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SCHEDULING AND STUDENT DEMOCRACY FOR INCLUSION AND LEARNING.

The Swedish Shool Meal System

The need of nutrition and organization of lunches in schools



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Agenda

8.15 The Swedish school meal system,
Skolmatsakademin

9.30 Coffee break and discussion

9.50 School food for change, Ulrika Backlund WWF
(digital)

10.30 Break

10.35 Scheduled meals, Ann-Christin Pinola
(Digital)

11.10 Participating countries' presentations (10
minutes each)

11.40 Summary and questions

Who are we?

Måltid Sverige is a national knowledge platform with focus on public meal services within schools, healthcare, and social care.

The purpose is to enhance competence in the public meal sector through lifelong learning, networking, as well as research and development projects.



Skolmatsakademin is a regional knowledge network within Västra Götaland aimed at municipalities' activities within preschool and school. The purpose is to promote school meals and healthy eating habits in schools



These networks are run by RISE with funding from membership fees as well as participating partners such as regions and municipalities.

RISE is the Research Institutes of Sweden. It is a state owned research institute collaborating with academia, industry and society as a central part of the Swedish innovation system.



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SE



Måltid Sverige 2024-2025

**Över 120 organisationer
som är er med!**



Värmlands län

Arvika Karlstad
Filipstad Kil
Forshaga Kristinehamn
Grums Munkfors
Hagfors Storfors
Hammarö Sunne

Västerbottens län

Robertsfors
Umeå
Vilhelmina
Vännäs

Östergötlands län

Boxholm
Finspång
Kinda
Linköping
Mjölby
Motala
Vadstena
Valdemarsvik
Ydre
Åtvidaberg
Ödeshög

Västra Götalandsregionen + kommuner som är med

i...  SKOLMATS AKADEMIN

Region Halland

Falkenberg
Halmstad
Hylte
Kungsbacka
Laholm
Varberg

Dalarnas län

Smedjebacken

Jönköpings län

Gislaved
Mullsjö

Blekinge län

Olofström

Kronobergs län

Alvesta
Lessebo
Ljungby
Markaryd
Tingsryd
Uppvidinge
Växjö
Älmhult

Skåne län

Burlöv
Eslöv
Lomma
Svedala
Trelleborg
Ängelholm

Västernorrlands län

Sollefteå

Region Sörmland

Eskilstuna
Flen
Gnesta
Katrineholm
Nyköping
Oxelösund
Strängnäs
Trosa
Vingåker

Stockholms län

Nacka
Sigtuna
Sollentuna
Upplands-bro
Vallentuna
Vaxholm
Österåker

Region Gotland

Västmanland län

Västerås

Uppsala län

Enköping
Östhammar

Örebro län

Karlskoga
Kumla
Lindesberg
Nora



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The Swedish school meal system

- 10.5 million people in Sweden.
2 million meals are served each day.
- **Free of charge** and **nutritious** as stated in Sweden's education act.
- The meals are warm, often two options each day.
- Sweden's 290 municipalities are responsible for the organization and structure of school meals.
- The aim: For all citizens to have the same opportunities for good and equal health. School meals are an important part of the welfare system.



SKOLMATSAKADEMIN

How did it all start?

- The origins of today's school meals can be traced back to the 19th century.
- 1945 proposal for state funding
- 1960 the state funding ceased, and the responsibility for school meals shifted to municipal administration
- 1997, Sweden's municipalities have been obliged to serve free school meals to all students in primary school according to the Education Act.
- On 1 July 2011, the School Act was supplemented with a quality requirement that school meals must be nutritious.
- 2012 The meal model
- Today: important tool towards achieving the Agenda 2030



<https://stockholmskallan.stockholm.se/post/4548> Hämtad 2024-05-09.

Regulations and guidelines



- The Swedish Education Act
- Guidelines from the Swedish Food Agency
 - Based on the Nordic Nutrition Recommendations
 - provide overall guidance
 - part of the education
 - students who eat lunch have better pre-conditions to learn.
- School Meals – An Important Part of a Good School.
- Special diets and adapted meals



