



# SCHOOLFOOD4CHANGE

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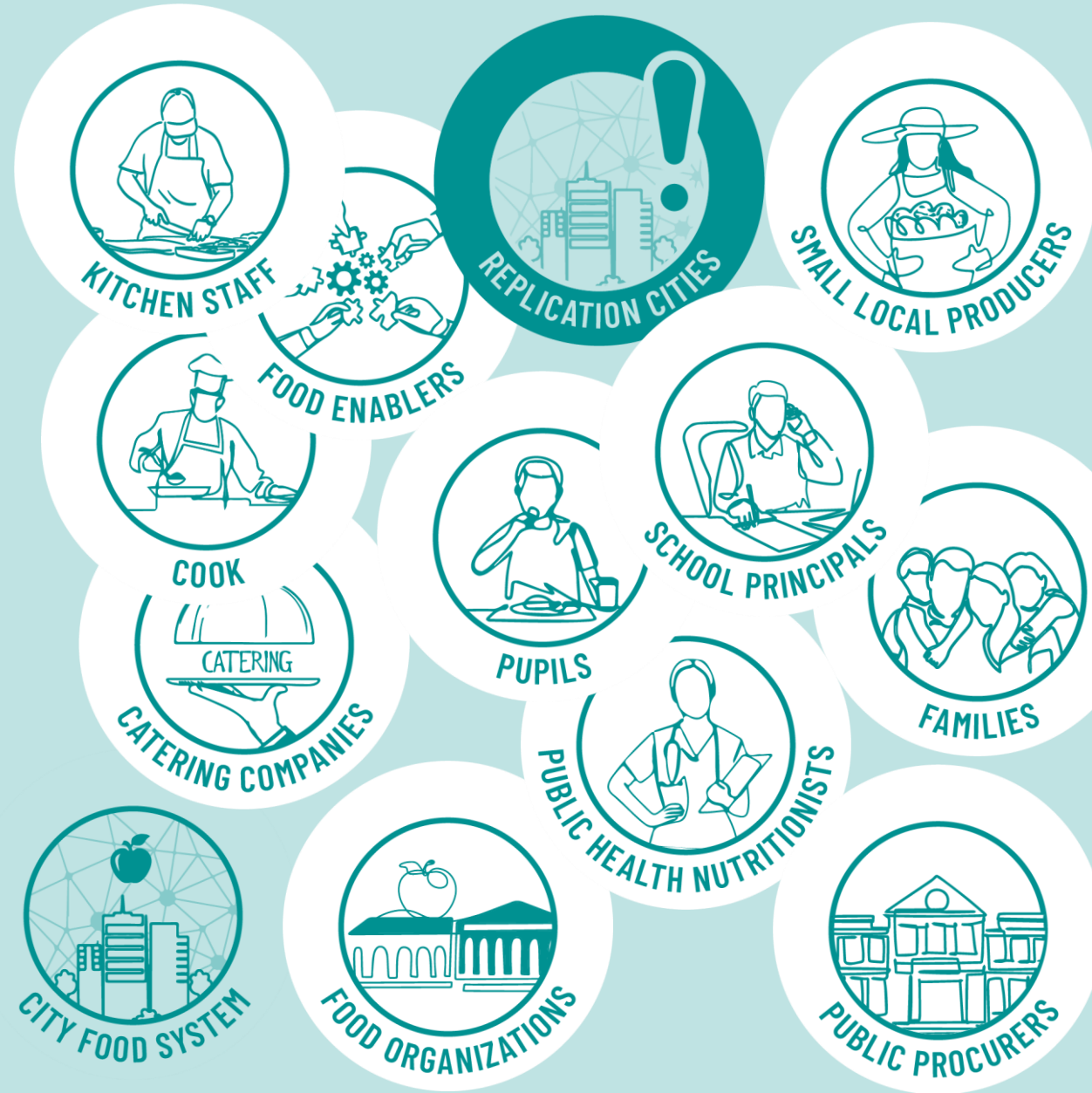
**! SCHOOLFOOD  
4CHANGE**





# \_\_\_ FACTS

- SF4C is a Horizon project funded by the European Commission focusing on **Innovation actions**
- ICLEI Europe coordinates SF4C
- 43 organisations are involved – including:
  - 14 local governments
  - 1 provincial governments (Dordogne)
  - 1 regional government (Valencia)
  - 2 national school networks (Czech Republic & Slovakia)
- The project also involves **Replication Cities** (20) as well as **Replication Institutions** (soon to come)



## Main objective of the SF4C project



WE AIM TO MAKE SCHOOL  
MEALS ENJOYABLE AND  
HEALTHY FOR BOTH OUR  
CHILDREN AND OUR PLANET

# SF4C TRIPLE APPROACH

Project aim: 'Shifting school meals and schools into a new paradigm, addressing public health and territorial, social and environmental resilience.'

