

Collecting data about standards and norm for school nutrition (school kitchen, how many meals, what kind of meals, percentage of organic and local food...).

Furuhällsskolan, Sweden:

The goal for all our schools is that as much food as possible is prepared from scratch. As the conditions look different in our kitchens, some variation may occur. For example, there is not a big kitchen at Furuhällsskolan so we get some of the food transported from the closest kitchen, that is 2,3 kilometers from us. At our school we cook pasta, rice and potatoes, cook the vegetarian option and food for those who do not eat pork. We also make all diet food such as milk-free, gluten-free and on-demand food. We have also made a lot of hot sauces ourselves and all the cold sauces. All salads and vegetables are also prepared here.

We choose Swedish meat, Swedish eggs and Swedish chicken whenever possible because: Sweden has strict animal welfare rules which means that we have a very small prevalence of salmonella. Sweden prohibits giving antibiotics to animals other than for medical purposes and this has meant that we in the country have low consumption of antibiotics. This means a much better situation when it comes to antibiotic-resistant bacteria. We estimate that about 95% of all meat and charcuterie products we use are of Swedish origin.

Our goal is that all minced meat dishes such as meatballs, lasagna and meat loaf should be made from scratch.

All fish is eco-labeled and as often as possible we serve fresh fish. The majority of the fish and fish products we buy come from MSC-certified fish. Fish is served every week but we try to get away from the "fish sticks" type. We avoid buying fish that is fished in the Northeast Atlantic and sent to China for filleting. Fish gratins, stews and soups are prepared from scratch on MSC-certified saithe. Fatty fish is important for getting vitamin D, which is why we serve MSC-certified herring and mackerel.

We choose local carbohydrates such as potatoes, Swedish pasta and various groats over rice and thus contribute to increased biodiversity. We replace rice with other grains because rice cultivation, including organic farming, gives off large amounts of methane gas, which is a powerful greenhouse gas, when biological material is broken down in the water-soaked rice fields.

We serve potatoes with peel. Potato dishes such as potato gratin, mashed potatoes and mashed potatoes are made from scratch.

Everything has its time, so do fruits and vegetables. That is why our salad tables and our fruit are seasonal. If possible, we also choose locally grown goods to benefit our Swedish growers and avoid unnecessarily long transports. If it is not Swedish, it should come as close as possible.

All sauces, both hot and cold, soups and stews are made from scratch.

For environmental reasons, we work with the goal of reducing the amount of meat, and especially beef, in our servings. We replace some of the minced meat with plant-based protein, for reduced climate impact and for our guests' health. We are actively working to develop our plant based menus to attract more guests to choose these options. You can also get the important nutrients found in meat through legumes.

Food waste is food that people throw away but which could just as easily have been eaten or sold if it had been handled in a smarter way. Since 2015, Härryda municipality has been working to reduce food waste in all the municipality's kitchens. The effects of reduced food waste: The municipality has

reduced food waste by 30 percent since 2015. The work has led to increased sorting and recycling of combustible waste. The costs for both raw materials and waste management have decreased. Hälaryda municipality was out early to work for a reduced food waste. Our way of working and the effects of it have attracted attention with awards and in the media. When we plan food in preschool and primary school, we follow the Swedish Food Agency's recommendations, which in turn are based on the Nordic nutritional recommendations. These recommendations show how we should eat to get the right amount of vitamins, minerals, protein, fat and carbohydrates. The meals served are nutritionally calculated. If you have allergies or other food preferences it is looked after so you get a special meal.

At Furuhallsskolan pupils are served breakfast if they arrive to the leisure time center before 7.30. All pupils get a free school lunch, where they get a cooked meal (always a vegetarian option), salad options, crispbread (with soup they get soft bread), milk or water. If they stay at the leisure time center after school hours they get a snack meal that can be bread, hot dogs or something like that. A typical school lunch menu for a week can look like this:

Monday: Creole stew with boiled potatoes or Thai vegetable stew with boiled potatoes.

Tuesday: Vegetarian bolognese with spaghetti or vegetable pie.

Wednesday: Boiled fish with shredded butter, mashed potatoes and green peas or broccoli steaks with boiled potatoes and cold sauce.

Thursday: Goulash soup on organic ground beef or vegetarian goulash soup, both served with sour cream and bread.

Friday: Vegetable steaks with mashed potatoes and garlic sauce.

The menu is varied. We serve soup, fish and pasta once every week. If there are leftovers it might be served the day after or put in the freezer for school holidays when only the pupils at the leisure time center are present. We can make new dishes from leftovers, for example if there is pasta left it might be a pasta gratine or a pasta salad the next day.

The proportion of organic food at the schools has unfortunately decreased to just under 30%. We do not know what percentage of the food that is locally produced.