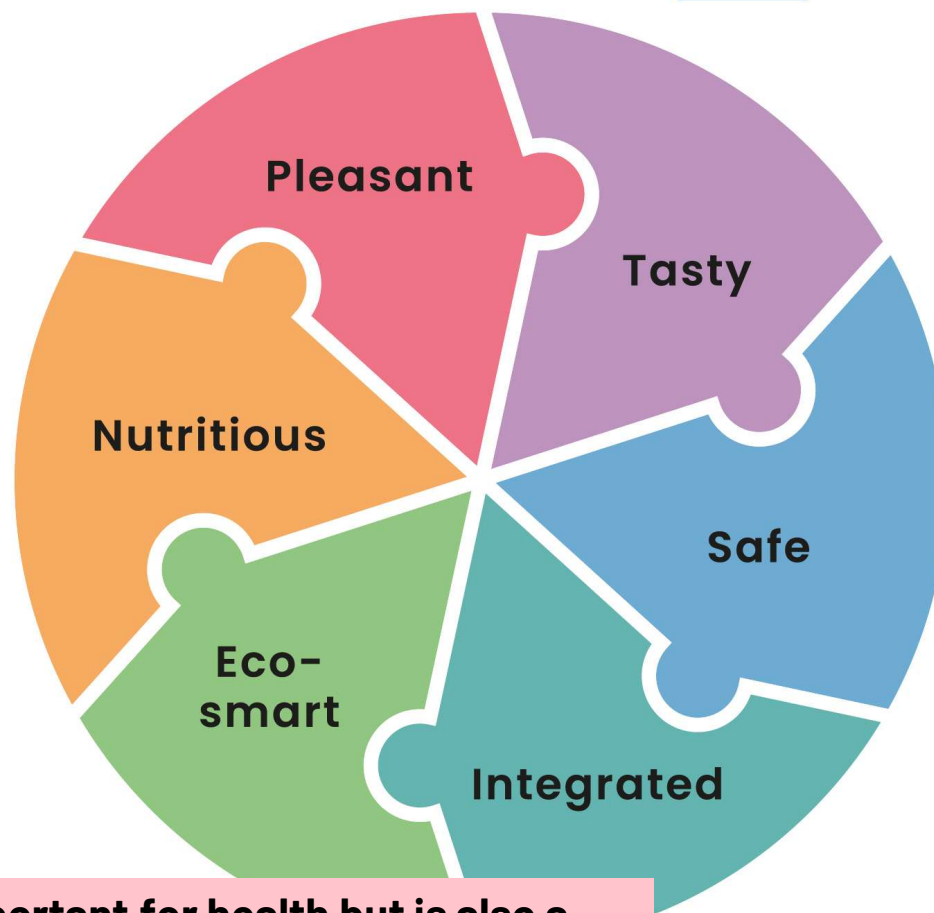
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Why is the school meal so important?

- Public Health, equality, even out socio-economic differences
- The mutual mission- forming healthy lifestyle and eating habits
- The school meal can contribute to implementing the central content of the curriculum and to increased goal achievement
- The Meal Model – a holistic view of school meals

"The school meal is part of education. The meal is important for health but is also a prerequisite for well-being and learning. Regardless of how much effort the school invests in skilled educators and good teaching materials, it is difficult for a hungry student to absorb knowledge."

– Skolmåltiden en viktig del av en bra skola (skolverket.se)



SKOLMATS AKADEMIN



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Buzz session

Talk to your neighbour, 3 min.

What measurments are taken in your organization to ensure a high quality meal situation?

For those who don't have a school restaurant- how do you do it, or what can you do?



Pupils' participation and democracy

- School meal as a part of the whole school day and the educational mission.
- As a student, you have the right to participate in and influence the school and your education. This is stated in the School Act.
- Student collaboration
 - student council/food council
 - surveys



Skolmatsakademin · PPT-mall

Pedagogic meals

- A teacher eating together with the students.
- Purpose: Act as a role model, guide students to a healthy meal, ensure a pleasant meal environment.
- Policy
- Benefits of the pedagogic meals:
 - relationship
 - educational environment
 - security with adults present
 - Less school drop out and increased completed studies.
- Long term: Societal benefits

Requirements to perform pedagogic meals



“The school leader holds some of the most important keys to good meals at school”

Skolmåltiden en viktig del av en bra skola (skolverket.se)

Principal and other school leaders' important role

- Scheduling.
11.00-13.00
enough time in the dining hall
scheduled meals
- Meal environment
- Consensus and collaboration
- Not at structured class/learning session
- The school lunch is a part of the systematic quality work



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Buzz session

Talk to your neighbour, 3 min.

What measurements are taken in your organization today to ensure students integration? What can you do?



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- Vad ska man prata om? Att ta med sig till den pedagogiska måltiden

Kroppen och våra behov:

Hur känns det när man är mätt eller hungrig? Sätt ord på känslorna och upplevelsen.

Vilken mat mår kroppen bra av?

Öva på att lyssna på kroppen!

Smakupplevelsen:

Vad är smak? Sätt ord på dofter, konsistenser och smak.

Kan vi lära oss gilla nya smaker?

Skapa nyfikenhet!

Måltidsmiljön:

Hur vill vi att det ska vara när vi sitter och äter vår mat i skolan?

Beskriv ett matminne? Vart var ni, med vem och hur smakade det?

I vilken miljö smakar maten bäst?





Social media

- Skolmatsakademin and Måltid Sverige are on Instagram, Facebook and LinkedIn
@skolmatsakademin
@maltidsverige
- Website:
skolmatsakademin.se
maltidsverige.se
- Newsletter



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What are the possible consequences when nutritious school meals are not offered to a sufficient extent, despite research showing positive societal benefits with improved public health?

Key words: **Health, learning, inequalities etc.**

Also include structures around the meal giving prerequisites for the food to end up in the belly.