

June 24, 2021

Emil Kiær Lund / Food School coordinator
City of Copenhagen - Children and Youth Department

MAD SKOLERNE^{KBH}

**Involving Kids and the Whole School in a Healthy
and Sustainably Food and Meal Culture**



Overview of Food Schools in Copenhagen

- 16 Food Schools. 12 Folkeskoler and 4 Special Schools.
- Average 5000 daily meals.
- Decentral organization and production.
- Central support and further development.
- Students are part of the daily production.
- Families with low income pay lower price.
- The City of Copenhagen's Food Strategy – Climate footprint reduction.

TARGETS & INITIATIVES

The strategy is structured around five themes that will ensure a coherent effort with food and meals:

- *The food must provide correct nutrition and promote health*
- *Taste, quality and food appreciation must be in focus*
- *The meals must be sustainable and climate-responsible*
- *We must strengthen social communities, food culture and food literacy*
- *Copenhagen must be a healthy, green and vital food city*

Targets have been set for each theme and the targets will be supported by a number of key initiatives. These will be supplemented on an ongoing basis by other initiatives as part of the implementation of the strategy.

Food School – Blue Print

- The Food School is part of the school's identity and puts a mark on the daily life of many aspects of the school.
- The Food School is more than a canteen but also an opportunity for learning, culture and health.
- Everybody eats together. Physical space and time for to eat and digest.
- Food is organic, seasonal and cooked from scratch.
- The Food School kitchen is a practical learning space.
- The Food School creates interdisciplinarity.

Why School Food?

- Fuel for body and mind.
- Inequality in health.
- Public meals as a driver for climate change. Procurement and public behavior.
- Creating a physical and social environment that supports learning and culture.
- Whole School Food Approach.

Meal Situation and Commensality

- Everyone eats together.
- Creating space and time for eating, talking and relaxing.
- Structure.
- Kitchen as part of the daily life and are familiar faces.
- Teachers are food ambassadors at the table.
- Plate waste. Battling food waste.



Food Education

- Challenging students taste?
- Apprenticeship in the kitchen.
- Integrating food and teaching.
- Teachers are food ambassadors at the table.
- Building democracy.

