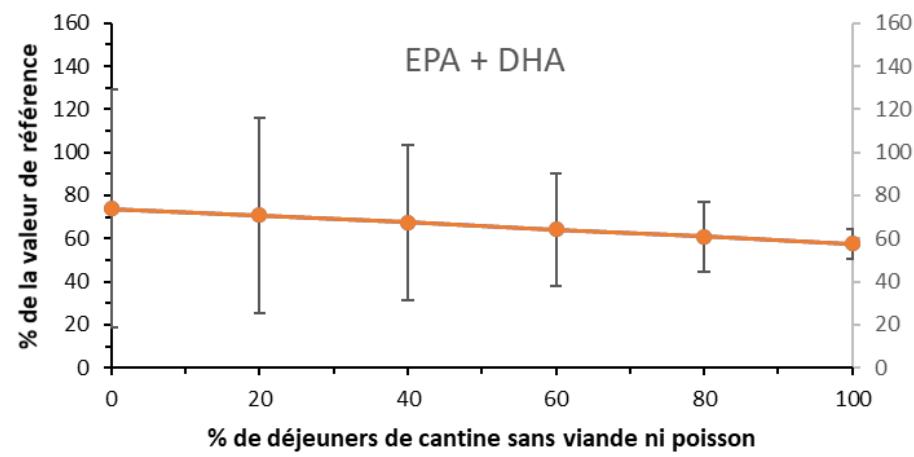


- Menus with meat: ↗ in protein, vit B1, B3, B6, zinc ↘ in vit E
- Menus with fish: ↗ in EPA + DHA, vit D, B12 ↘ in LA
- Egg-based vegetarian menus: ↗ in lipids, vit A, vit B2, B5, Iron, iodine, Se, phosphorus
- Cheese-based vegetarian menus: ↗ in energy, lipids, SFA, ALA, carbohydrate, sugar, calcium, sodium ↘ potassium
- Plant-based vegetarian menus: ↗ ALA, carbohydrate, sugar, fibres, vit B9, magnesium, copper ↘ in SFA, vit B2, B12

PLANT-BASED MENUS

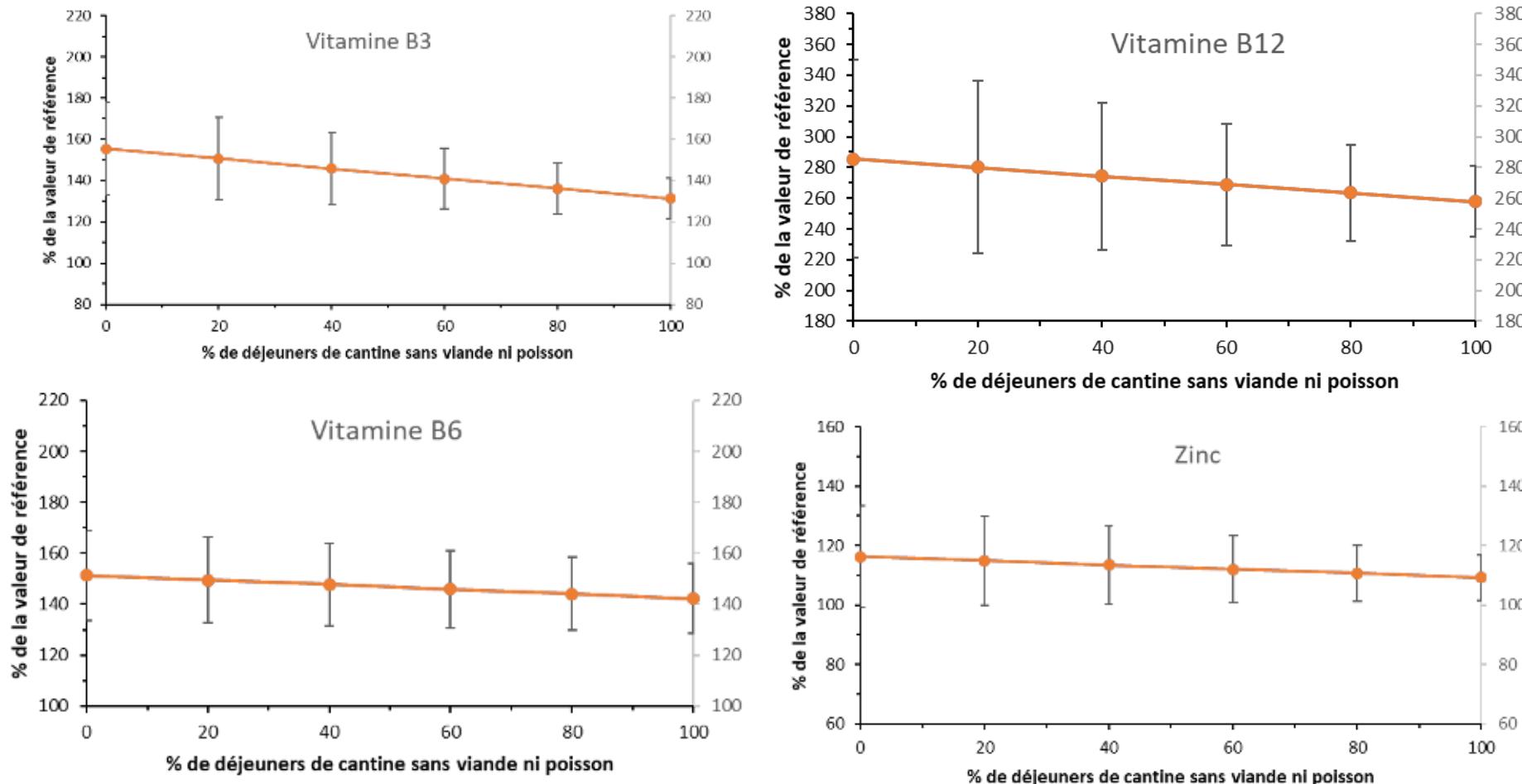
- Menus with grains or vegetables : ↗ vit D and B12 ↘ in fiber, vit B6, B9, iron, zinc, potassium
- Menus with soybeans: ↗ in protein, LA, ALA, vit B3, magnesium, copper
- Menus with pulses: ↘ EPA + DHA, vit E, K1, selenium

SIMULATION RESULTS: CASE OF DECREASING NUTRIENTS



Intakes below the dietary reference values regardless of the percentage of menus without meat or fish

SIMULATION RESULTS: CASE OF DECREASING NUTRIENTS



Intakes above the dietary reference values regardless of the percentage of menus without meat or fish

SIMULATION RESULTS FOR IRON

	Types of menus			
	Meat or fish	Egg	Cheese	Plant-based
Iron intake without lunch (mg)	6,57	6,57	6,57	6,57
Iron intake from lunch (mg)	3,26	3,83	2,95	3,70
Iron intake lunch Inca 3 (mg)	2,43	2,43	2,43	2,43
Non-lunch iron High bioavailability %	16	16	16	16
Iron bioavailability from lunch %	16	10	10	10
Daily iron intake (mg)	9,59	9,99	9,37	9,90
Daily bioavailable iron intake (mg)	1,53	1,44	1,37	1,43
Daily bioavailable iron intake (% nutritional reference)	159 %	150 %	143 %	149 %

- The introduction of a variable proportion (from 0 to 100%) of vegetarian meals does not substantially change the nutritional status of children
 - maximum frequency does not seem relevant
- **Menus with fish are important contributors of EPA and DHA and of vitamin D, whose intake is insufficient**
 - Pay particular attention to the frequency of menus with fish, important contributors of EPA and DHA and vitamin D
- The other components of the meal can also be decisive in terms of the intake of certain nutrients (Ca, B12, iodine)
 - Recommended frequencies of vegetarian meals should consider the combinations of menu components in order to optimize nutritional balance
- Analysis based on simulations and average intake
 - Need for more accurate data allowing to consider specific sub-populations according to real consumption, intake outside school meals, socio-economic status, etc.

Dietary Guidelines for Meals

These are the tools you can use when putting the Dietary Guidelines on the menu and offer meals which are good for health and climate.

Find the tools on altomkost.dk - Dietary Guidelines for Meals

Principles

Show principles for healthy and climate-friendly food, and how to translate into meals



Food group overview

Shows which foods you should choose when planning and serving healthy and climate-friendly food



Portion sizes

Show appropriate amounts for the different types of meals





Principles for schools

These are the principles for a healthy and climate-friendly diet, and how you can translate these into 5 meals. You can choose to offer a food-item more often and use a smaller amount in the meals (see portions sizes). See also 'More about food in schools and canteens'.



