

The background of the entire page is a repeating pattern of small, light-colored icons. These icons include various food items like fruits (apple, banana, pineapple), vegetables (broccoli, carrot), and kitchen tools (fork, knife, spoon). There are also icons representing people (chef's hat, person) and abstract symbols like a globe and a leaf.

FOOD EDUCATION MICRO-GOOD PRACTICES

BioCanteens

MICRO-GOOD PRACTICES AS ENTRY POINTS

- The BioCanteens Good Practice includes many tiny practical steps that we call '**micro-good practices**'. Those micro-good practices are "starters": small actions that can be easily and independently implemented, starters to begin the transfer process, quick-wins to engage change in stakeholder practices...
- This booklet presents a selection of **31 Food Education Micro-good practices** collected from the various practices of the 7 BioCanteens city partners: Mouans-Sartoux, Pays des Conduses, Rosignano Marittimo, Torres Vedras, Trikala, Troyan and Vaslui.
- Each of practice is presented through pictures and tagline for quick browsing and detailed description to support implementation.
- They are organized from the lightest micro-good practices you can implement right away to more structured and regular activities requiring more time, infrastructures and investment.
- You'll find first "**Food and training games**" such as tasting exercises and food discovering activities easy and quick to organise. Then you'll have a selection of "**Activities around the canteen**" introducing healthy snacks, meeting kitchen staff, organising awareness raising events... The next batch of Micro-good practices focusses the "**Canteen as proper food school**" with gardening, cooking and behaviour changing activities. Finally, the last batch "**Beyond the school**" indicates food and health actions targeting the involvement of the parents and the change of domestic habits.

FOR CITY ELECTED REPRESENTATIVES AND DECISION MAKERS

- Food practices and behaviours are one of the main challenge to **secure citizen's health, reduce carbon emission and ensure sustainable transition.**
- Canteens are potential “**food schools**” which is to say occasions to **educate pupils on a range of basic skills** from being able to grow their own food, to store and cook it respecting health, to prepare and enjoy it together.
- Through the children, food education at school will reach families, change consumption and **raise more responsible, sustainable and healthy citizens.**
- Children are actual not the only targets of such food education micro-good practices, as many of them also **aim at directly raising parents' awareness.**
- Good organic and quality food in school canteens will **only be noticed** and understood **if it is properly explained, integrated through training** to form long lasting eating habits.
- Education activities to sustainable food are essential levers to achieving **sustainable school canteens** as well as **local food systems** more generally. The switch to more **sustainable eating and consumption habits** by children, their families and citizens in general will never be achieved without providing them **the possibility to make informed choices and decisions.**

FOR CANTEENS EDUCATION STAFF AND SCHOOLS TEACHERS...

- This catalogue of food education activities is meant to be a **source of inspiration** for engaging children and their families in **adopting more healthy and sustainable food practices**.
- The “**Food and training games**” are quick and light exercises that could be organized with low effort and no disturb of the school process. They are **good starters** to introduce food education to pupils, raise colleagues awareness, engage canteen staff.
- “**Activities around the canteen**” are the next step: they require more engagement from the institution but still limited to **reachable side activities**, occasional events, peripheral to meals.
- “**Canteen as proper food school**” regards more **mature contexts, already engaged in sustainable** and healthy approaches dedicating budgets, infrastructures and time to develop the topic.
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- Finally “**Beyond the school**” suggests actions following-up with the previous ones in order to **reach out families and consolidate the actions conducted at school**.
- Enjoy this first collection of food educations practices and feed it with your own !!!



FOOD & TRAINING GAMES

THE FOOD PYRAMID

The pyramid visualization with Duplo
For kindergarden children





THE FOOD PYRAMID in a nutshell:

- Explanation of the food pyramid by the animator.
- Then, the children reconstitute themselves the food pyramid, with colorful duplo representing each food category (water, fruits and vegetables, starchy, proteins, fats, sugars)
- If a food category is removed, the pyramid is no longer in balance,
- At the end of the animation, the children classify the foods by category and place them on the pyramid

Context, Goals and benefits:

- Animation suitable for children in kindergarden through the use of "Duplo" playfulness, appropriate language
- Visualize the importance of a varied and balanced diet and the importance of vegetables in the plate (in terms of presence and quantity)

Tips, advice and warnings:

- Animation should be fun and not too long as it is for young children
-













TASTING ACTIVITIES

Sensory activities to explore taste and smell





Draw or stick a happy face beneath the foods you liked.
Draw or stick a sad face beneath the foods you disliked.

 apple <input type="checkbox"/>	 watermelon <input type="checkbox"/>	 banana <input type="checkbox"/>
 grapes <input type="checkbox"/>	 lemon <input type="checkbox"/>	 orange <input type="checkbox"/>
 pineapple <input type="checkbox"/>	 pear <input type="checkbox"/>	 peach <input type="checkbox"/>
 plum <input type="checkbox"/>	 kiwi <input type="checkbox"/>	 strawberry <input type="checkbox"/>

The kids are blindfolded and ready to initiate their sensory experiment

The kids are asked to mark what they find tasty

TASTING ACTIVITIES in a nutshell:

- Several educators are present during the activity,
- The kids are blindfolded and the fruits/vegetables are given to them
- They need to say out-load what they have tried
- Afterwards, they are asked to fill in the sheet with like/dislike

Context, goals and benefits:

- Direct feedbacks from children on what they like and dislike is really useful to adapt menus and food quantities
- Enhancing children's awareness and knowledge towards food and food taste.

Tips, advice and warnings :

- Need for constant dialogue with kitchen staff on menus, products used, and to circulate feedback from children.

