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

24 MARCH 2022 | 10H-13H CET | ONLINE
On the recycling side, Anglo Recycling

#buybetterfood
#GoodFood4All
#HealthySchoolMeals
#SustainableFoodProcurement
#ActForChildhoodObesity
@EPHA_EU

Please find the programme here

Engage on social media:

#buybetterfood
#GoodFood4All
#HealthySchoolMeals
#SustainableFoodProcurement
#ActForChildhoodObesity
@EPHA_EU

Event is being recorded

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
Better meals for Europe’s children

- 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 Garantee
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

### 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

### Replication cities to be recruited

- Dordogne (France)
- Valencia Regional Government (Spain)
- 9 Associate partners
- 1 provincial government
- 14 local governments
- 2 networks of WSFA
Better meals for Europe’s children

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
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

Menys carn vermella i més proteïna vegetal

**Primer plat**
- Sense proteïna animal

**Segon plat**
- Proteïna vegetal: mínim 2 dies a la setmana
- Proteïna animal: màxim 3 dies a la setmana
- Carn vermella: màxim 1 dia a la setmana
School Canteens as a transformative space: We work comprehensively with the entire educational community

- Cooks
- Monitors
- Catering Companies
- Children
- Teachers
- Families

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

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

Healthy eating is a guarantee of a decent future. school canteens as a guarantee of equity
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

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

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)
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

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
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
Collective target: reduce food-related emissions to 2030

Food system GHG emissions (agricultural production + land-use change), Gt CO₂e/year

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)

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

Source: Provided by member.
School canteens public procurement food-related GHG emission (2015-19)

-15.721 Ton CO$_{2e}$

<table>
<thead>
<tr>
<th></th>
<th>% change (2015-19)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total food-related GHG emissions</td>
<td>-20.56%</td>
</tr>
<tr>
<td>Emissions per 1,000 kcal</td>
<td>-18.27%</td>
</tr>
</tbody>
</table>

Source: Provided by member.
Benchmarking against sartorial performance (per 1.000 kcal)

<table>
<thead>
<tr>
<th></th>
<th>Total food-related carbon costs (kg CO₂e)/1,000 kcal</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cities (baseline)</td>
<td>8.42</td>
</tr>
<tr>
<td>Milan (2015 baseline)</td>
<td>7.56</td>
</tr>
<tr>
<td>Milan (2019)</td>
<td>5.92</td>
</tr>
</tbody>
</table>

Source: Emission factors from Poore and Nemecek (2018) (agricultural supply chain) and Searchinger et al. (2013) (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

POSITIVE

NEGATIVE
Back in 5 minutes – stretching break!
SIMULATED IMPACT OF VEGETARIAN SCHOOL MEAL FREQUENCY-A FRENCH EXPERIMENT

PERRINE NADAUD, PHD-NUTRITIONAL RISK ASSESSMENT UNIT
2 y experiment extended for another 2 y

➢ 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

<table>
<thead>
<tr>
<th>Category (nb menus)</th>
<th>Subcategory (nb menus)</th>
<th>Examples</th>
</tr>
</thead>
<tbody>
<tr>
<td>Egg-based menus (251)</td>
<td></td>
<td>Hard-boiled eggs, omelets and tortillas</td>
</tr>
<tr>
<td>Cheese-based menus (334)</td>
<td></td>
<td>Cheese pasta, cheese crisps, cheese nuggets or breaded cheese, cheese pies, cheese pancakes, croque-monsieur, gratins, pizzas</td>
</tr>
<tr>
<td>Plant-based menus (594)</td>
<td>Pulses (118)</td>
<td>Lentil dumplings, dahl, chili sin carne, vegetable cassoulet, chickpea curry, falafel</td>
</tr>
<tr>
<td></td>
<td>Soybeans (234)</td>
<td>Soy chunks and steak, couscous</td>
</tr>
<tr>
<td></td>
<td>Grains or vegetables (242)</td>
<td>Vegetable bulgur, cereal patties or nuggets, vegetable lasagna, tandoori pasta</td>
</tr>
</tbody>
</table>
MENUS WITH MEAT OR FISH VS. VEGETARIAN

➢ 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 ↘ in 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
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

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

• 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
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’.