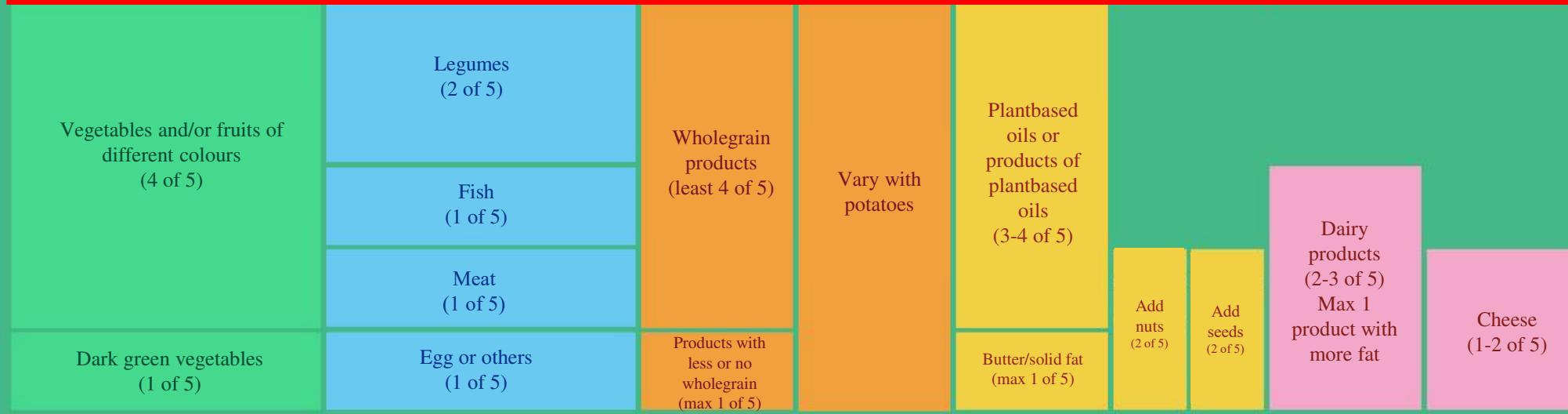
Water

Offer water for all meals

Tip

Use leftovers – and avoid food waste

Vegetables and fruits	Legumes, fish, meat and egg	Cereals and potatoes	Fats, nuts and seeds	Dairy product and cheese
<ul style="list-style-type: none"> - Min. 1/3 of all meals should consist of vegetables and/or fruits - Remember the dark green vegetables 	<ul style="list-style-type: none"> - Offer less meat – and remember fish - Offer legumes more often than meat 	<ul style="list-style-type: none"> - Choose primarily whole grain - Vary with potatoes 	<ul style="list-style-type: none"> - Use most often plantbased oils - Add nuts and seeds 	<ul style="list-style-type: none"> - Use dairy products and cheese in moderate amounts





Legumes, fish, meat and egg

- Offer less meat – and remember fish
- Offer legumes more often than meat

Legumes
(2 of 5)

Fish
(1 of 5)

Meat
(1 of 5)

Egg or others
(1 of 5)



Menu for 5 meals

Lunch

Lentil soup

Falafels

Salmon

Chicken (curry)

Gratin





Principles for schools

These are the principles for a healthy and climate-friendly diet, and how you can translate these into 5 meals. You can choose to offer a food-item more often and use a smaller amount in the meals (see portions sizes). See also 'More about food in schools and canteens'.



Water

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Vegetables and/or fruits of different colours (4 of 5)	Legumes (2 of 5)	Wholegrain products (least 4 of 5)	Vary with potatoes	
	Fish (1 of 5)		Plantbased oils or products of plantbased oils (3-4 of 5)	
	Meat (1 of 5)			Dairy products (2-3 of 5)
Dark green vegetables (1 of 5)	Egg or others (1 of 5)	Products with less or no wholegrain (max 1 of 5)	Butter/solid fat (max 1 of 5)	Max 1 product with more fat
			Add nuts (2 of 5)	Cheese (1-2 of 5)
			Add seeds (2 of 5)	

Food group overview

Food group overview

Vegetables

Friske og frosne grønsager
og salater.

Viser hvilke råvarer i skal vælge, når
i planlægger og tilbereder mad
og klimavennlig mad.

Læs mere på altomkost.dk

CHOOSE

Giv grøntsager fx serviet, kål og
salatfrugter, og lad dem udgøre ca.
hälften af grøntsagerne.

Grøntsager i mange former - brug
de mørkegrønne grøntsager som fx
spis, hrocoft og grønkål.

Brugde grøntsager, frugter og hør:

Læs om brug af
grøn drys på
altomkost.dk



Fruits

Friske og frosne frugter og hør.

CHOOSE

Flere grøntsager end frugt.

LIMIT

Juice, marmelade og surret frugt
fx dadel.

Rummet til hør under 3 år.



Gå efter
Fuldkærnsloguet

Potatoes

CHOOSE

Ufarveste eller farsafarveste
kærnflør med højst 3 g fedt pr.
100 g.

Cereals

Rugbrød, hvedekorn, knækbrød, mæl
pasta, quinoa, mæl corn, bulgur, ris,
gry, mælk og mælgenudprodukter.

CHOOSE

Præmieret fuldkornsværkster.

Bryd med frø.

Mindst 1/3 fuldkornsmæl, når i selv
lager.

Legumes

Friske, frosne og tørrede hølfrugter
og konserver, salat
hølfrugtprodukter, mæl
hølfrugtsmør.

CHOOSE

Første, hvide og sorte bønner,
kidneybønner, bønnehavre,
edamamsbønner, kikærter, grønne
linser, røde linser, puylinsler,
bønnesmør.

Legumes and taste

Hølfrugter smager ikke af så meget i sig selv.

Puff smager op ved at tilsette smag til kogevandet fx bouillon.
Det kan også være friske eller tørrede krydderurter, krydderier
som fx chili og nelliker eller grøntsager som fx bering, løg, løn
tærnekl, rødløg og tomater.

Sang også for kryddring og tilsmagning fx med vineblåbæl eller
citronsaft.



Det er vigtigt,
at tilberede
hølfrugter
korrekt. Tid
sæt din
antivitaminer
på produktet.



Friske og frosne fisk og skaldyr også
konserver.

CHOOSE

Hvide magre og fedt fisk. Fedt fisk
indholder mere end 8 g fedt pr. 100 g
fx sild, makrel, laks og uret.

Fisk med fx Ø-mærket, MSC eller ASC-mærk

LIMIT

Store rovtørsk som fx tun.

Tun på dæse til børn fra 3-
midlertid til børn under 3 år



Meat and egg

Hvide udværtninger, hvidet kold og
pølser.

CHOOSE

Hovedsagligt magert mad med højt
10 g fedt pr. 100 g.

Rød og rødmad fra hør flekkes og

Food group overview

Fats

Fæststoffer og fedtstoffer i produkter
til madlavning, på brød og dør
tilbake.



CHOOSE

Præmieret plantesøller eller
grønnsøller med plantesøller
som fx hørfedt, mæl corn, mælk
med fedtstoffer som kornfedt (fx
kornkonserv) og græsfedt.

Brug røde og ulædende olie hør og
fæststoffer fra fedtstoffer med højst 24 døser.

Brugde fedtstoffer som fx
røde og ulædende olie lavet af
højt fedtstoffer, fx mælk, mælk
med fedtstoffer og røde døser.

Fæststoffer lavet fra fx sesamfrø,
pistasjefrø eller græsfrø.

LIMIT

Sædfrøkerner og hørflø med højst
4 g fedtstoffer pr. 100 g, mælk med
fedtstoffer og hørprø med højst 3 g fedt pr. 100 g.



Cheese

Der og frisket til madlavning og som
plade.

CHOOSE

Blide fedt og magert mælk. Mælk der er et
med højst 17 g fedt pr. 100 g og frisket
med højst 3 g fedt pr. 100 g.

Nuts and seeds

Nødder, mandler, mælk.

CHOOSE

Udvalgte eller ekstra udvalgte mælk
med højst 0,8 g salt pr. 100 g.

Fremstillet på græs mælk til mælk, mælk
med fedtstoffer, mælk med fedtstoffer og
jordnøddeflø.

Fremstillet på græs mælk til mælk, mælk
med fedtstoffer og græsfrøkerner.

LIMIT

Sædfrøkerner og hørflø med højst
4,5 g protein pr. 100 g, mælk med højst
4,3 g protein pr. 100 g, mælk med højst
3 g fedt pr. 100 g.