TASTING ACTIVITIES

Kids are invited to try some new products they are not always familiar with





TASTING ACTIVITIES in a nutshell:

- 3-4 times a year, kids are invited to try out new products (or new sort of products) they are not always familiar with.
- These are mostly products they already know (cheese, honey, marmelade...), but from different sorts.

Context, goals and benefits:

- It allows them to discover new products and new tastes.
- Their feedbacks can help canteen staff to adapt the menus (and introduce new products).
- It reminds children the importance of balanced food and of the consumption of some products (e.g. fruits).
- These activities are also used to tell the kids about nutrition, production methods, origin of the product...

Tips, advice and warnings :

- These sessions are organised by the educators. Sometimes some external producers are invited (e.g. honey producer). The external producers sensibilise kids to their production mode.
 - Animations related to the tasting can be organised by facilitators and/or teachers.
 - Some external fundings can be found for some type of food (e.g. european programm for fruits or dairy products).
-

TASTING WATER

Taste different water brands and tap water





TASTING WATER in a nutshell:

- Identify prejudices with children about tap water
- Blind tasting and comparison of tastes by giving a qualifier to each water tasted (salty, bitter, not good, ...)
- After tasting, children realize that tap water often suits them better than branded water
- The animation continues with the reading of the labels of different drinks (orange juice, soft drinks, multi-vitamin drinks, ...) and visualization of their sugar content

Context, Goals and benefits:

- Animation set up following the installation of a water fountain in the school
- After reading labels on drinks, kids went spontaneously seek their snacks in their briefcase to read labels with animators

Tips, advice and warnings:

- The school received a grant to purchase gourd for each student. The gourd stays at school
 - The animation as set up is for children aged 10-12 but could be adapted to younger children
 - Do not ask children to pick up their snacks and own drinks in their briefcase so as not to be in judgment. Let them do it if they want
-

NUTRITIONAL TRAINING ACTIVITIES

On 1st June – National Children’s Day, we organized nutritional activities for the kids of the town





These activities gather children, parents and relatives.

NUTRITIONAL TRAINING ACTIVITIES in a nutshell:

- Planned and organized activities with educators and animators for kids.
- Different location and activities included.
- Children are happy to wear fruits and vegetables costume and to have drawings on their faces. The atmosphere is leading them to spread love of healthy feeding.

Context, goals and benefits:

- All the kindergartens in the city and the suburbs organize their children in a way of presenting how good and healthy are the vegetables and the fruits.
Singing songs and recited poems about being healthy.

Tips, advice and warnings:

- Next time we may organize such activity in order to promote dairy products and how good they are for children.
-

MONITORIZATION OF HEALTHY SNACKS

Insert here a one liner describing the Food Education Micro-Good Practices (not more than 200 characters)





Insert a short words caption

Monitorization of healthy snacks in a nutshell:

- Snacks are provided daily by parents. It is very common that these snacks are not healthy, providing pupils high quantities of sugars and saturated fat. The monitorization of these allow to sensibilize children for ask their parents to send to school healthy ones, provided with fresh products, like fruits and dairy products.

Context, goals and benefits:

- The benefits are to increase knowledge to the youngest so they can ask at home for more healthy snacks, increasing, though, the quantity of more nutritional quality food.

Tips, advice and warnings:

- Tip: To play simple games around healthy food with pupils
 - Warning: Parents are hard to reach. Sometimes, in spite of children to ask for alternative snacks, parents still miss on the provision of these more healthy meals
 - Advice: to repeat this informations more than one time during school year. Include teachers on this task
-

DISCOVERING VEGETABLES

Make the link between ground vegetables and vegetables in all its forms





DISCOVERING VEGETABLES in a nutshell:

- Blindfolded, children use their different senses to identify a vegetable: feel it, touch it but not yet taste it
- Then the vegetable is presented to children in its different forms: photo of the vegetable on the field, the vegetable on the stall and thinly sliced. Children reconstitute "families"
- Finally the children taste the vegetables

Context, Goals and benefits:

- Taste education and discovery of raw vegetables
- The context of the animation makes that children want to taste while it is not always the case when the vegetable is in the canteen

Tips, advice and warnings:

- The animation is for kindergarden children.
 - Playful aspect, discover blindfolded, eat vegetables with your hands,
 - It's a challenge for children to recognize vegetables and they are at play
 - Plan enough vegetables because the children are asking for more!
-