### Dietary Guidelines for Meals

#### Principles for schools

- **Vegetables and fruits**
  - Min. 1/3 of all meals should consist of vegetables and/or fruits
  - Remember the dark green vegetables
- **Legumes, fish, meat and egg**
  - Offer less meat – and remember fish
  - Offer legumes more often than meat
- **Cereals and potatoes**
  - Choose primarily whole grain
  - Vary with potatoes
- **Fats, nuts and seeds**
  - Use most often plant-based oils
  - Add nuts and seeds
- **Dairy product and cheese**
  - Use dairy products and cheese in moderate amounts

### Vegetables and fruits

- Vegetables and/or fruits of different colours (4 of 5)
- Dark green vegetables (1 of 5)

### Legumes, fish, meat and egg

- Legumes (2 of 5)
- Fish (1 of 5)
- Meat (1 of 5)
- Egg or others (1 of 5)

### Cereals and potatoes

- Wholegrain products (least 4 of 5)
- Vary with potatoes

### Fats, nuts and seeds

- Plant-based oils or products of plant-based oils (3-4 of 5)
- Add nuts (2 of 5)
- Add seeds (2 of 5)
- Butter/solid fat (max 1 of 5)

### Dairy product and cheese

- Dairy products (2-3 of 5)
- Max. 1 product with more fat
- Cheese (1-2 of 5)

### Tip

- Offer water for all meals
- Use leftovers – and avoid food waste
### Menu for 5 meals

#### Lunch

1. Lentil soup
2. Falafels
3. Salmon
4. Chicken (curry)
5. Gratin

### Legumes, fish, meat and egg

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

<table>
<thead>
<tr>
<th>Category</th>
<th>Selection</th>
</tr>
</thead>
<tbody>
<tr>
<td>Legumes</td>
<td>(2 of 5)</td>
</tr>
<tr>
<td>Fish</td>
<td>(1 of 5)</td>
</tr>
<tr>
<td>Meat</td>
<td>(1 of 5)</td>
</tr>
<tr>
<td>Egg or others</td>
<td>(1 of 5)</td>
</tr>
</tbody>
</table>
**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’.

### Dietary Guidelines for Meals

#### Vegetables and fruits
- Min. 1/3 of all meals should consist of vegetables and/or fruits
- Remember the dark green vegetables

<table>
<thead>
<tr>
<th>Vegetables and/or fruits of different colours (4 of 5)</th>
<th>Legumes, fish, meat and egg</th>
<th>Cereals and potatoes</th>
<th>Fats, nuts and seeds</th>
<th>Dairy product and cheese</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vegetables and/or fruits of different colours (4 of 5)</td>
<td>Legumes (2 of 5)</td>
<td>Wholegrain products (least 4 of 5)</td>
<td>Vary with potatoes</td>
<td>Add nuts (2 of 5)</td>
</tr>
<tr>
<td>Fish (1 of 5)</td>
<td>Fish (1 of 5)</td>
<td>Plantbased oils or products of plantbased oils (3-4 of 5)</td>
<td>Add seeds (2 of 5)</td>
<td>Add fat (max 1 of 5)</td>
</tr>
<tr>
<td>Meat (1 of 5)</td>
<td>Meat (1 of 5)</td>
<td>Products with less or no wholegrain (max 1 of 5)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Dark green vegetables (1 of 5)</td>
<td>Egg or others (1 of 5)</td>
<td></td>
<td></td>
<td>Cheese (1-2 of 5)</td>
</tr>
</tbody>
</table>