**Innovative Procurement**

**INNOVATIVE PROCUREMENT**



- Shifting the focus from solely price to planetary aspects towards sustainable and healthy criteria when choosing a school caterer and food providers
- Developing a set of criteria for public procurement for more sustainability

**Planetary Health Diets & Cooking**

**PLANETARY HEALTH DIETS & COOKING**



- Introducing a greener menu: increasing vegetables, fruits, whole grains and legumes whilst reducing unhealthy foods and animal products
- Train and empower school cooks

**Whole School Food Approach**

**WHOLE SCHOOL FOOD APPROACH**



- Engaging multiple stakeholders such as school staff and teachers, canteens, restaurants, etc.
- Introducing nutrition into the curriculum and promoting sustainable eating habits outside the school environment

Innovative Public Procurement  
providing criteria in the line with  
Farm2Fork Strategy and SDGs

Call me  
Queen Green!



Food Education with  
WSFA – Circularity of  
Food System



Train and empower Cooks  
& Enablers for planetary  
health meals



Teachers, Cooks, Farmers, Children  
and Parents interacting at schools  
throughout Europe



MORE VEGGIES  
LESS CO2







Det här projektet finansieras av  
Europeiska Unionens forsknings-  
och innovationsprogram Horizon  
2020, under finansieringsavtal  
Nr 101036763.



# The SF4C Consortium

- 43 Project Partners
- 16 Cities and Regions
- 12 Countries

With the aim of reaching:

- 600,000 Pupils
- 3,000 Schools



*It's time for  
a new menu*

# — COUNTRIES AND CITIES

## FIRST IMPLEMENTATION PHASE

Austria (Vienna)

Belgium (Ghent, Leuven)

Czech Republic

Denmark (Copenhagen)

Estonia (Tallinn, Viimsi)

France (Lyon, Dordogne)

Germany (Nuremberg, Essen)

Hungary (Budapest)

Italy (Milan, Nuoro)

Slovak Republic

Spain (Valencia region)

Sweden (Malmö, Umeå)





# — SF4C GOES INTERNATIONAL...

## MORE CITIES JOINING IN REPLICATION WORKSTREAM

Austria (Villach)

Belgium (Antwerp, Schaerbeek)

Bosnia & Herzegovina (Sarajevo)

Brasil (Belo Horizonte, Nova Lima)

Finland (Seinäjoki)

France (Dunkerque, Strasbourg)

Germany (Bremen, Wolfsburg)

Italy (Cuneo)

Mozambique (Quelimane)

Norway (Oslo)

Poland (Warsaw, Wroclaw)

Portugal (Torres Vedras)

Senegal (Bambilor)

Spain (Madrid)

Tasmania, Australia

Turkey (Izmir)





# School meals do more than provide food.

## CLIMATE CHANGE

Contribute to environmental protection and the fight against climate change.

## NUTRITION

Improve children's nutrition, dietary behaviour, and food security.

## SOCIAL INCLUSION

Reduce child poverty, increase household's income and strengthen families' safety net.

## EDUCATION

Enhance school attendance and performance and reduce school drop-out.

## GENDER EQUALITY

Promote a better work-life balance, easing the household work burden for women.

## AGRI-FOOD SYSTEMS

Support local producers and contribute to sustainable food systems.