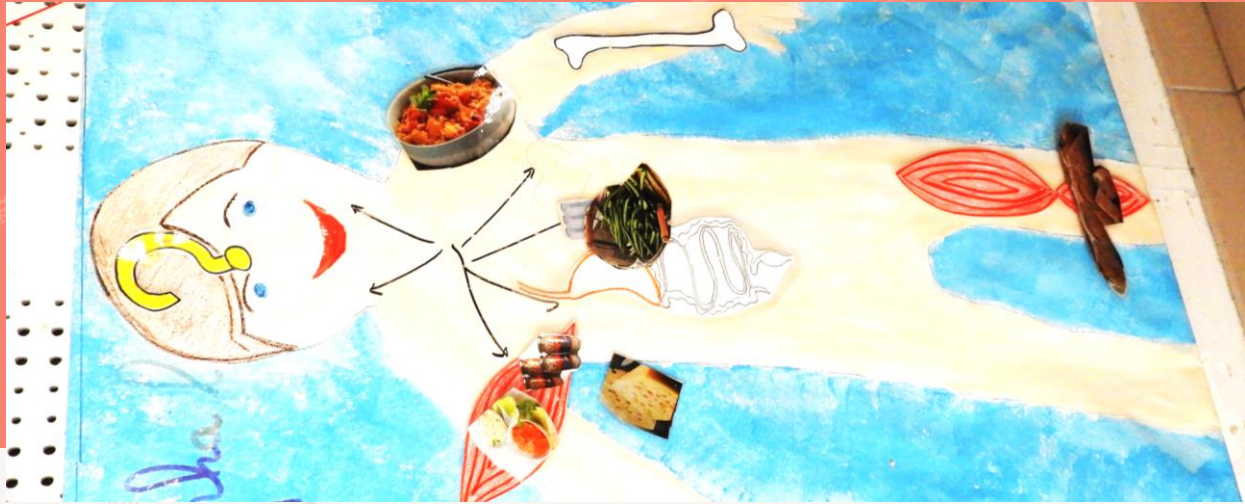
ACTIVITIES

AROUND THE CANTEEN

PRESENTATION OF MEALS TO THE KIDS

Canteen facilitators present the meals to the youngest children to raise their awareness about their meals





Here is Mr. Raphaël

PRESENTATION OF MEALS TO THE KIDS in a nutshell:

- Educators present the meals to the youngest children (mostly elementary school pupils).
- Help of Mr Raphaël, an educational tool which enables children to learn about the nutrients contained in food and their effects. Right after lunch, with the help of stickers, children sort the different types of products they ate (meat, cereals, fat, fruits & vegetables...) and pin them on a character. The stickers are pinned according to the benefits of the products for the body (fish or dairy products on bones because it helps bones growth, vegetables on the bowel because their fibers favor intestinal transit...).

Context, goals and benefits:

- Educators use some playful activities, such as riddles, to raise kids attentiveness.
- When the products are transformed, educators show them the raw product so that kids know where their food comes from.
- They also explain about the nutritional intakes, and why they are important for health (Mr Raphaël). It also showcases the importance of balanced meals for health.

Tips, advice and warnings:

- Older pupils (primary school ones) are not necessarily demanding for the presentation of meals. If so, they are either looking at the menu or asking the educators or canteen staff about the meals and its components.
- Need to adapt the presentation to the audience (young children).
- Need for trained educators (with nutritional knowledge).
- The activity needs to be playful so that kids don't get bored when they repeat it.

THEMATIC LUNCH

Thematic lunches are organised on a regular basis, to sensibilise children to other types of food





THEMATIC LUNCH in a nutshell:

- Thematic lunches are organised before each holydays (4 times a year).
- Those lunches have some specific meals, with regional, seasonal or traditional recipes (Breton lunch, Mexican lunch, Halloween lunch...).
- Animations in relation with the theme of the lunch are offered to the kids during lunch but also during several days (e.g. during the post school activities).
- Children help to the preparation of thematic lunches (e.g. by preparing some decoration for the refectory).

Context, goals and benefits:

- Children discover new tastes and recipes.
- Those animations are a way to discover about some specific countries/regions and their culture/history (with complementary animations) and of course food (with typical recipes).

Tips, advice and warnings :

- Need for coordination between the canteens and animation staffs. These lunches have to be planned in advance so that all parties have time to prepare.
- It is important to offer regular changes in the themes, so that the kids don't get bored (except for some special events such as the christmas lunch).

GASTRONOMICAL CULTURE AT SCHOOL

The « to know what I eat » is a pilot project. It consists of to import the gastronomical culture to the schools.



Aliança contra a Fome
e a Má-nutrição Portugal



GASTRONOMICAL CULTURE AT SCHOOL in a nutshell:

- The « To know what I eat » is a pilot project that is being tested in Torres Vedras, by the managers of the project. Basically, it consists of to import the gastronomical culture to the schools, with some special lunches during the school period

Context, goals and benefits:

- To bring again some of the typical gastronomic menus that became « lost » through the years
- To sensibilise the pupils about traditional food and educate them to taste this kind of meals

Tips, advice and warnings :

- Traditional menus are chosen taking account of the specific rural/coast areas, cause each one has their own cultural gastronomy, in spite of all of them belong to Torres Vedras region. For example, the interior rural areas prefer protein vegetables and meat instead of fish, contrarily to the coastline areas.
-

« EAT HEALTHY TO GROW HEALTHY »

The international healthy alimentation day (16th October) is celebrated in kindergardens with the help of public institutions





« EAT HEALTHY TO GROW HEALTHY » in a nutshell:

- Each year, almost 130 countries from all over the world celebrate the international healthy alimentation day.
- The event is well marked in our kindergartens with the help of specialists from Agriculture department Vaslui

Context, goals and benefits:

- It is a good occasion to bring the parents at the kindergarten and to teach them along with their kids all the details they need to know about healthy alimentation, and what types of food to avoid.

Tips, advice and warnings :

- Classical visual and sensing methods like food piramyd should be used for good impact
-

STUDY VISITS TO LOCAL MARKET AND TO ORGANIC FARMS

To allow the contact of the youngest with
professional food producers and sellers





STUDY VISITS TO LOCAL MARKET AND TO ORGANIC FARMS in a nutshell:

- Consist of the realization of study visits to organic farms of Torres Vedras region, and also to the city local market.