---

### Water
- Offer water for all meals

### Tip
- Use leftovers – and avoid food waste
# Portion sizes in schools

**Lunch – prepared amounts (g per meal)**

<table>
<thead>
<tr>
<th></th>
<th>8 years</th>
<th>12 years</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Little portion/1600 kJ</td>
<td>Standard portion/2000 kJ</td>
</tr>
<tr>
<td><strong>Vegetables/fruits</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Warm lunch meal</td>
<td>Cold lunch meal</td>
</tr>
<tr>
<td></td>
<td>Sandwich*</td>
<td>Open sandwich</td>
</tr>
<tr>
<td><strong>Potatoes/rice/pasta or bread</strong></td>
<td>At least 100 g</td>
<td>At least 60 g</td>
</tr>
<tr>
<td></td>
<td>120-150 g</td>
<td>60-90 g</td>
</tr>
<tr>
<td><em><em>Legumes</em>-products</em>** or Fish or Meat or Egg**</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>At least 100 g</td>
<td>At least 60 g</td>
</tr>
<tr>
<td></td>
<td>30-60 g</td>
<td>15-40 g</td>
</tr>
<tr>
<td><strong>Vegetable oils and products or Solid fats, eg. butter</strong>****</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Warm lunch meal</td>
<td>Cold lunch meal</td>
</tr>
<tr>
<td></td>
<td>Sandwich*</td>
<td>Open sandwich</td>
</tr>
<tr>
<td></td>
<td>At least 100 g</td>
<td>At least 60 g</td>
</tr>
<tr>
<td></td>
<td>5-10 g</td>
<td>2-5 g</td>
</tr>
<tr>
<td><strong>Nuts</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Warm lunch meal</td>
<td>Cold lunch meal</td>
</tr>
<tr>
<td></td>
<td>Sandwich*</td>
<td>Open sandwich</td>
</tr>
<tr>
<td></td>
<td>At least 100 g</td>
<td>At least 60 g</td>
</tr>
<tr>
<td></td>
<td>5-10 g</td>
<td>2-5 g</td>
</tr>
<tr>
<td><strong>Seeds (incl. seeds in bread)</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Warm lunch meal</td>
<td>Cold lunch meal</td>
</tr>
<tr>
<td></td>
<td>Sandwich*</td>
<td>Open sandwich</td>
</tr>
<tr>
<td></td>
<td>At least 100 g</td>
<td>At least 60 g</td>
</tr>
<tr>
<td></td>
<td>5-10 g</td>
<td>2-5 g</td>
</tr>
<tr>
<td><strong>Cheese</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Warm lunch meal</td>
<td>Cold lunch meal</td>
</tr>
<tr>
<td></td>
<td>Sandwich*</td>
<td>Open sandwich</td>
</tr>
<tr>
<td></td>
<td>At least 100 g</td>
<td>At least 60 g</td>
</tr>
<tr>
<td></td>
<td>5-10 g</td>
<td>2-5 g</td>
</tr>
<tr>
<td><strong>Dairy products for cooking, eg. sauce, soups or dressing</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Warm lunch meal</td>
<td>Cold lunch meal</td>
</tr>
<tr>
<td></td>
<td>Sandwich*</td>
<td>Open sandwich</td>
</tr>
<tr>
<td></td>
<td>At least 100 g</td>
<td>At least 60 g</td>
</tr>
<tr>
<td></td>
<td>5-10 g</td>
<td>2-5 g</td>
</tr>
</tbody>
</table>

*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.
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 intakes
- Can shape dietary habits that are both health promoting and environmentally sustainable

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

patricia.eustachio.colombo@ki.se
@pateustachio

Acknowledgements
Prof. Liselotte Schäfer Elinder, KI
Dr. Alexandr Parlesak, KU
Dr. Emma Patterson, NFA/KI
Dr. Anna Karin Lindroos, NFA/GU
Reflections on healthy and sustainable diets

Agneta Hörnell, professor at Umeå University, Sweden
Member of EFAD’s Specialist Network for Food Service
Facts about Swedish school meals

• An integrated 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

Source: National Food Agency, Sweden
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
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.
The involvement of students and school staff in the design of the school meal system

Procurement and purchase of sustainable food, products and services

School meals are integrated within core pedagogical approaches

Evidence-based objectives for school foods in Sweden

Strategies, implementation, and follow-up of objectives

Competence levels about sustainable, nutritious and culinary food

Design of the meal environment

THE STUDENT

DIRECT IMPACT on the student

INDIRECT IMPACT on the student

The school meal system as a workshop for new sustainable solutions

Evidence-based objectives for school foods in Sweden
KEEP IN CONTACT!