## CHILDREN'S RIGHTS

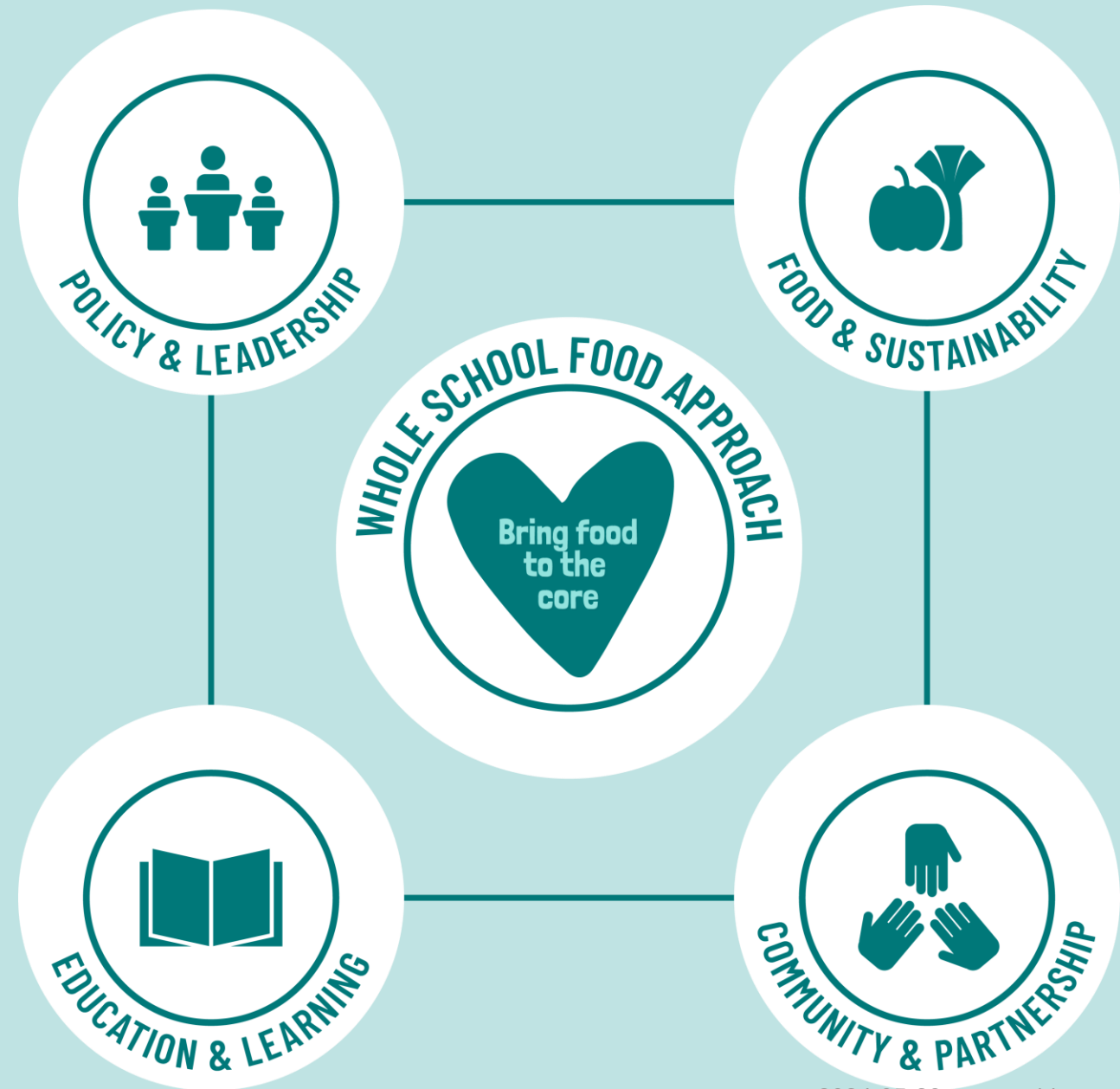
Contribute to the enjoyment of the right to education and health.

## PUBLIC HEALTH

Improve health and reduce morbidity and obesity rates.

## WHOLE SCHOOL FOOD APPROACH

- Convincing stakeholders to make food an intrinsic part of school life
- Ensuring and providing healthy and sustainable food in school restaurants, cafeterias and promoting sustainable eating habits outside the school environment
- Expanding the curriculum as well as building capacity in school staff, cooks, principals and teachers
- Engaging multiple stakeholders such as school staff and teachers, students, local shops, farmers, etc.