Context, goals and benefits:

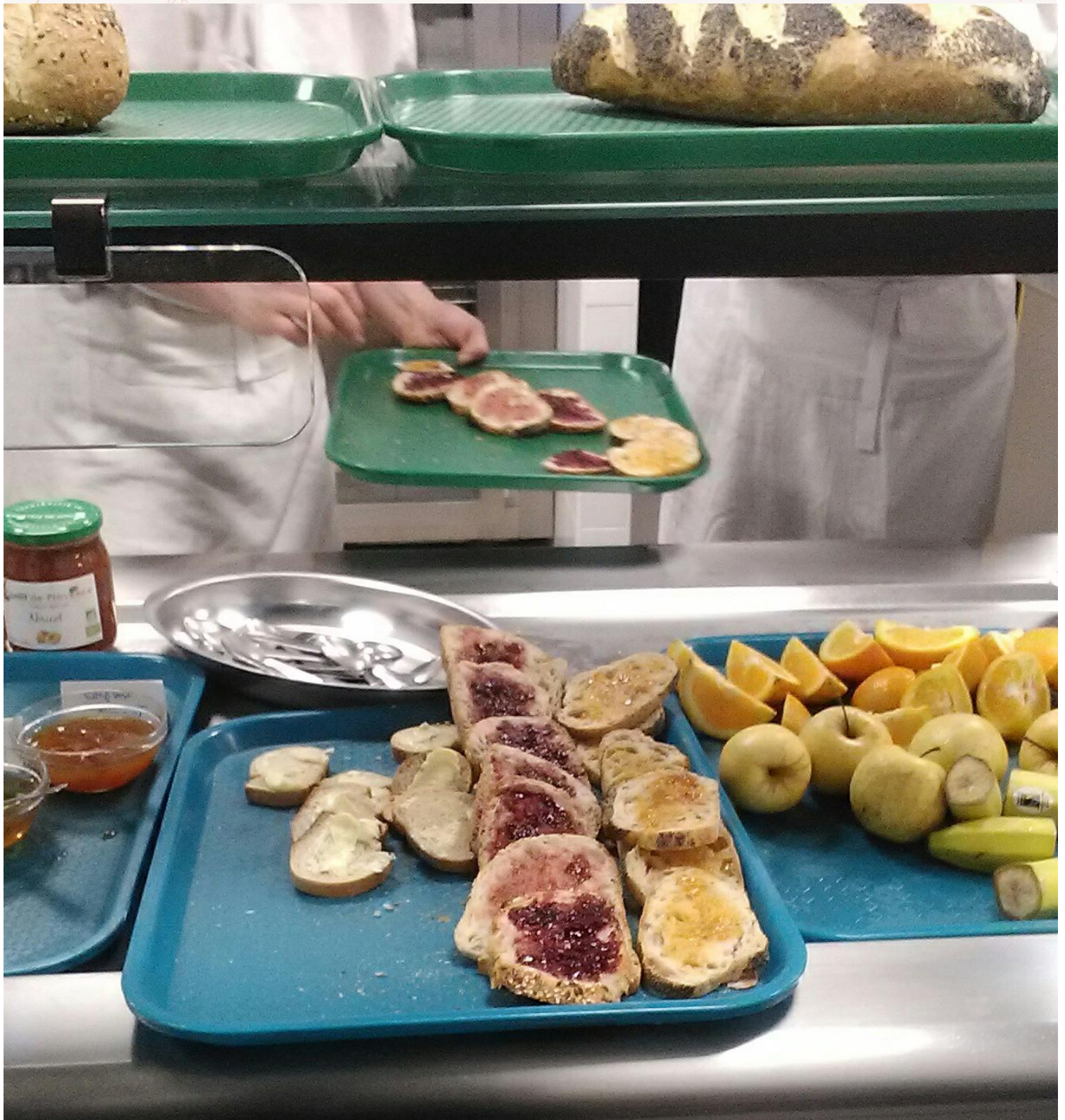
- During the visits several practical actions are developed to allow experiences: on the farms activities related to the land like sowing, harvesting, local identification, ... ; on the market they have the opportunity to identify products and ask anything they want to the sellers
- The main goal is to sensibilise about healthy food and organic farming techniques

Tips, advice and warnings :

- To organise a program with activities for the study visits, with alternative ones in case of bad weather conditions for the farms
-

BREAKFAST AT SCHOOL

Once a year, a well-balanced breakfast is served to all kids in Mouans Sartoux's schools.





BREAKFAST AT SCHOOL in a nutshell:

- Once a year kids are invited to take breakfast at school.
- The breakfast is prepared by the cooking teams.

Context, goals and benefits:

- This activity has an educational purpose as it shows the kids an example of a balanced breakfast.
- As not all kids take a breakfast at home, this can sensibilise them to the importance of this meal.

Tips, advice and warnings :

- Some external fundings can be provided (ministeries, EU...).
 - Need for staff to be present on different times than usual (cooking teams have to come earlier than usual).
 - The breakfast can be accompanied by educational actions to sensibilise children to the importance of breakfast and of the 3 meals each day.
-

SNACKS BETWEEN MEALS

The food program in our kindergarden consists of breakfast, lunch and two strategic fruit snacks





SNACKS BETWEEN MEALS in a nutshell:

- In our kindergartens and our nurseries, the kids receive breakfast in the morning, a snack between breakfast and lunch, and an other snack after they wake up, just before their parents come and take them back home.
- The snacks are fruits, depending on the season.

Context, goals and benefits:

- There is a strategy in between, as one of our kindergartens manager explains, they try to avoid food waste and to make sure the kids are eating the fruits entirely. The idea is to « delay » « the dessert » after the meals because in many cases, the children are saturated by the consistent breakfast or lunch, and the probability to refuse a fruit right after is high. By giving the fruits after 2-3 hours, the success rate is guaranteed!

Tips, advice and warnings :

- Of course, to use seasonal products if possible
-

SNACK AT SCHOOL

Provide the children a healthy and balanced snack in mid morning to avoid the use of junk food. Children who have a good snack arrive at lunch with more appetite (already implemented)





SNACK AT SCHOOL in a nutshell:

- In the nursery and kindergartens in mid-morning a snack is served.
- The snack can be: fresh fruit, bread with oil or jam or dry biscuits.