Elin Sandström, Swedish Food Agency

elin.sandstrom@svl.se

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

Social media: #ettnyttrecept

Mission oriented innovation – a handbook from Vinnova
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

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)
WORK Package 7 - Public procurement of food in public institutions: a pilot EU approach

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

<table>
<thead>
<tr>
<th>Objective 1</th>
<th>To support the establishment of the intersectoral working group for the public procurement of foods in public institutions, in the participating MS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Objective 2</td>
<td>To increase the understanding, knowledge and skills regarding public procurement of food/food products in selected public institutions</td>
</tr>
<tr>
<td>Objective 3</td>
<td>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</td>
</tr>
<tr>
<td>Objective 4</td>
<td>To recommend further institutionalized implementation of the public procurement procedures for foods, based on quality standards, in EU MSs.</td>
</tr>
</tbody>
</table>
Intersectoral policies engaged in public food procurements in Slovenia

Ministry of Agriculture
- promotion of food from quality schemes (IK, Organic, PDO, PGI...)
- preference of domestic local producers, processors

Ministry of Development and Technology
- Horeca sector - access to data (Slovenia - European Gastronomy Region 2021)

Ministry of Education, Science and Sport
- Kindergartens, primary and secondary school kitchens
- digitization of all processes in education
- The catalog fills a gap in their system

Ministry of Environment
- Green public procurement regulation, use of other relevant eco schemes / certificates, energy sources, short distances

Ministry of Foreign Affairs
- transparent unified public procurement procedure in accordance with the Public Procurement Act and connection with the MPA portal and MPA applications

Court of Audit
- a simple overview of procedures to be controlled

Ministry of Health
- National Institute of Public Health (NIJZ)
- Healthy diet in public institutions; Influence on menus
- subsidies for school nutrition, Retirement homes

Chamber of Commerce and Industries, FPI
- access to data (Slovenia - European Gastronomy Region 2021)

Chamber of Agriculture and Forestry Cooperative Unions
- access to embassies for food products in protocol

Source: Chamber of Commerce and Industries, Slovenia

National food, nutrition and PA strategy 2016-2025
### Intersectoral work in Member States

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

<table>
<thead>
<tr>
<th>Included sectors</th>
<th>Most commonly engaged sectors</th>
<th>Some Member States also engaged</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>• Health sector</td>
<td>• Economic sector</td>
</tr>
<tr>
<td></td>
<td>• Educational sector</td>
<td>• Representatives of selected institutions</td>
</tr>
<tr>
<td></td>
<td>• Environmental sector</td>
<td>• University representatives</td>
</tr>
<tr>
<td></td>
<td>• Agricultural sector</td>
<td>• NGO's</td>
</tr>
<tr>
<td></td>
<td>• Social affairs sector</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Private sector</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Regional government (municipalities)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>• Procurement authority</td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Included sectors</th>
<th>Main benefits</th>
<th>Main challenges</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td><strong>Raising awareness</strong> of the importance of providing healthy food in public settings.</td>
<td>Finding »<strong>the right people</strong>« and lack of interest from other sectors (mainly ministries).</td>
</tr>
<tr>
<td></td>
<td>Participants <strong>became interested in being part of the inter-sectoral WG.</strong></td>
<td>Lots of participants faced difficulty in <strong>envisioning the possibilities for improving the quality of menus in public institutions</strong> due to unawareness of the operational potentials existing within the current legal framework.</td>
</tr>
<tr>
<td></td>
<td>Meetings helped <strong>to bring stakeholders together, to understand various challenges faced by different sectors and to establish joint cooperation.</strong></td>
<td>Facing <strong>challenges in involving local producers</strong> where highly centralized PFP.</td>
</tr>
</tbody>
</table>
Solution – **CATALOG OF FOODS** for public procurements

[www.katalogzivil.si](http://www.katalogzivil.si)

**DATA COLLECTION**
- Food product properties
  - Product data
  - Nutritional values
  - Ingredients
  - Allergens
  - Certificates

**DATA EVALUATION**
- Product categorization

**DATA USAGE**
- Procurement document

**DATA POTENTIAL**
- Transparency
- Monitoring
- Research
- Digital
- Health
- Environment (F2F)
- Local

Source: Chamber of Commerce and Industries, Slovenia
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
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
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
<table>
<thead>
<tr>
<th>Healthy public food procurement and service policy</th>
</tr>
</thead>
<tbody>
<tr>
<td>• With government funds, served/sold in any public setting</td>
</tr>
<tr>
<td>• Any foods, beverages, ingredients, meals or snacks covered by the policy</td>
</tr>
<tr>
<td>• Entire process of purchase, subsidy, provision, distribution, service and sale</td>
</tr>
</tbody>
</table>

- 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
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

Farrandc@who.int
THANK YOU FOR JOINING!
nikolai.pushkarev@epha.org