



# Norwegian guidelines for the School Meal

## Development, implementation and national campaign

Uppsala, 22<sup>nd</sup> February 2016

# The new Norwegian Guideline



- Published 31<sup>st</sup> September 2015 (digital)
- Replaced the old guideline from 2003

# Background for new guideline

- Survey about food and meals at all school types and after-school program 2013:
- Too few headmasters had knowledge about the guideline ( $\approx 50\%$ )
- Too few pupils had 20 minutes for school meal (5.-7. grade = 38%)
- Adjust guideline for each type of school
- Many canteens offer food and drinks with rich in fat and sugar



**NEED FOR REVITALIZATION OF WORK WITH SCHOOL MEALS**

# New vs. Old guideline

## A larger extent

From one common guideline for all school types on a poster to:

- Three parts – one for each type of school and posters for summary
- More extensive: from poster to 35 pages with academic explanations for the recommendations and practical examples

## New topics

- Food safety, hygiene
- Allergy
- Environmental considerations

## Increased level of detail

- From «simple bread meals» to «bread and grain products rich in fiber and whole grains, and little fat, sugar and salt





# Highlights and emphasis of the new guideline

1. **Time** (min. 20 minutes time for eating)
2. **Supervision** from an adult during lunch break (especially for primary school and the after-school program)
3. **Offer** of food and drink and eating facilities (food and drink according to national guidelines and meal facilities that also promotes well being and health)
4. **Safe** food (food safety, allergy and hygiene)

# School meal campaign movie – march 2016

## Target group

- Pupils/students at secondary and upper secondary school

## Main, superior goal

- More pupils/students eat a full meal during the school day

## Goals for the campaign

- More students feel that the food eaten at school is «important for me»
  - For the social environment and well being
  - For health
  - For school efforts



## What happens when 10<sup>th</sup> graders tests their school meal habits on 1<sup>st</sup> graders?

- A documentary mini series – 2 episodes
- 10<sup>th</sup> graders observe what happens in the class room when 1<sup>st</sup> graders are given their type of food → how does it influence the small pupils and the teaching?

**Effect:** The 10th graders talk to each other and reflect – *they* talk to the viewers and the *Directorate of Health* does not point any fingers



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Nasjonalt senter  
for mat, helse og  
fysisk aktivitet

# Nasjonalt senter for mat, helse og fysisk aktivitet (MHFA) National Centre for Food, Health and Physical Activity

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# The National Centre for Food, Health and Physical Activity



- resource centre established in 2013/2014
- owned by the Ministry of Education and Research and the Ministry of Health and Care Services
- receives tasks from the Directorate of Health and Directorate of Education and Training

# Main tasks



- support in the initiation and implementation of national education and health policies
- support the curricular subjects of *food and health* and *physical education* in primary, secondary and upper secondary education.

# Tasks 2015/2016 – Support implementation of National school meal guidelines



1. Organizing 10 regional congresses – in cooperation with the county governor/county councils
  - Topics: Guidelines, meal environment, school canteens, school meals and learning



# Tasks 2015/2016 – Support implementation of National school meal guidelines



## 2. “Knowledge bank”/“Ideas bank” for school meals

- Presenting examples of ways of organizing and financing school meals
- Schools experiences with various initiatives to improve nutrition and eating environment; “Porridge breakfast” in upper secondary schools.
- Examples from Nordic countries are to be included.