Context, goals and benefits:

- Children learn the importance of a healthy snack for good nutrition.
- A healthy snack allows children to have more appetite for lunch.
- Reduce junk food consumption.
- All children eat the same snack.

Tips, advice and warnings :

- To involve families and contractors in snack planning.
 - Use seasonal food if possible
 - Integrate fun activities during the snack (stories, songs, etc.)
-

FOODS PROGRAM IN SCHOOLS AND KINDERGARDENS

« Bread and milk for each kid » a national program started by the Romanian Government in 2002, and improved in 2010 by « Apples in School » based on the same principles





FOODS PROGRAM IN SCHOOLS AND KINDERGARDENS in a nutshell:

- « Bread and milk » is a programme introduced in schools and kindergartens in 2002, with an estimated 2 million beneficiaries each year
- In 2010 the government created a similar programme addressed to primary schools by giving free fresh fruits daily for a period of 100 school days each year, starting November and ending in March

Context, goals and benefits:

- The programme of encouraging fruit consumption in schools is a part of an european project, and it is financed 75% from european funds
- Benefits are clear, especially for healthy food education of kids
- It also supports local producers to sell their harvest

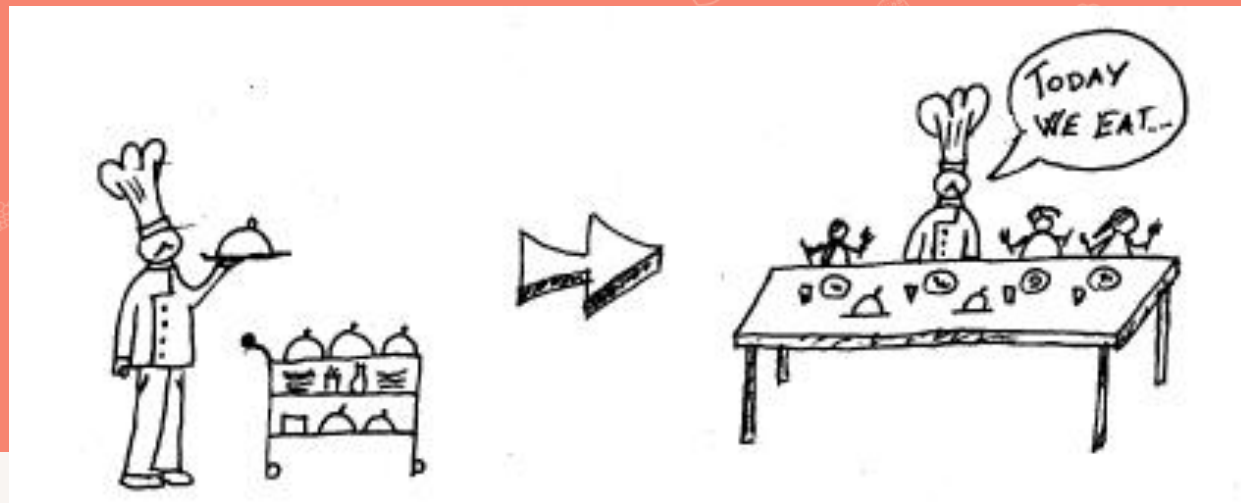
Tips, advice and warnings :

- Use local fruits that can be stored during winter (like apples)
-

LUNCH WITH THE COOK

The cook takes part in the lunch and describe the meal with the support of teachers and educators. This practice builds trust between kids and cooks and volve the cooks. (Already implemented)





LUNCH WITH THE COOK in a nutshell:

- In the schools the cook delivers the meal and takes part in the lunch, describes the meal with the support of the teachers.
- The cook takes part in the meetings with parents to evaluate requests of special diets for healthy or cultural reasons.
- The cook joins in meetings of the canteen commission with teachers and municipal employees.

Context, goals and benefits:

- This practice is an opportunity to build trust between kids and cooks.
- Increases the consumption of meals that are usually less consumed.
- Gives importance to the role of the cook.
- The parents learn to trust the cook.

Tips, advice and warnings:

- If possible, the staff of the kitchens supports these activities with fun activities like telling stories or singing songs, etc.
-

LUNCH WITH THE COOK

The main chief visits the kindergarden, talks to the kids and discusses nutritional habits





The chef meets the kids and talks about the menu. The kids will tell at home about their healthy menus.

LUNCH WITH THE COOK in a nutshell:

- The main chef accompanies the kids while having lunch.
- She explains what the lunch menu contains, how the products arrive at the kitchen and why it is important to consume those products.
- Then she receives some feedback and comments on the lunch and if applicable some changes are being done.
- Communication with kids is really essential. That way they feel important and worthy, that they matter and their opinion will be heard.

Context, goals and benefits:

- We are organizing a schedule where every kindergarten will be visited in rotation. This is how the visits will be about 5 months apart and we will ask children what has changed during that time.

Tips, advice and warnings:

- We are asking children what are the healthiest products and dishes that they know about. What is their favorite menu of the day? We are promising to prepare something that they love and that is healthy for them.
-

GARDENING INITIATION

Pedagogical gardens are created in the schools to raise children's awareness to food production.





GARDENING INITIATION in a nutshell:

- Gardens are created in the schools, so that the children can easily access them.
- Educators are teaching them about gardening, plant growth and seasonality of the fruits and vegetables.