# A WHOLE SCHOOL FOOD APPROACH

GUIDELINES FOR SCHOOLS, CITIES & REGIONS

Rikolto Belgium  
19 July 2022



## WSFA on The Ground

A Practical Guide for Schools by Schools  
Rikolto Belgium - 2023

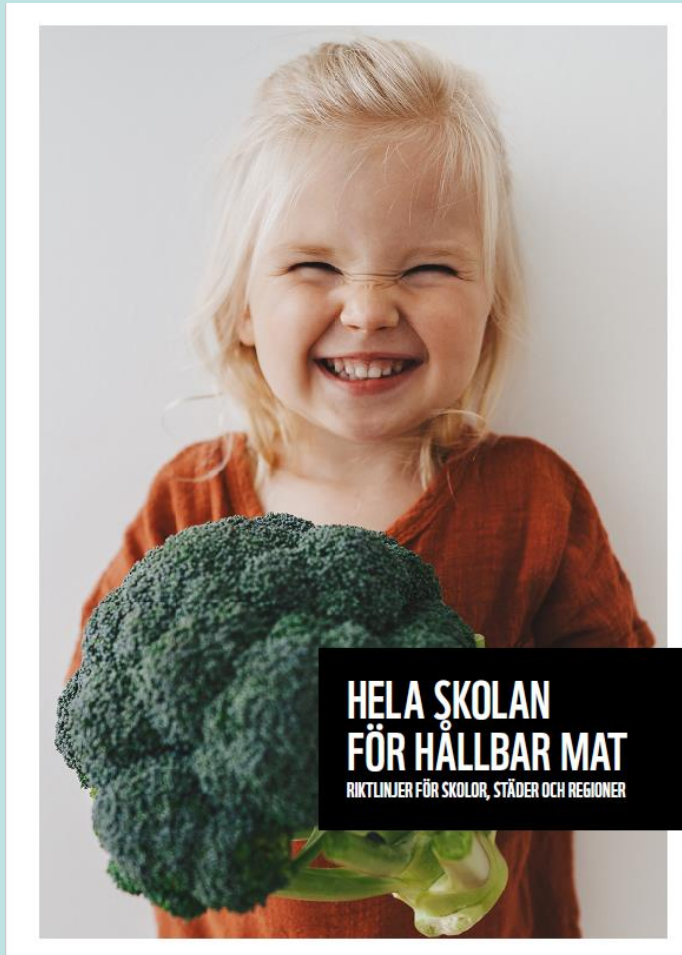


France - Dunkerque - wednesday leisure center





## — SWEDISH SF4C CITIES



# ACTIVITIES AND SF4C IMPACT ON STUDENTS?



# SCHOOL MEALS AS A PART OF THE PEDAGOGIC MISSION, NOT "JUST" A BREAK!

## Table riders/Table talkers

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### SNIFFA SOM EN HUND

1 Håll tälriken nära näsan och andas som vanligt.

2 Vilka lukter kunde du känna?

3 Dra sedan in lukten i korta stötar och sniffa med näsan, ungefär som hundar gör.

4 Blev det någon skillnad?

5 Vilka ord kan du använda för att beskriva lukterna?



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SÖTT

UMAMI

### GRUNDSMAKER

VILKA SMAKER KAN DU NAMNEN PÅ?

SURT

BESKT

SALT

### VILKA KRYDDOR?

Vilka kryddor har kocken använt?







### VISSTE DU ATT...

Sverige och Finland är de enda länderna i Europa där alla elever har rätt till gratis skollunch.



**! SCHOOLFOOD 4CHANGE**

1 Gröna blad som spenat, mangold, mächésallat, och nässlor

### DE TIO NYTTIGASTE GRÖN-SAKERNA\*

\*ENLIGT LIVSMEDELSVERKET

2 Gröna bönor Haricot verts

3 Broccoli



**! SCHOOLFOOD 4CHANGE**

4 Gröna ärter och sockerärter

### DE TIO NYTTIGASTE GRÖN-SAKERNA\*

\*ENLIGT LIVSMEDELSVERKET

5 Avokado

6 Vita bönor

7 Purjolök



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8 Blomkål

### DE TIO NYTTIGASTE GRÖN-SAKERNA\*

\*ENLIGT LIVSMEDELSVERKET

9 Linser

10 Kikärter



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Världens längsta gurka var hela 129 centimeter lång.

### GURKAN

Hur lång är du? Längre eller kortare än gurkan?





# STUDENT FOOD COUNCILS

**From Whole School Food Approach Framework:**

**“You’ll have a much greater impact if you manage to activate children and adolescents around the topic of food. Appeal to their creativity and positive energy to develop a sense of ownership and responsibility. This will make actions much more successful than if only teachers or school leaders had been in the driving seat. Involving pupils in decisions around school food makes it more likely that their eating habits will sustainably change for the better, and will foster confidence and leadership skills!”**





## SCHOOL CHEF 4 CHANGE – A STUDENT MASTERCHEF COMPETITION



## SCHOOLCHEF4CHANGE – A SCHOOL FOOD MASTERCHEF COMPETITION IN SWEDEN

23 NOVEMBER 2023 / NEWS



One important part of establishing a sustainable food culture in schools is to break down the perceived barriers between the students and the school restaurant. Two schools in the municipality of Malmö in Sweden wanted to encourage their students to be more engaged in, and to create an interest for, sustainable school food.

# HACKATON TO INVOLVE YOUTH



Nyheter | 02 feb. 2024  
Unga kräver inflytande över skolmaten



Patcha, Hanna, Emil, Alfred & Erik från Lugnetgymnasiets teknikprogram i Falun.