Portion sizes in schools

Lunch – prepared amounts (g per meal)

	8 years Little portion/1600 kJ			12 years Standard portion/2000 kJ		
	Warm lunch meal	Cold lunch meal		Warm lunch meal	Cold lunch meal	
Vegetables/fruits	At least 100 g At least 70 g**	At least 60 g		At least 120 g At least 90 g**	At least 70 g	
Potatoes/rice/pasta or bread	120-150 g 60-90 g	70-90 g		150-200 g 75-110 g	90-110 g	
Legumes/-products*** or Fish or Meat or Egg	50-60 g 60 g 50 g 40-50 g	30-40 g 40 g 30 g 25 g	Per ½ slice bread 15 g 15 g 12 g 12 g	60-70 g 70 g 60 g 50-60 g	40-50 g 50 g 40 g 30-40 g	Per ½ slice bread 20 g 20 g 15 g 15 g
Vegetable oils and products or Solid fats, eg. butter****	5-8 g 2-4 g	5-8 g 2-4 g		5-10 g 3-5 g	5-10 g 3-5 g	
Nuts	5-8 g	5-8 g		5-10 g	5-10 g	
Seeds (incl. seeds in bread)	2-6 g	2-6 g		3-8 g	3-8 g	
Cheese	5-10 g	5-15 g		5-15 g	5-20 g	
Dairy products for cooking, eg. sauce, soups or dressing	20-30 g	20-30 g		25-35 g	25-35 g	

*You can add 5-15 g more meat in 1 of 5 sandwiches.

**In meals with many legumes

***Use the lowest part of the interval when you only use legumes and the highest when legumes is mixed with flower, egg, nuts etc.

****Use the lowest part of the interval when you use plant oils and the highest when you use a product based on vegetable oils, e.g. mayonnaise, pesto.

Appropriate portion sizes

The school children should have portions for lunch which are big enough to make them full. Some eat a little more and some a little less. There fore the portions sizes should be considered indicative.





**Karolinska
Institutet**

Fostering sustainable dietary habits through optimized school meals: the OPTIMAT-project

Dr Patricia Eustachio Colombo

Karolinska Institutet/London School of Hygiene and Tropical Medicine
Department of Global Public Health/Department of Epidemiology and Public Health
Presenting for EPHA
2022-03-24

School meals in Sweden:

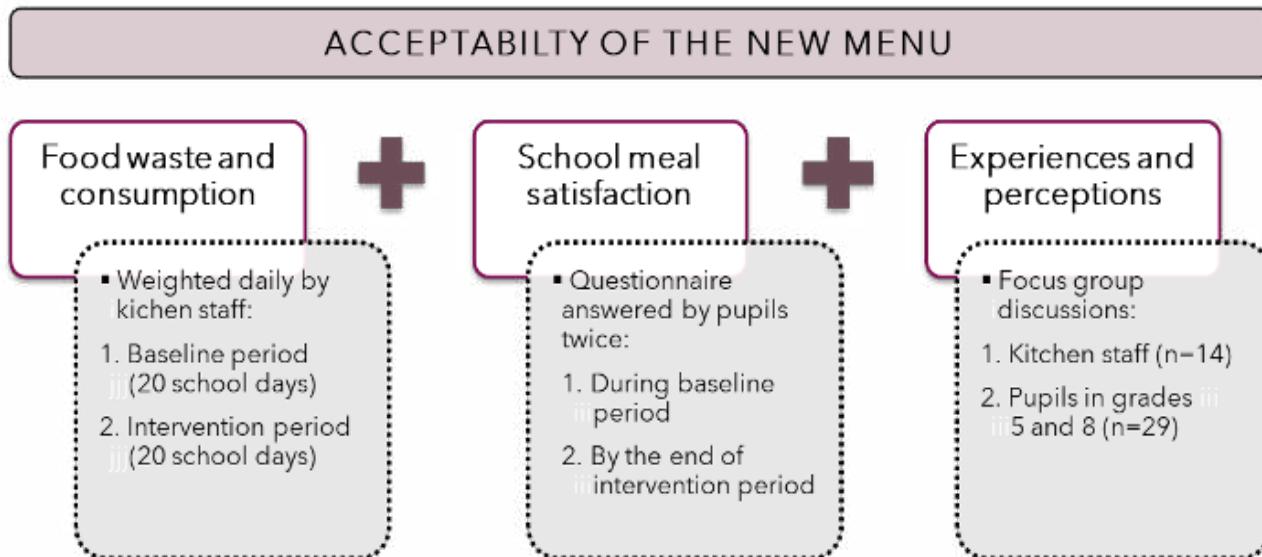
- Fully subsidized school meals served daily to children 6-16 y
- ~200 million meals/year → significant share of public procurement of food
- ~25-30% of daily energy and nutrient intakes¹
- Can shape dietary habits that are both health promoting and environmentally sustainable



¹Eustachio Colombo P, Patterson E, Elinder LS, Lindroos AK (2020) The importance of school lunches to the overall dietary intake of children in Sweden: a nationally representative study. *Public Health Nutr* 1–11

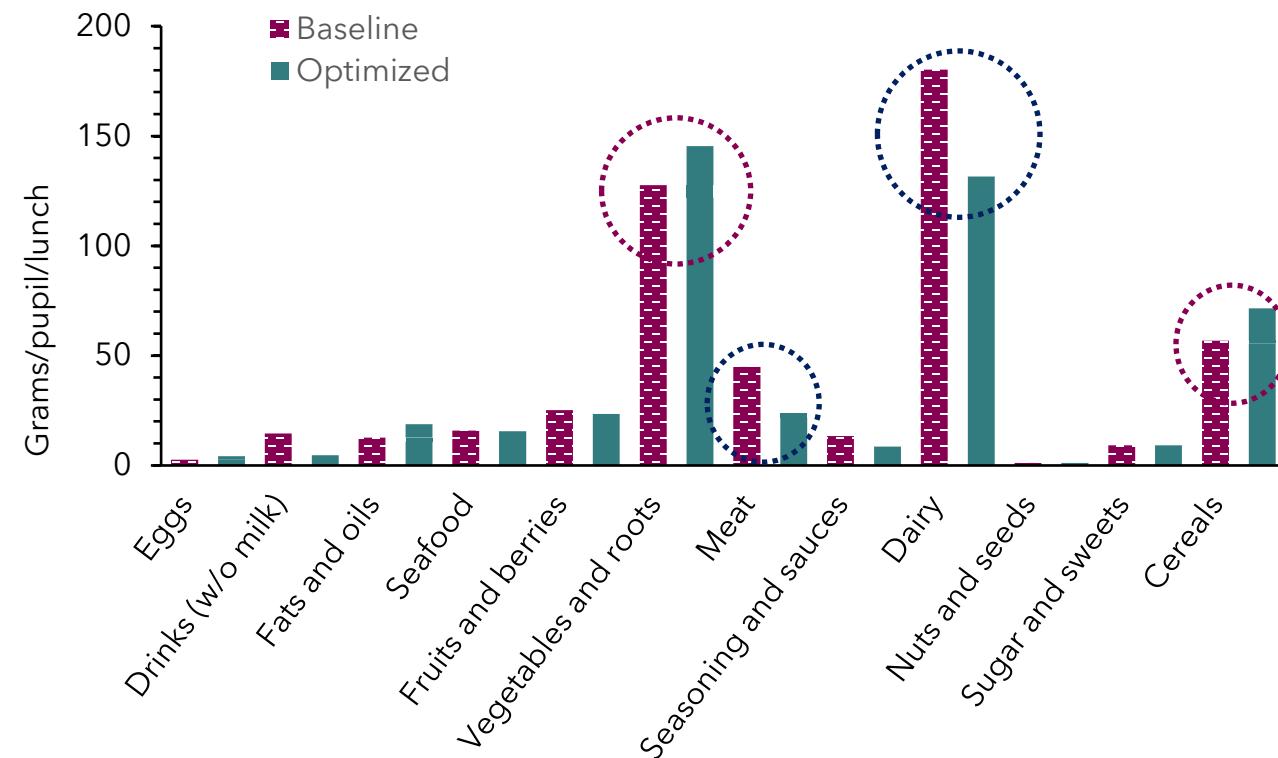
Testing sustainable school meals in Sweden

- Three pre-post intervention studies
- Design and serve a new lunch menu optimized to:
 - Be as similar as possible to baseline menus
 - Meet dietary reference values
 - Contain ~500 g CO₂eq/day (up to 40% reduction)
 - Cost the same (or less)



Outcomes

- No significant change in food waste, consumption or school meal satisfaction



How do we scale up successfully?