Context, goals and benefits:

- While coming regularly, children can learn how are the plants growing and follow the cycles of nature throughout the year.
- It is a practical and concrete way to explain the kids about the seasonality of the products.

Tips, advice and warnings :

- Need for a dedicated area close to the school (to facilitate kids transport).
 - Need for trained educators that have knowledges in gardening.
 - Someone needs to care about the garden when no activities are organised (holydays, summer break).
-

SHOWCOOKING FOR THE STUDENTS

Showcooking actions to students about how to cook healthy meals with food leftovers to combat food waste





SHOWCOOKING FOR THE STUDENTS in a nutshell:

- To sensibilise pupils about how to cook tasty and healthy meals, through food leftovers to avoid food waste
- To teach children on to cook alternative healthy meals
- The recipes are sent home to parents

Context, goals and benefits:

- Family approaching into school
- Improvement of the eating habits of the school population and their families
- Combat to food waste at home
- Promotion of food healthy habits

Tips, advice and warnings :

- Create simple recipes with no long time for preparation
 - Resistance on families to cook different menus using parts of food which may be most of the times considered as a food waste
-



CANTEEN AS PROPER FOOD SCHOOL

SCHOOL GARDENS

A garden for each school in order to improve children's knowledge of vegetables and increase their consumption.





From the collecting to the tasting : Cooking workshop with the children.: Preparation of the "Pesto alla Genovese"

SCHOOL GARDENS in a nutshell:

- Since January 2019, in each school a garden was created thanks to the work of cooks, teachers and children;
- Children with the support of teachers and cooks have planted vegetables and then have followed the whole growth process of the vegetables.
- The one time that the vegetables are ready, cooks and teachers organized cooking workshops, visits to the garden and sessions of taste the vegetables. Parents are also have been involved in some of these activities.
- The teachers organize workshops for children to learn about vegetables, their colours and smells.

Context, goals and benefits:

- Children know the vegetables.
- Increased consumption of vegetables during meals.
- Increase awareness of the importance of organic food.

Tips, advice and warnings :

- Involving kitchen staff.
- Involve, if possible, the parents and the no profit institutions in the creation of the garden and in the activities. (i.e. cooking sessions)
- Organize activities related to the gardens as kitchen workshops for children and families, product testing, etc.

SCHOOL GARDENS

Promotion of school gardens under organic farming principles





Raising kids' awareness about organic food production, Identification of cultures and seasonality

SCHOOL GARDENS in a nutshell:

- This program is for the development of school gardens under organic farming principles

Context, goals and benefits:

- Allows pupils' the direct contact with food production, giving them the knowledge about vegetables seasonality and production since sowing to harvesting
- Promotion of physical activity
- Promotion of healthy habits

Tips, advice and warnings :

- Technical support to the teachers and educators assistants about farming
 - To assist the vegetable gardens at several stages of development
 - To take in account who's the responsible for the materials and tools purchases
-

SUSTAINABLE FOOD CLASSES

Organisation of school classes on the pedagogical plot to offer some nature based educational programm.





SUSTAINABLE FOOD CLASSES in a

- Organising some classes in an way different from the nature than the usual classes.
- Raise the awareness of children about food through different activities connected to the food transformation (gardening, visits...).

Context, goals and benefits:

- Teachers integrate the activities into their annual pedagogical project.
- Children who are regularly connected to the evolution of the nature among the different appropriate the place.

Tips, advice and warnings :

- Need to have a strong partnership with the teachers. They need to be involved and to create connections with their pedagogical project.
- Have a welcoming place for the children (decorations, outdoors, shade...).
- Adapt to the rhythm of the kids : punctual classes for primary school pupils (one morning per month during the all year), 1 full week classes for elementary school pupils (once a year).

POST-SCHOOL ACTIVITIES (TAP)

After school, activities related to sustainable food are offered to the pupils





POST-SCHOOL ACTIVITIES in a nutshell:

- After school time (from 16.00 to 17.00) different activities are offered to the kids. Some of them are connected with sustainable food.
- Cooking, gardening, creation of recipe books, games about nutrition, creation of games, cultural events... are offered to voluntary kids.
- **Context, goals and benefits:**
- Educators can teach about sustainable food in a more recreational way than in class.
- Children particularly enjoy the activities, because they are practical and playful.
- It helps kids to develop some different skills such as creativity, cooking, gardening...
- **Tips, advice and warnings :**
- Need for a dedicated equipment for some activities (cooking and gardening in particular).
- Need for educators to be sensibilised to sustainable food (it can require some training).
- Some external providers can also be hired for some activities.
- The activities are not mandatory, and parents have to pay for them according to their income. Kids are mostly demanding for such activities.
- Children register for the all time of the activities (organised for 8-10 weeks periods).

Le P'tit Restau

Some children have the possibility to eat in a separate refectory which is managed like a restaurant



RESTAURANT
BIO RÉG'ALL



LE P'TIT RESTAU in a nutshell:

- Some kids are invited to eat in a separate refectory.
- This separate refectory is handled like a restaurant (reservation before lunch, table service, menu pinned on the wall, napkins ...).
- Some animations are also offered (music, blind lunch, thematic menus, birthday animations...).

Context, goals and benefits:

- Children can eat in a different environment than usual and enjoy their meal in another way.
- They can also eat together with friends from other classes (for organisational purposes, kids have to eat with their class).
- Kids have more time to eat than in the main refectory.

Tips, advice and warnings :

- Need for a separate room and for educators to be present.
 - Limited number of children taking part in the animation.
 - Educators need to innovate to find new activity ideas so that the kids don't get bored.
-

EDUCATIONAL SUPPORT FROM EDUCATORS DURING LUNCH

Canteen educators are present during lunch and play an important educational role in explaining them what they are eating and encouraging children to finish up their plates.





