

European Public Health Nutrition Alliance (EPHNA)



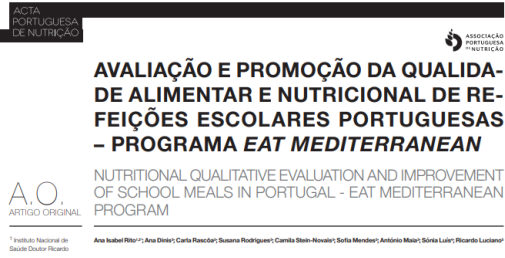


Overview of good practices regarding healthy school meals

EPHNA is combining the strength of the national partners by exchanging information, expertise and experiences of good practice (on changing behaviour and environment). In 2017 a working group about healthy school meals was started. The aim was to identify and list good practices from the different EPHNA partners regarding healthy school meals. We recently updated the list of good practices.

Country	Good practice	Contact person
The Netherlands	Guidelines for Healthier Canteens	degezondeschoolkantine@voedingscentrum.nl
Bulgaria	<ul style="list-style-type: none"> - ORDINANCE on healthy nutrition of schoolchildren (Issued by the Ministry of Health SG. No. 63 of August 7, 2009). https://lex.bg/bg/laws/ldoc/2135642509 - ORDINANCE on healthy nutrition of children aged 3 to 7 in kindergartens (Issued by the Ministry of Health SG, no. 65 from 23.08.2011, ed. and add., SG no. 87 of November 5, 2019) https://www.lex.bg/laws/ldoc/2135747350 - ORDINANCE for healthy nutrition of children aged 0 to 3 years in kindergartens and children's kitchens (Issued by the Minister of Health, SG, no. 28 of 19.03.2013). https://www.lex.bg/laws/ldoc/2135843077 - National Reference Values for Energy and Nutrients (2005, revised 2018). 	v.duleva@ncpha.government.bg

	<p>https://www.lex.bg/bg/laws/ldoc/2137180663</p> <ul style="list-style-type: none"> - National Ordinance on the specific requirements for safety and quality of foods offered in children's institutions, school canteens and retail outlets at the premises of schools and children's institutions, as well as to foods offered at organized events for children and schoolchildren (2011 revised 2021) https://www.lex.bg/bg/laws/ldoc/2137209424 - The National Strategy for Implementation of a Scheme for the Supply of Fruits, Vegetables, Milk and Dairy Products in Kindergartens, Schools and Centers for Special Educational Support in the Republic of Bulgaria https://www.mzh.government.bg/media/filer_public/2020/10/16/natsionalna_strategiia_za_prilaganeto_na_skhema_za_predlagane_na_plodove_zelenchutsi_mliako_i_mlechni_produkti.pdf - ORDINANCE on the terms and conditions for the implementation of schemes for the provision of fruits and vegetables and milk and dairy products in educational institutions - "School Fruit" Scheme and "School Milk" Scheme, Adopted by the Council of Ministers № 251 of 27.09.2016, last revision 2021 https://www.mzh.government.bg/media/filer_public/2020/06/24/naredba_za_usloviata_i_reda_za_prilagane_na_skhemi_za_predostaviane_na_plodove_i_zelenchutsi_uchilishchni_skhemi_Nrgftos.pdf - art. 13 from ORDINANCE on the financing of the institutions in the system of preschool and school education, Adopted by Council of Ministers № 219 dated 05.09.2017 (last rev. 2021) -regulates the funds from the state budget for supporting the nutrition of children in compulsory preschool education and students from I to IV grade in state and municipal kindergartens, schools and centers for special educational support. https://www.lex.bg/bg/laws/ldoc/2137177162 	
Belgium	<p>Guide for schools regarding healthy and environmentally responsible school meals</p> <p>“Oog voor lekkers” project (during 10 or 20 weeks one portion of fruit/vegetables and/or one portion of milk per student is refunded for primary schools)</p> <p>Snack&Chill project (project that offers one portion of fruit or vegetables at a lower price and in an attractive way for students in secondary schools, strongly based in student participation)</p>	Jolien.plaete@gezondleven.be