- More knowledge, resources and inspiration
- Increased involvement of stakeholders
- Focusing on familiar foods and seasoning/naming dishes carefully
- Increasing exposure and normalization
- Developing automatized tools for meal planning



THANK YOU

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[@pateustachio](https://www.instagram.com/pateustachio)

Acknowledgements

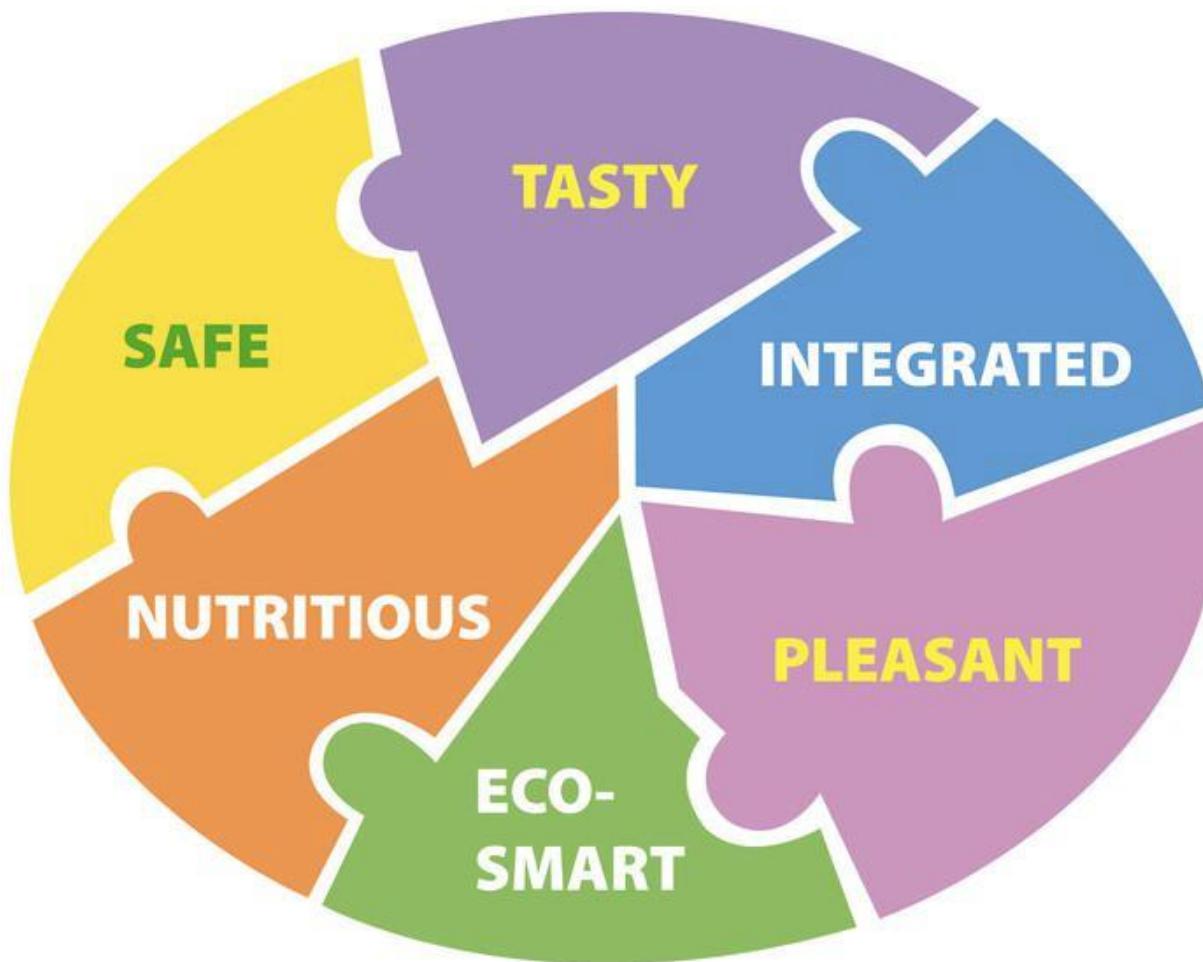
Prof. Liselotte Schäfer Elinder, KI
Dr. Alexandr Parlesak, KU
Dr. Emma Patterson, NFA/KI
Dr. Anna Karin Lindroos, NFA/GU

EPHA discussion about school meals, 24 March 2022

Reflections on healthy and sustainable diets

Agneta Hörnell, professor at Umeå University, Sweden
Member of EFAD's Specialist Network for Food Service

Swedish model for public meals



Facts about Swedish school meals

- An intergrated part of the Swedish well-fare system and paid through general taxes
- Offers free daily meals to all children aged 6-16, and most children aged 16-19
- Every year 260 million meals are served in schools
- Meals should be **nutritious** and give about a third of recommended daily intake
- The main course is hot and several alternatives are usually available
- Salad bar, bread, butter, and water are always served, and usually also milk and (nowadays) often plant-based varieties



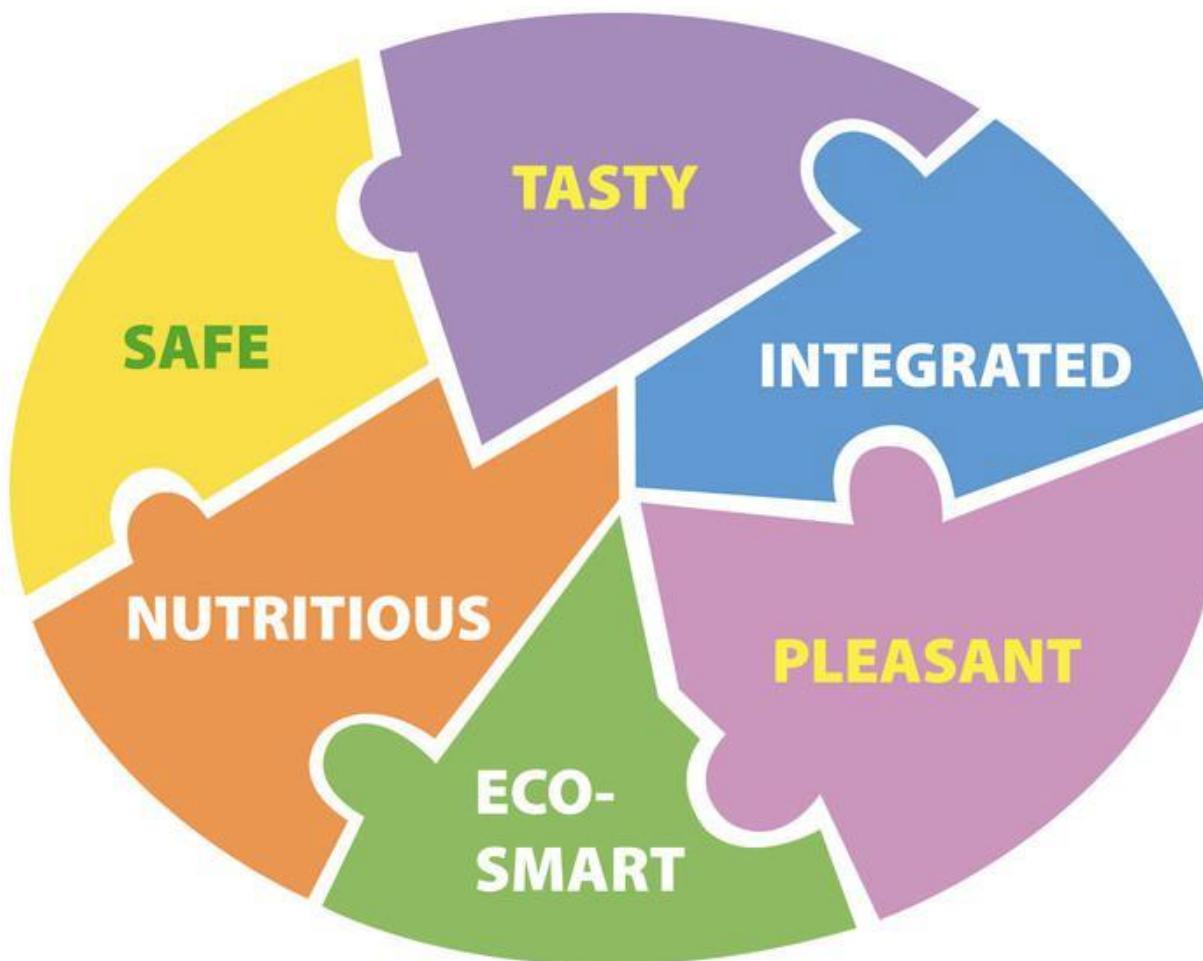
Source: National Food Agency, Sweden

Salad bar: ≥ 5 components



Source: National Food Agency, Sweden

Swedish model for public meals





**Back in 5 minutes – stretching
break!**



European Public Health Nutrition Alliance (since 2014)