Active role of educators during lunch: educational role + collecting children's feedback

EDUCATIONAL SUPPORT FROM EDUCATORS DURING LUNCH in a nutshell:

- Several educators are present during children's lunch
- Their role is not limited to surveillance or service but they also have an educational role on food waste and content of the children's plate. Strong interaction with children.
- They teach children the rules and behaviours related to food waste : choosing a portion they can eat, ask for a second helping, how to sort out food waste ...).
- Educators also support and encourage children to discover/try out new ingredients, tastes and to give them explanations on the content of their plate (e.g. unusual vegetables, meatless meal...).

Context, goals and benefits:

- Direct feedbacks from children on what they like and dislike is really useful to adapt menus and food quantities.
- Enhancing children's responsibility and self-awareness towards food and food waste.
- Educators can build linkages between food distribution during lunches and extra-curricular activities dedicated to food.

Tips, advice and warnings :

- Need of dedicated training for educators: thematic knowledge on sustainable food and clarification of their role towards children
- Need of constant dialogue with kitchen staff on menus, products used, and to circulate feedback from children.

AWARENESS ACTIONS ABOUT ORGANIC FARMING/HEALTHY MEALS

Sensibilise about: 1/What is organic farming, its global impact and food quality. 2/The nutritional importance for health of consuming vegetables and fruits





AWARENESS ACTIONS ABOUT ORGANIC FARMING/HEALTHY MEALS

in a nutshell:

- This two types of actions allow to sensibilise students and teachers about:
- - What is organic farming, its global impact and food quality
- - The nutritional importance for the health of consuming cereals, vegetables and fruits

Context, goals and benefits:

- These two types of actions have the goal not only for pupils, but also for parents. We intend that the students can pass the information at home, not only on how to identify an organic product by its label, but also how to promote healthy snacks (prepared by parents) with cereals, vegetables and fruits for the children bring to school for the morning and afternoon

Tips, advice and warnings :

- Short groups, maximum of two classes for action
 - Important to show several images and one or two videos about the themes
 - Short time sessions, maximum half an hour
-



BEYOND SCHOOL

SEND RECIPES/MENUS TO PARENTS

Canteen recipes and menus are sent to the parents so they can follow up what their children are eating and have new ideas to cook at home.

Recette des poivrons rouges farcis au quinoa

Ingrédients (pour 6 personnes) :

- * 150 g de quinoa
- * 6 poivrons rouges
- * 2 gousses d'ail
- * 2 oignons
- * 1 bouquet de persil et/ou de basilic
- * 1 œuf
- * 150 à 200 g de gruyère ou de parmesan (ou les 2)
- * un peu d'huile d'olive
- * sel et poivre



Durée : 20 minutes de préparation et 30 minutes de cuisson

Etape 1 : Laver les poivrons, couper au niveau de la queue et enlever les graines.

Etape 2 : Faire cuire le quinoa dans de l'eau bouillante légèrement salée en suivant les instructions du sachet.

Etape 3 : Couper et hacher finement l'ail, les oignons, le persil, le basilic, ajouter l'œuf battu en omelette, puis le gruyère et/ou le parmesan. Tout mélanger pour obtenir une farce.

Etape 4 : Mélanger la farce avec le quinoa cuit et rajouter 1 ou 2 c. à soupe d'huile d'olive. Ensuite farcir les poivrons avec le mélange obtenu, puis les mettre dans une marmite ou une grosse casserole.

Etape 5 : Ajouter un peu d'huile d'olive dans le fond, et laisser cuire les poivrons. Laisser cuire pendant 30 minutes environ.

		Du 3 au 7	
lundi	mardi	mercredi	jeu
lentilles vertes* œufs brouillés au fromage poêlée de légumes de saison* yaourt nature, aux deux confitures	crudités de saison* rôti de dinde boulgour sauce tomate* brie fruit de saison	crudités de saison* rosbeef polenta* yaourt nature, miel ou sucre	crudités de saison* lasagnes vég aux légumes enmental fruit de
goûter : cracottes et fruit de saison	goûter : biscotte et confiture	goûter : pain et fromage	goûter : pain et
		Du 10 au 14	
lundi	mardi	mercredi	jeu
	crudités de saison* poisson sauce pain d'épices* frites* yaourt nature, aux deux confitures	salade de blés et céréales* omelette aux herbes* légumes de saison braisés brie fruit de saison	crudités de saison* couscous v aux légumes yaourt nature, au
	goûter : pain et fromage	goûter : pain et fruit de saison	goûter : gressins et
		Du 17 au 21	
lundi	mardi	mercredi	jeu
crudités de saison* terrine de poisson* pâtes au beurre	salade de pois chiches* omelette au fromage* poêlée de légumes de saison	crudités de saison* daube provençale pommes de terre	gaspa raviolis sauce à l

SEND RECIPES/MENUS TO PARENTS in a nutshell:

- Menus are sent to the parents at the end of the month (for the next month).
- Some recipes are also sent to the parents (1/ month). Those receipts are complementary to the children's lunch menus, so that parents can balance their menus.
- Menus are pinned on a school wall (so that kids can see them, but also parents when they come to school to pick their children up).

Context, goals and benefits:

- Parents are aware of the food their children are eating in the canteen.
- They can have some new ideas to cook healthy and seasonal meals at home, and reproduce the one their kids liked.
- This action is also important for the transparency of the cooking process.

Tips, advice and warnings :

- Some parents could question the presence or not of some types of food (e.g. food proteins replacing meat). Some further informations should also be provided when such important changes occur.