Under november 2023 engagerade sig närmare 500 gymnasieelever i att komma på lösningar på hur skolmaten ska kunna bli mer hållbar och vällsmakande. Ett minskat matsvinn, ökat elevinflytande och ett annat matutbud var några av de stora målen.

## TEMA: MATMAKT – PÅVERKAN PÅ SKOLMATEN

### CASEFÖRTECKNING

Mat är förknippat med allt från kultur, historia och traditioner, till vardag och fest. Men idag äter vi inte hållbart och det finns stora utmaningar i produktionen, konsumtionen och med fördelning av resurser. Med en kost mer anpassad efter vår planet skulle alla bli vinnare – naturen, djuren och vi människor. Maten vi äter här i Sverige står för en fjärdedel av hushållens klimatpåverkan. För att kunna uppnå de Globala målen om hållbar konsumtion och produktion, bekämpa klimatförändringarna samt att skydda och återställa ekosystem och biologisk mångfald krävs det att vi använder jordens resurser på ett hållbart sätt.

Varje dag serveras cirka 3 miljoner skattefinansierade måltider i vård, förskola, skola och omsorg i Sverige. Av dessa serveras cirka 1,2 miljoner i förskolor och skolor. Vi lägger faktiskt så mycket som cirka 10 miljarder kronor på att köpa in den här maten till kommuner och regioner varje år men alltför lite av maten hamnar till slut i magen. Faktum är att vi slänger 35 miljoner måltider i skolan varje år – rakt ner i soptunnan. Vem bär då ansvaret när det gäller vilken mat som hamnar på våra tallrikar i skolan? Och vem bär ansvaret för att det som serveras inte kastas? Vi har alla makt att påverka och därmed också ett ansvar. Att ta makt över (skol)maten och kunna påverka är en bra start att få mer kunskap om hur maten påverkar människor, djur och natur och vad som påverkar vilken typ av mat vi människor i slutändan väljer att äta. Nästa steg kan vara att påverka matsystemet genom att nå olika aktörer i kedjan och beslutsfattare.

2024-05-23

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Genom handboken kommer eleverna lära sig mer om varför man behöver äta mer hållbart och hur det påverkar klimatet och den biologiska mångfalden, samt vässa sina förmågor för att kunna påverka lokala beslutsfattare och förverkliga sina idéer. På hackathonet får eleverna möta representanter från WWF Sweden Youth och



**#PROGRESSIVE LEARNING AND CIRCULAR COOKING**

**Title** DECONSTRUCTED BURGER @ FOODTRAILER

**Pillar of the WSFA**

**Country/City/School** Austria / Vienna / Gymnasium Simonsgasse

**FOOD & SUSTAINABILITY**

**DESCRIPTION**

With our FoodTrailer - a portable kitchen, created by the City of Vienna - we enabled interactive cooking Workshops in our SF4C Schools! We focused on a dish, everybody knows and loves, but which may not have the reputation of being particularly healthy and sustainable: Burger.

For this workshop we deconstruct the classic burger and look at the value chain of every component. In two teams ("Team Patty" and "Team Bun & Co") students research the food production route. In doing so, they learn to question what choices are available and how these choices affect the global economic cycle - also with regard to the resources used.

One of the highlights of this workshop is the hands-on approach: creating and cooking their own burger. With the goal of minimizing the ecological footprint due to its ingredients.

The students at the high school...

**REFERENCES**

- <https://www.instagram.com/p/CvotYQubtl/>
- <https://www.instagram.com/p/CvbtTC8at5U/>
- <https://www.facebook.com/photo/?fbclid=IwAR147n75T9W11265896>

**#ACTIVE LEARNING**

**Title** SCHOOL GARDEN ACTIVITIES DURING LUNCHEATH

**Pillar of the WSFA**

**Country/City/School** Spain / Castella / CEIP La Mediterrània

**EDUCATION & LEARNING**

**DESCRIPTION**

CEIP La Mediterrània is a public primary school from 3 to 12 years old. The school has restarted this year's school garden activities thanks to the company that manages the school canteen.

We are committed to an education with a comprehensive approach that promotes actions to preserve the environment and respect for nature. For this reason, we have a school garden, which we work in through the management of our canteen company - Intur.

Once a week, groups of pupils of different ages are organized to carry out activities, such as planting and identifying aromatic herbs, watering, researching seasonal products, etc.

scarcity... we need...

school... is for the pupils to ac... habits in... way.

**ACTIVITIES**

**CONTACT**

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**EXAMPLES OF THE WHOLE SCHOOL FOOD APPROACH**

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# "YEARLY STATE OF PLAY" COLLECTION OF BEST PRACTICES



# GET IN TOUCH...

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# THANKS FOR THE FOOD!

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