- Aim
 - Create a network of European Nutrition Centres to:
 - Learn from each others successes and problems
 - Provide information on nutrition to maintain a healthy and active life.
- Members
 - 17 members (several interested in joining)
 - Responsible in a country for nutrition and health communication
 - Independent organisations
- Work
 - Facilitate the work of national centres responsible for nutrition and health communication.
 - Provide leadership on nutrition communication.
 - Work with the WHO.
 - Overview of good practices regarding healthy school meals

www.ephna.eu/documents/





A NEW RECIPE FOR SCHOOL MEALS SWEDEN



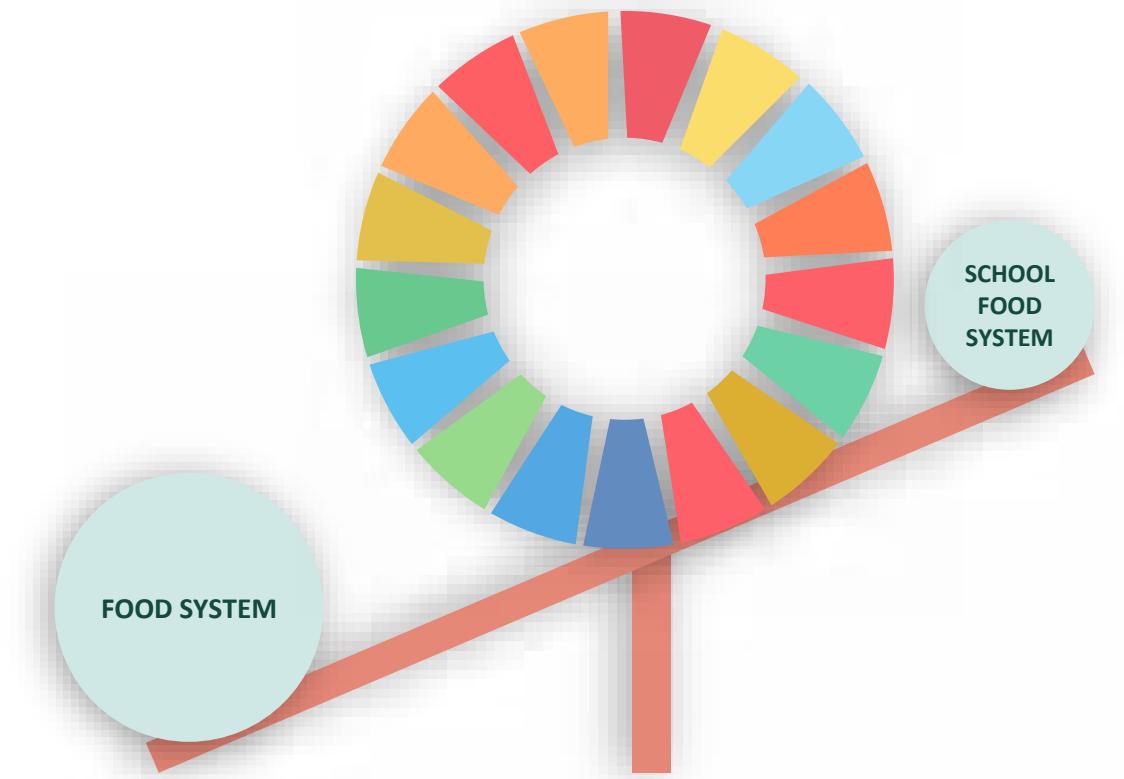
Livsmedelsverket

VINNOVA

A SYSTEM IN THE SYSTEM

To reach the SDG:s the food system must change so that we can produce, buy and eat food that is both healthy and sustainable.

The school meal system is a small scale version of the whole food system. And can work as a leverage.



MISSION STATEMENT

Ensure that every child in Sweden eats
sustainable and tasty school food.

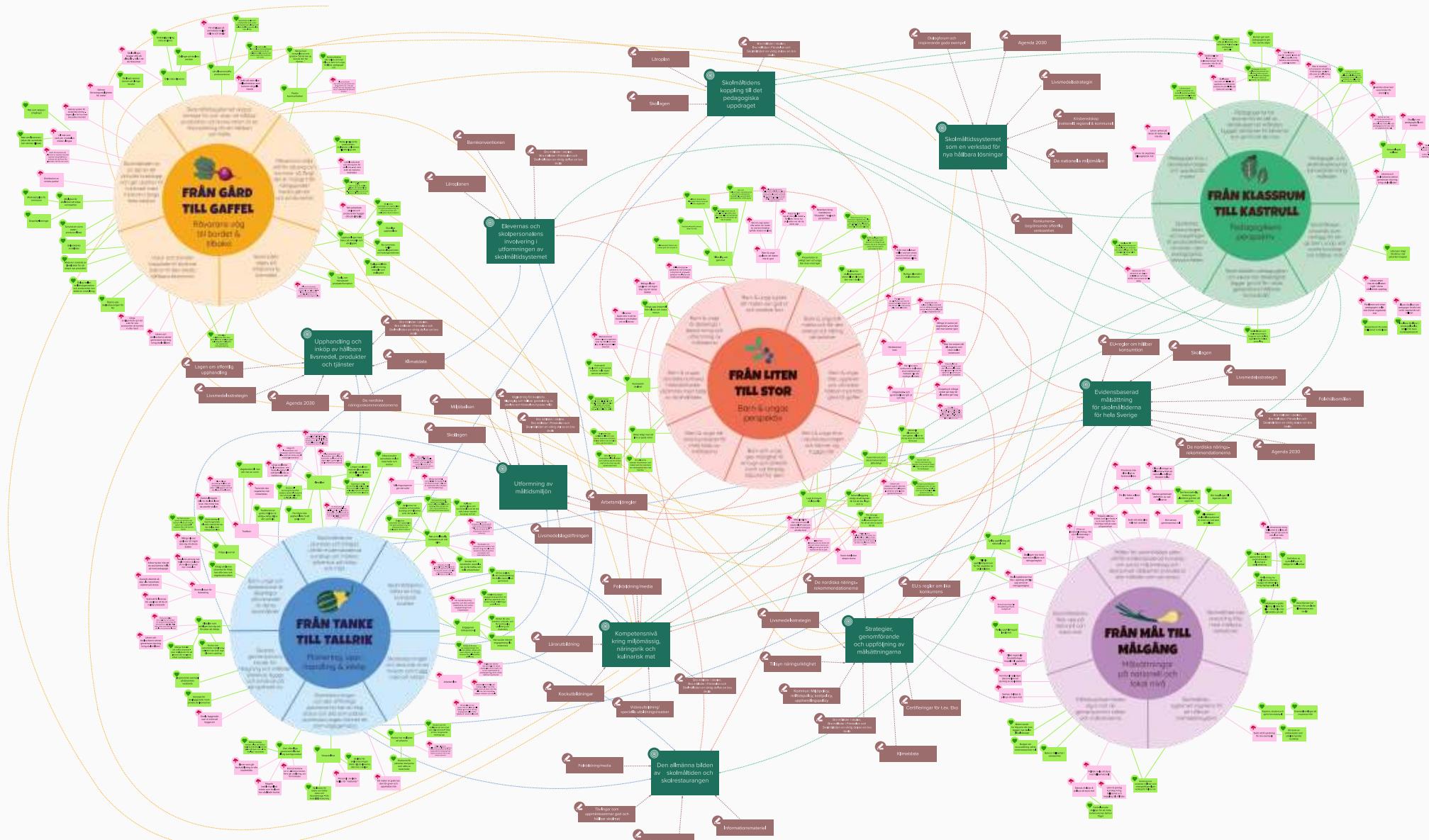


ETT NYTT RECEPT FÖR SKOLMÅLTIDER

**Vision är att varje barn
i Sverige äter hälsobr
och god skålmat.**

**Målet är att öka den socio-
miljömässiga och ekonomiska
hållbarheten i Sveriges
skolmåndsbyggnad**

För att skolmat bidrar till att uppnå agenda 2030 genom att främja en matkultur med medvetenhets om hur maten produceras, förståelse för matens betydelse för hälsa och välfärmende, uppskattning av matens kulinariska kvalitet och värnande om det ekosystem vi lever i.