LUNCH WITH ME ON MY BIRTHDAY

Invitation to parents to accompany their children at school on their birthday



Caro Pai, Mãe e/ou Encarregado de Educação:

1) Queremos saber se você gosta da alimentação oferecida na escola e se gostaria de participar da comemoração de aniversário da família em um dia de aniversário ou outro dia especial.

2) Queremos saber se você gostaria de participar da comemoração de aniversário da família em um dia de aniversário ou outro dia especial, e se gostaria de participar da comemoração de aniversário da família em um dia de aniversário ou outro dia especial.

3) Queremos saber se você gostaria de participar da comemoração de aniversário da família em um dia de aniversário ou outro dia especial.

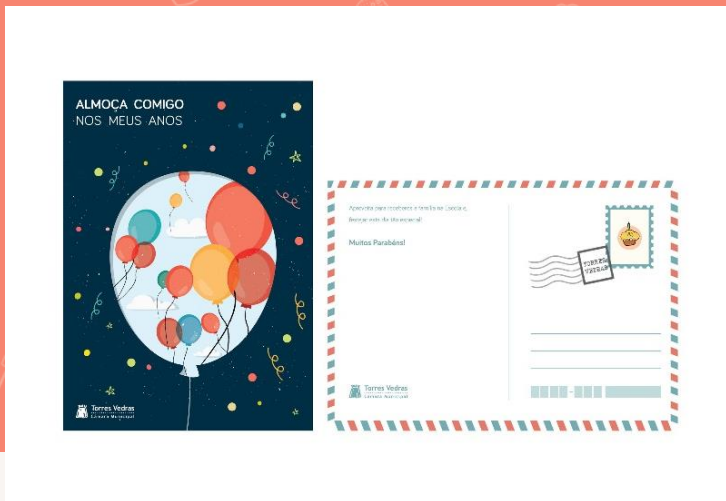
4) Queremos saber se você gostaria de participar da comemoração de aniversário da família em um dia de aniversário ou outro dia especial.

5) Queremos saber se você gostaria de participar da comemoração de aniversário da família em um dia de aniversário ou outro dia especial.

6) Queremos saber se você gostaria de participar da comemoração de aniversário da família em um dia de aniversário ou outro dia especial.

7) Queremos saber se você gostaria de participar da comemoração de aniversário da família em um dia de aniversário ou outro dia especial.

8) Queremos saber se você gostaria de participar da comemoração de aniversário da família em um dia de aniversário ou outro dia especial.



Parents approach to the school meals/Birthday, special day

LUNCH WITH ME ON MY BIRTHDAY in a nutshell:

- Invitation to parents to accompany their children at school on their birthday

Context, goals and benefits:

- Family approaching into school
- Evaluation of the meals by the family's children on their birthday, allowing the municipality to be in contact with the family's opinions
- Improvement of the eating habits of the school population and their families

Tips, advice and warnings :

- Creation of a postcard as an inquiry of the school meals, with possibility for suggestions
- Communication of the results on the education portal of MTV
- Improvement on communication

SCIENCE AGAINST REALITY!

A series of presentations to primary schools regarding healthy food and its relevant products to be offered by school canteen kiosks has already begun from the Department of Dietetics & Nutrition, University of Thessaly





Reality vs Science...

SCIENCE AGAINST REALITY! in a nutshell:

- A series of presentations to primary schools regarding healthy food and the relevant products to be sold through school canteen kiosks have begun from the Department of Dietetics & Nutrition, University of Thessaly

Context, goals and benefits:

- The representative of the Department Mrs Popi Georgakouli analysed the nutritional value of the products that canteen kiosks sell and how they could be replaced with more healthy local products, by providing an extensive list of products similar to those already on sell.

Tips, advice and warnings :

- So far, this presentations are limited to a couple of primary schools and it should be spread to other schools as well within Trikala. However they are combined with the public procurement for the rental of the 6th primary school's canteen kiosk and which includes the list of healthy and local products that should be offered to students
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FAMILIES FOR POSITIVE EATING CHALLENGE

Organisation of workshops, visits, coachings to increase the consumption of organic and local products without increasing food expenses of volunteer families.



FAMILIES FOR POSITIVE EATING CHALLENGE in a nutshell:

- This challenge helps around 15 families to increase their consumption of organic and local products without increasing their food expenses.
- This program offers sessions and workshops about shopping, cooking, nutrition, gardening... Some visits of local shops or producers are also organised.
- Animations are organised by the municipal staff with the help of external providers (cooks, gardeners...).

Context, goals and benefits:

- Accompany the change of food habits of families of all ages, with or without kids, with different sensibilities to sustainable food, from different social backgrounds...
- Monitoring and analysis of the participants food habits at the beginning and at the end of the challenge to compare the results. Results appeared to be positive. (+28 % organic food, +12 % local, -0,26€/ meal for the winning team).
- Participants spread the word to their friends and families, who then change their behaviours and habits.

Tips, advice and warnings :

- Importance of the group atmosphere. Participants discuss and exchange about their practices, habits and progresses.
- Keep it practical (not too much theoretical sessions) and simple (activities have to be feasible once the participants go back home).
- Explain the importance of the monitoring and analysis phase.
- It can sometimes be difficult to keep the entire group concerned and to find some dates that suits all families.

The background of the entire page is a repeating pattern of small, light-colored icons. These icons include various food items like apples, bananas, bread, and vegetables, as well as kitchen tools like forks and spoons, and symbols representing health and education like a heart and a graduation cap.

FOOD
EDUCATION
MICRO-GOOD
PRACTICES

BioCanteens