Sweden	School meals as a recipe to transform food systems - YouTube	Elin.Sandstrom@slv.se
Czech Republic	Healthy School Canteen project Competition for the best school lunch Studies of nutritional quality of school meals	dofkova@chpr.szu.cz Centre for Public Health Promotion, National Institute of Public Health, CPVZ@szu.cz jruprich@chpr.szu.cz , Centre for Health, Nutrition and Food, National Institute of Public Health
Finland	The Finnish School meal system: School meals for all. School feeding: investment in effective learning – Case Finland Recommendations for primary school meals Food recommendations for vocational institutions and general upper secondary schools, 2019 Some of the most important school meal and food education projects: Tasty School – Food Education for Primary Schools (in Finnish: Maistuva koulu) Balanced school lunch and smart snacks School dining today and tomorrow (In Finnish: Kattava koululounas ja välkyt välipalat) The Policy Brief: The school meals of the future. Stronger cooperation and equal access to snacks. Working group on the development programme for school meals, school meals 2.0	Arja.Lyytikainen@ruokavirasto.fi

	School Meals 2030 - How to Halve the Climate Impact https://www.aka.fi/globalassets/3-stn/1-strateginen-tutkimus/tiedon-kayttajalle/politiikkasuositukset/politiikkasuositukset/21_03_school_meals_2030.pdf	
Portugal	<p>School base intervention on the improvement of school meals overall quality and salt reduction strategies</p>  <p>AVALIAÇÃO E PROMOÇÃO DA QUALIDADE ALIMENTAR E NUTRICIONAL DE REFEIÇÕES ESCOLARES PORTUGUESAS – PROGRAMA EAT MEDITERRANEAN</p> <p>NUTRITIONAL QUALITATIVE EVALUATION AND IMPROVEMENT OF SCHOOL MEALS IN PORTUGAL - EAT MEDITERRANEAN PROGRAM</p> <p>ARTIGO ORIGINAL</p> <p><small>1 Instituto Nacional de Saúde Doutor Ricardo Ana Isabel Rito^{1,2,*}, Ana Dinis¹, Carla Rascóia¹, Susana Rodrigues¹, Camilla Stein-Nowell¹, Sofia Mendes¹, António Mui¹, Sónia Lúcio¹, Ricardo Lúcio¹</small></p>   <p>Article Salt Reduction Strategies in Portuguese School Meals, from Pre-School to Secondary Education—The Eat Mediterranean Program</p> <p>Ana Isabel Rito ^{1,2,*}, Sofia Mendes ^{2,3}, Mariana Santos ^{1,3}, Francisco Goiana-da-Silva ⁴, Francesco Paolo Cappuccio ⁵, Stephen Whiting ⁶, Ana Dinis ⁷, Carla Rascóia ⁷, Isabel Castanheira ¹, Ara Darzi ⁴ and João Breda ⁶</p>	arito@ceidss.com
Germany	DGE-quality standard for Meals in Schools	klein@dge.de
Denmark	<p>Dietary Guidelines for Meals in schools – good for health and climate (in Danish: Kostråd til Måltider i skoler – godt for sundhed og klima)</p> <p>https://altomkost.dk/kostraad-til-maaltider/kostraad-til-maaltider-i-skoler-og-kantiner/ (in Danish)</p>	<p>Iben Humble Kristensen IBKR@fvst.dk Danish Veterinary and Food Administration</p>
Italy	Tools to improve the children’s willingness to taste and eat fruit and vegetables	laura.gennaro@crea.gov.it
Poland	<ul style="list-style-type: none"> Regulation of the Minister of Health from 1th of august 2016 on groups of foodstuffs intended for sale to children and adolescents in education system units and the requirements to be met by foodstuffs used as part of mass nutrition of children and adolescents in these units, Journal of Laws of Poland (2016): 1154 	awozniak@pzh.gov.pl

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| | <ul style="list-style-type: none">• “Program for Schools”
Polish documents, among others:<ul style="list-style-type: none">- National strategy for the implementation in Poland of the Program for schools in the school years 2017 / 2018-2022 / 2023.- Regulation of the Minister of Education from 31th of august 2017 on the detailed manner of implementing educational accompanying measures in schools, which contribute to the proper implementation of the school program and promote healthy eating habits among children, Journal of Laws of Poland (2020): 1302Program for Schools is realized by the National Support Center for Agriculture (founded by the European Union and the national budget). In schools participating in the program, students receive free vegetables, fruit and milk. There are also numerous educational activities for children, parents and teachers (scenarios of educational activities, educational films, guides, brochures are available)
https://www.programdlaszkol.org/• The National Center for Nutritional Education (as part of the National Health Program founded by the Ministry of Health) realized by the National Institute of Public Health National Institute of Hygiene – National Research Institute in Poland: various educational activities for schools, parents children, among others a series of educational articles about healthy meals in schools and e-book: “School lunches - 60 proposals of balanced lunch sets”, Wolnicka K. et al., NIPH-NIH-NRI Warsaw 2020 (in Polish)
https://ncez.pzh.gov.pl/ | |
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