INDIRECT IMPACT on the student

The school meal system as a **workshop** for new sustainable solutions

DIRECT IMPACT on the student

School meals are integrated within **core pedagogical approaches**

Procurement and purchase of sustainable food, products and services

THE STUDENT
The involvement of students and school staff in the design of the school meal system

Competence levels about sustainable, nutritiuos ans culinary food

Design of the **meal environment**

Strategies, implementation, and follow-up of objectives



KEEP IN CONTACT!



Elin Sandström, Swedish
Food Agency

elin.sandstrom@slv.se

Follow the project (in swedish): [Ett nytt recept för skolmåltider – hur blir hela matsystemet hållbart? \(livsmedelsverket.se\)](http://livsmedelsverket.se)

Social media: #ettnyttrecept

[Mission oriented innovation – a handbook from Vinnova](#)



Livsmedelsverket
Swedish Food Agency

VINNOVA
Sweden's Innovation Agency

Ett nytt recept på skolmåltider





Best-ReMaP
Healthy Food for a Healthy Future

**Joint Action on implementation of
validated best practices on nutrition
(JA Best-ReMaP)**

Public procurement of food in public institutions

Mojca Gabrijelčič
24 March 2022



Joint Action on implementation of validated best practices on nutrition - JA Best–ReMaP

Coordinator: **National Institute of Public Health Slovenia (NIJZ)**

Funding: Third Health Programme (2014–2020)

Consortium: 36 partners from 24 European countries.

Official start of the JA: **1st October 2020**

Duration of the JA: **3 years**

Best-ReMaP

BUDGET:

7. 500 000,00 EUR

CORE

WP 5 – EU Harmonised Reformulation and processed food monitoring

French Agency for Food, Environmental and Occupational Health & Safety – ANSES

WP 6 – Best practices in reducing marketing of unhealthy food products to children and adolescents

Directorate-General of Health of Portugal and Irish Department of Health

WP 7 – Public procurement of food in public institutions – a pilot EU approach

National Institute of Public Health, Slovenia (NIJZ)



WP7 of the project **tests and pilot procurement best practice** that can enable every public institution in EU (mainly schools and kindergartens) the **access to high quality, healthy and nutritious food.**

Specific objectives of WP 7

Objective 1

To support **the establishment of the intersectoral working group** for the public procurement of foods in public institutions, in the participating MS

Objective 2

To increase the understanding, knowledge and skills regarding public procurement of food/food products in selected public institutions

Objective 3

To enable better choice of quality food stuffs for balanced menus in selected public institutions, from at least one type of public institution, by **piloting the Catalogue of foods in the public procurement procedure**

Objective 4

To recommend further institutionalized implementation of the public procurement procedures for foods, based on quality standards, in EU MSs.



Intersectoral policies engaged in public food procurements in Slovenia



Source: Chamber of Commerce and Industries, Slovenia



REPUBLIC OF SLOVENIA
MINISTRY OF HEALTH

DOBER TEK
Slovenija
Eat Healthy & Know More



Co-funded by the European Union's Health Programme (2014-2020)

Gospodarska
zbornica
Slovenije

NIJZ

National Institute
of Public Health



Intersectoral work in Member States

7 Member States, meetings took place Oct 2021 - Feb 2022, 16 – 60 participants

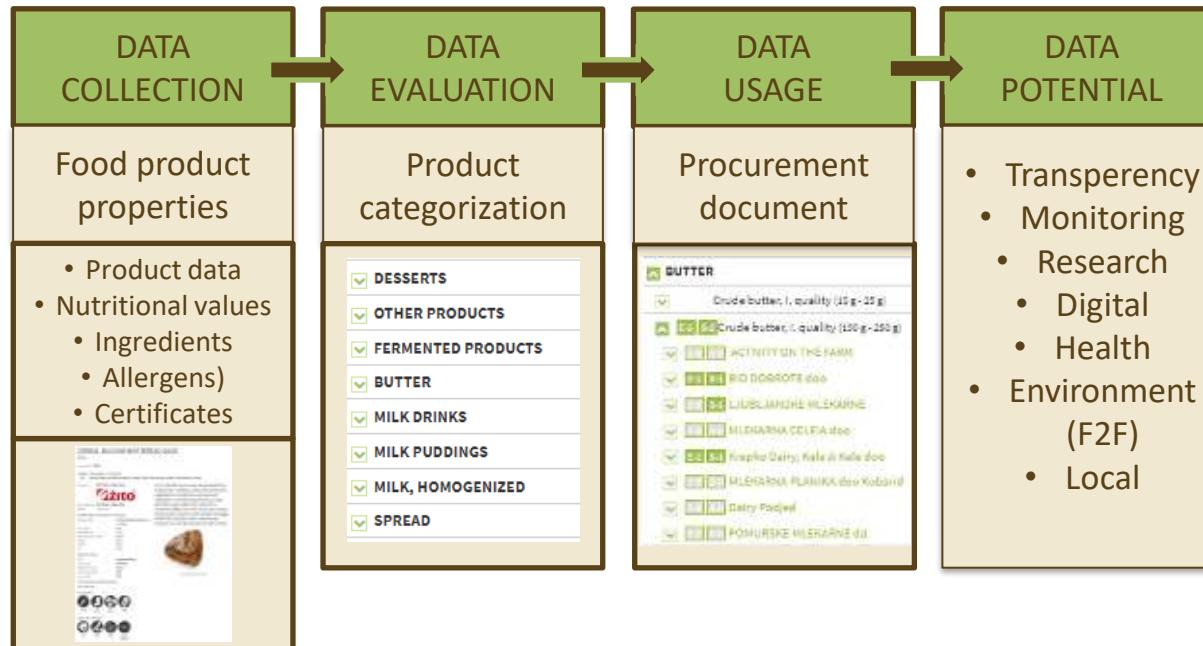
	Most commonly engaged sectors	Some Member States also engaged
Included sectors	<ul style="list-style-type: none">• Health sector• Educational sector• Environmental sector• Agricultural sector• Social affairs sector• Private sector• Regional government (municipalities)• Procurement authority	<ul style="list-style-type: none">• Economic sector• Representatives of selected institutions• University representatives• NGO's
	Main benefits	Main challenges
	<p>Raising awareness of the importance of providing healthy food in public settings.</p> <p>Participants became interested in being part of the inter-sectoral WG.</p> <p>Meetings helped to bring stakeholders together, to understand various challenges faced by different sectors and to establish joint cooperation.</p>	<p>Finding »the right people« and lack of interest from other sectors (mainly ministries).</p> <p>Lots of participants faced difficulty in envisioning the possibilities for improving the quality of menus in public institutions due to unawareness of the operational potentials existing within the current legal framework.</p> <p>Facing challenges in involving local producers where highly centralized PFP.</p>





Solution – CATALOG OF FOODS for public procurements

www.katalogzivil.si



Source: Chamber of Commerce and Industries, Slovenia



REPUBLIC OF SLOVENIA
MINISTRY OF HEALTH

DOBER TEK
Slovenija
Eat Healthy & Know More



Co-funded by the European Union's
Health Programme (2014-2020)

Gospodarska
zbornica
Slovenije

NIJZ

National Institute
of Public Health

Better meals for Europe's children: Pathways to serving healthier, tastier, more sustainable food in schools

24 March 2022

Wim Debeuckelaere
Farm to Fork team
DG SANTE - Farm to Fork Strategy

European Union



Goals of the F2F Strategy



GENERAL OBJECTIVE: Fair, healthy and environmentally-friendly EU food system



BUILD A SUSTAINABLE FOOD VALUE CHAIN

- 1) Ensure sustainable food production
- 2) Stimulate sustainable food processing, wholesale, retail, hospitality and food services practices
- 3) Promote sustainable consumption & facilitate shift to healthy and sustainable diets
- 4) Reduce food loss and food waste
- 5) Ensure food security, combat food fraud



