

# Nordic School Meal Meeting

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Uppsala 23-24 February 2016

## Participants:

National authorities responsible for issuing school meal guidelines and researchers on Nordic school meals. (see attached table for names and contact details)



## Purpose:

- To discuss the situation of Nordic school meals today and strategies in improving young people's eating habits through school meals.
- Sharing of experiences on school meal guideline development and implementation within a Nordic setting.

## Nordic School Meal Guidelines

The development and implementation of national school meal guidelines were presented by representatives from the responsible authority in each country.

## Research projects

- The researchers in the ProMeal-project gave a detailed presentation on methods and results from the study on Nordic school meals from a student perspective. The results generated many interesting discussions.
- Emma Patterson from School Food Sweden (SkolmatSverige) gave a short description of the web based tool for monitoring and evaluation of school meal quality.

- Anna Karin Lindroos (National Food Agency) presented Riksmaten Ungdom - the next Swedish national dietary survey on students aged 11-17 years of age. Data collection between sep 2016-mar 2017.

## Discussion on future collaboration and experience sharing

### Students and teachers

- Can we develop a tool that students can use and comment on what is happening around the school meals/school foodscapes? Many schools use Ipads / apps nowadays.
- Should we develop a forum / platform for students and teachers where they can post pictures of how school meals in the Nordic countries look like? This could make students feel more involved in the development of school meals
- How can school meals improve well-being?
- Define the purpose of school meals?
- We need to get more people from the teachers' side (education departments)
- We should start a network for teachers!
- More educational tools to reach teachers.
- We need to reach parents, to work with the attitude to school meals.
- The common denominator - reach teachers.
- How can we change attitudes among students and make them eat more school meals?
- How do we get the adults in the school to take better account of the social significance of the meal? (which children raise as important)
- Hej Skolmat! – want to hear more about the good examples mentioned.
- nordeniskolan.org – an educational portal for all Nordic countries, could include tools on school meals.

### School Restaurants

- How do we best implement guidelines among canteen staff?
- What tools can we give food professionals?
- How should we define a nutritious meal in the future? - Food-based rather than nutrition-based?
- What should a school restaurant look like? - "Should be the heart of the school" Architecture, type of cuisine, etc.
- Should there be a Nordic Guideline for School Restaurant? Could include among others, the proper noise level, how much time students have to eat and kitchen staffing recommendations.
- Should we begin to serve breakfast at school?
- Should food be cooked in the school or is it better to hire caterers?
- How can we monitor and evaluate the nutritional quality of school food?
- Implementation conferences – factors of success and failures?
- Nordic webb-based e-print service for school meal resources

### Conferences and meetings

- School as an arena for healthier eating and better food literacy – Nordic conference July 2017?
- European nutrition conference in November in Stockholm – include school meals?
- When will the next meeting / conference take place?
- We should have continuous meetings once/year to support and work together
- School meal as part of the famous “Nordic Model”.
- Start a networking group between the Nordic countries. On LinkedIn and / or Facebook?

### **Research**

- Has the time come for an intervention study?
- Can we make a simple, common tool for evaluation?
- Nordic training school for research and advanced practice

### **Conclusion**

New research on school meals provide important knowledge that can be used for further quality improvements and guideline developments. The Nordic school meal systems and also school meal guidelines share many similarities and challenges, but yet differ in some aspects. The meeting and discussions were very fruitful and there is a great need and interest for further collaboration and experience sharing on a Nordic level.

## Nordic school meal guideline representatives

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## Participants at the Nordic School Meal meeting in Uppsala 23-24 February 2016

Funded by NordForsk & the Swedish National Food Agency

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