ENABLE SUSTAINABLE TRANSITION

- 1) Research & innovation
- 2) Advisory services, data and skills



PROMOTE A GLOBAL TRANSITION: coherent global EU food policy



Farm to Fork Strategy: 27 actions

New legislative
proposals

Revision of current
legislation

Non legislative such as
Code of conduct, action
plans



New framework legislation on a Union sustainable food system

- ✓ Currently no dedicated EU framework law on food sustainability similar to the EU framework law on food/feed safety, i.e. General Food Law (GFL)
- ✓ Different pieces of legislation address some components of food sustainability, e.g. Pesticides, GMOs, (food) waste, the Common Agricultural Policy (CAP) and Common Fisheries Policy (CFP), Plant Reproductive Material ... but none do so holistically
- ✓ Fitness Check of the GFL (2018) → regulatory framework found largely inadequate to address the new challenges of food sustainability

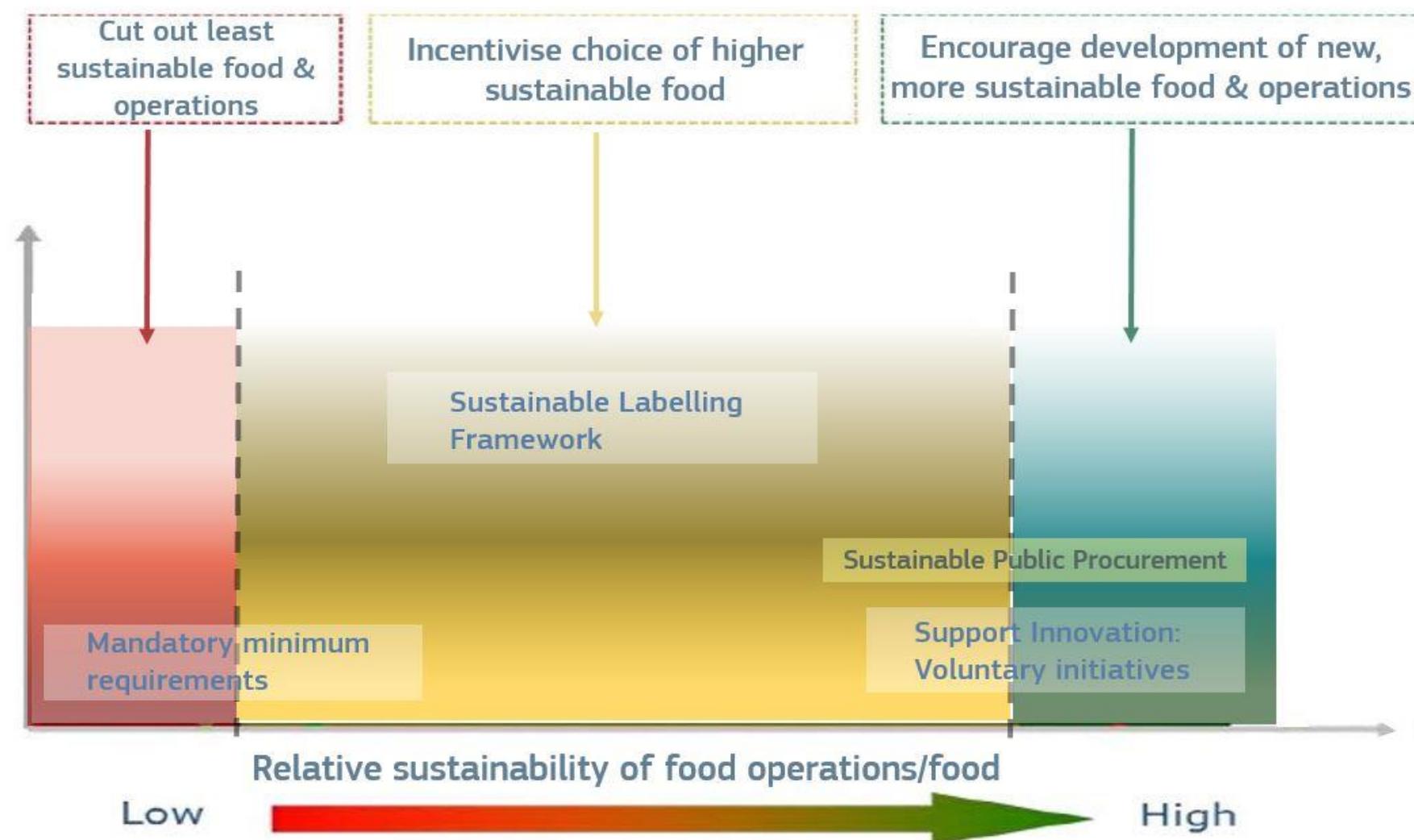


Objective of Union level intervention

Ensure that all foods placed on the EU market increasingly become sustainable through a socially responsible food value chain

- an enabling environment for future policy and legislation, ensuring coherence with all EU food related policies in terms of sustainability objectives, including biodiversity and climate objectives;
- a favourable and transparent food environment making it easier to choose healthy and sustainable diets;
- optimise the production, distribution and consumption of food, so as to increase resource efficiency and reduce food loss and waste.





Inception Impact assessment

- **Member States** that responded to the consultation refer to the importance of an impact assessment before deciding on the best way to progress.
- **Business** operators are more inclined to voluntary measures and where needed, to reinforce existing legislation. They raise the issue of the impacts of the transition to sustainability on costs and prices, and the need for support measures
- **NGO's** in general support for the option to establish a comprehensive framework legislation on the sustainability of the Union Food System. The role of sustainable public procurement, the importance of labelling and the need for transition towards plant based diets was emphasized.



Sustainable Public Procurement

- Communication on a Farm to Fork Strategy:
 - To improve the availability and price of sustainable food and **to promote healthy and sustainable diets** in institutional catering, the Commission will determine the best way of setting minimum mandatory criteria for sustainable food procurement. This will help cities, regions and public authorities to play their part by sourcing sustainable food for schools, hospitals and public institutions and it will also **boost sustainable farming systems**, such as organic farming.
- Communication on Making Public Procurement work in and for Europe (2017)
 - Strategic procurement possibilities are not sufficiently used. Most economically advantageous tenders on the basis of a cost effectiveness approach which may include social, environmental, innovative, accessibility or other qualitative criteria are still underused.



Commission documents

- Commission staff working document (SWD(2019) 366 final) on green public procurement criteria for food, catering services and vending machines
- Public Procurement of Food for Health: technical report on the school setting. European Commission Joint (2017)
- Public authorities can engage in socially-responsible public procurement. To promote the use of public procurement as a tool to achieve social policy objectives, the Commission published a practical guide for public buyers,



Options for setting minimum mandatory criteria for sustainable food procurement

- Do nothing
- Voluntary approach
- Reinforce existing legislation
- Include in Framework Legislation
 - General principles
 - Implementing legislation



Comments

- Not all children can enjoy the meals offered at school
- The environment around the schools has a negative influence
- Long-term and continuous efforts are needed
- Permanent education about healthy food is needed
- Important role for local, regional and national authorities



Consultation of public and private stakeholders

- (Inception Impact Assessment, finalised)
- Open Public Consultation
- Targeted expert workshops
- Annual Farm to Fork Conference
- Consultation of relevant experts/sectorial groups of stakeholders
- Consultation of relevant Member States' expert groups of the Commission
- Structured/semi-structured interviews



Thank you



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Manual for public procurement officers in the WHO European Region

Clare Farrand, Technical officer (Nutrition)

WHO European Office for the Prevention and Control of Noncommunicable Diseases
Moscow, Russian Federation
23 March 2022

www.euro.who.int

NUTRITION IS ESSENTIAL FOR THE SUCCESS OF ALL THE SDGS

Optimal nutrition is essential for achieving several of the Sustainable Development Goals, and many SDGs impact nutrition security. Nutrition is hence linked to goals and indicators beyond Goal 2 which addresses hunger. A multisectoral nutrition security approach is necessary for success.



Promotion of Healthy and Sustainable Food



Work streams

Food profiling model to identify healthy and sustainable foods

Data platform for modelling dietary patterns

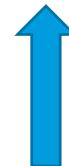
Public food procurement manual

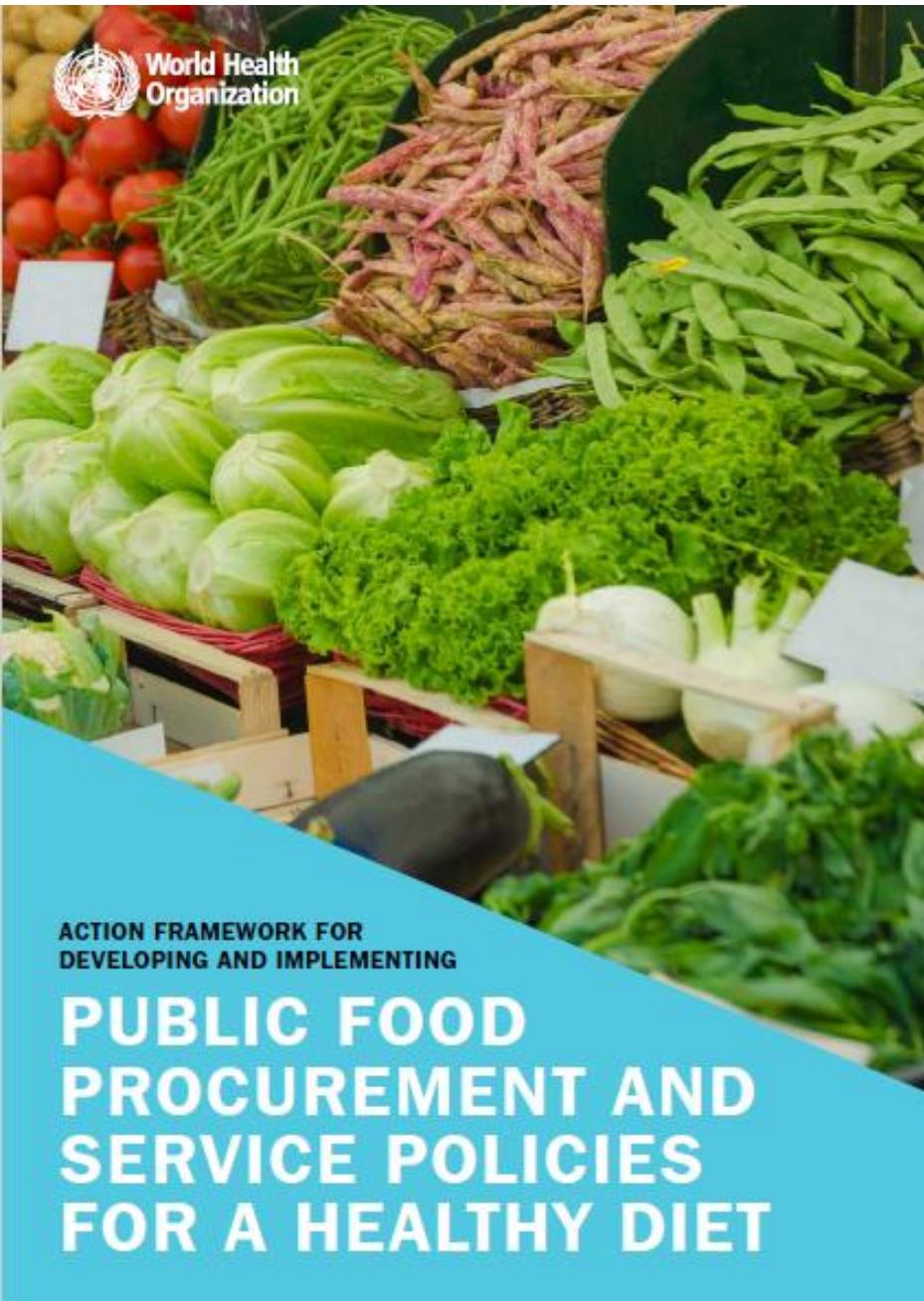
Plant-based food products analysis

Digital food environments

Food reformulation to reduce salt, sugar and fats

Systems thinking manual to connect all stakeholders





- Public institutions should lead by example and influence behaviour change
- Broad reach and important policy lever
- Developing a Manual for public procurement officers

- With government funds, served/sold in any public setting
- Any foods, beverages, ingredients, meals or snacks covered by the policy
- Entire process of purchase, subsidy, provision, distribution, service and sale

Healthy public food procurement and service policy

- Limit the intake of free sugars
- Shift fat consumption away from saturated fats to unsaturated fats and eliminate industrially produced trans fats
- Limit sodium consumption and ensure salt is iodized
- Increase consumption of whole grains, vegetables, fruits, nuts and pulses
- Ensure the availability of free, safe drinking water
- Policies, strategies, directives, legislation, rules, standards or guidelines; mandatory as well as voluntary

Cities are leading the way

- Almost 90% of the food served today in public institutions is organic, triggering a focused effort to increase the proportion of plant-based food.
- In 2019 the City of Copenhagen launched a new food strategy, setting new targets for how the city will work to ensure healthy, organic and **sustainable** meals in its more than 70,000 daily servings.
- The strategy sets a target to reduce CO2 emissions from public meals by 25% by 2025.
- one teaspoon) of salt per day. Salt should be iodized



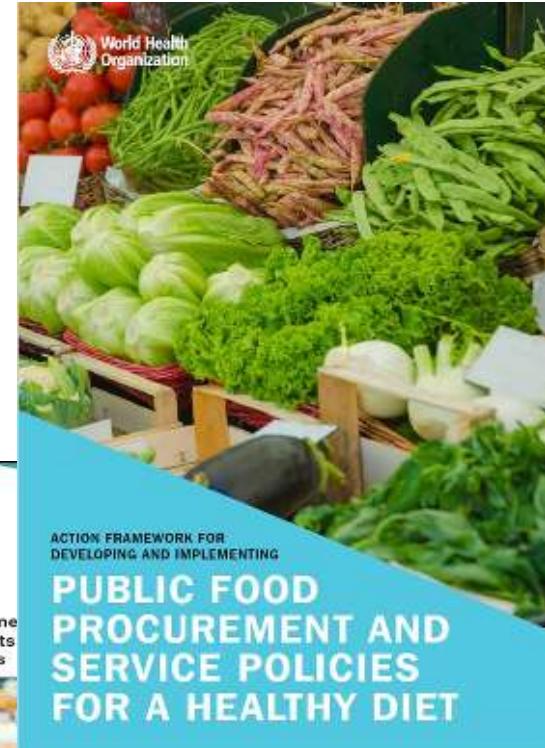
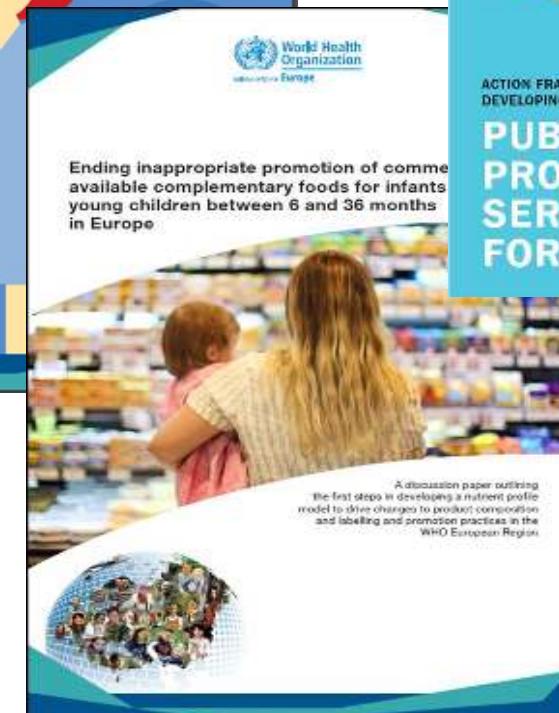
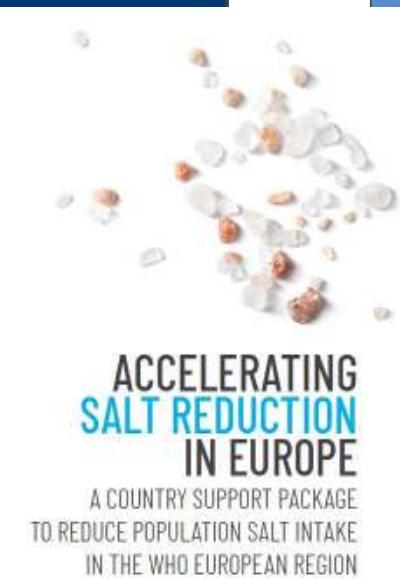
Healthy food procurement at schools

Healthy public food procurement and service policies at schools in Ukraine, Uzbekistan, Kyrgyzstan, and Tajikistan

- Collaboration with national stakeholders
- Three technical workshops on healthy public food procurement and policy implementation to build the knowledge on the existing WHO framework, discuss behavioural insights perspective, and plan the following steps on the national levels
- Development of the key messages a communication campaign informed by behavioural science to pilot test to promote school nutrition.



Policies to support healthy diets ++



THANK YOU



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Marmorvej 51
Copenhagen Ø
Denmark



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Европейское региональное бюро



THANK YOU FOR JOINING!

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