



Collection of best practice examples

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cook.org – Organic Cooks in Public Settings: Collection of best practice examples

Project: Organic for Kids

Why did we do this?	In 2006 the pilot project “Bio for Kids” was started together with the organisation “Tollwood” and the Department of Health and Environment in Munich. The aim was to support Munich’s kindergartens and schools with a transition to 100% organic food, and thus to prove that healthy organic food is not only desired and feasible but also affordable.
What has been done?	<p>From a large number of applicants, 32 institutions were selected for the project. Those selected participated in training, individual coaching and committed themselves to convert to 100% organic food with a detailed tracking and verification of costs by a recognized ‘eco-inspection authority.</p> <p>For this, the project initiators guaranteed the acquisition of additional costs for organic food – to fill the “funding gap” between former conventional and future organic catering within the pilot period of two years. 30 Munich companies embraced the idea and absorbed the costs as patrons of the project. Since the start of the project, about 660,000 meals with 100% organic quality have been served in “Bio for Kids” facilities. Following the pilot period, the average ‘extra cost’ of organic meals was approx. 30 cents per main dish, i.e. 16,5% more compared to conventional meals. Hence, costs were significantly below those expected. Encouragingly, all 32 facilities have managed to maintain their level of organic catering following the end of financial support. Thus, the project showed that organic catering is financially practicable.</p>
Target and stakeholders	Thirty-two different institutions took part in the project: all student ages, from nursery to vocational schools, were represented. Sponsorship ranged from the municipality to charities to private sector and the selected facilities represented both wealthy and more socially disadvantaged neighbourhoods, with or without kitchens in-situ.
Lesson learned	There were 2 reasons for the success of the project; the personal commitment of institutions and Munich City Council’s passing of a resolution in spring 2013 to increase the use of organic products in all municipal child-care facilities to 50 %. Sea fish must be labelled with a recognized label of sustainability (e.g. MSC), eggs must originate from organic production, as well as 90% of all meat products. “Bio for kids” was also actively involved in the drafting of relevant quality criteria. The crucial point in any nationwide switch to organic, besides practical support for facilities, is a beneficial political setting and supportive decision-making.
Link	www.bio-fuer-kinder.de www.biospeiseplan.de
Contributed by	Verbraucherzentrale Thüringen e.V. Germany

Project: SANPEI - Healthy like a fish

<p>Why did we do this?</p>	<p>Sanpei or "Healthy like a fish" is a research project aimed to the diversification of Italian aquaculture and its development in school catering. Sanpei studied and experimented the innovations needed along the supply chain aquaculture-table, in the early stages of production (farming and processing), distribution and consumption. Native species which the project focuses on are sea bass, sea bream and mullet. Sanpei also provides outreach activities between producers and nutrition education to school children. In this sense, the project is proposed as a pilot program for a potential national initiative "Fish in schools" the example of the European Community program "School Fruit."</p>
<p>What has been done?</p>	<p>Main object of SANPEI was the enhancement of native species of fish farming and suitable for consumption of children in the school meal. The project responds to multiple problems and needs: the nutritional needs of children and young people; risks of childhood obesity, the inadequacy of the fish served in canteens, the persistence of a number of limiting factors that hinder the provision in the canteens of fresh fish, biological, bred in Italy, the absence of a biological offer even for the lack of a strong market.</p> <p>The project duration was 18 months (November 2010-May 2012).</p> <p>Specific objectives has been:</p> <ol style="list-style-type: none"> 1. establishment of models of organic farming of sea bass, sea bream and mullet for school meals; 2. characterization of production from the nutritional point of view; 3. characterization of production from the economic point of view; 4. enhancement of commercial production; 5. orientation of producers and consumers. <p>Parallel educational activities: "travel to Sanpei"</p> <p>Organize a very articulated series of activities, structured in different stages of work:</p> <p>Work package 1: Biological breeding of sea bass, sea bream and mullet: definition of protocols, trial and comparison between organic and conventional;</p> <p>Work package 2: Study of the nutritional aspects;</p> <p>Work package 3: Breeding conventional and organic compared: the economic analysis;</p> <p>Work package 4: Analysis of the supply chain and the potential demand;</p> <p>Work package 5: Testing of the supply chain and dissemination activities.</p> <p>A new phase of the project was approved with 3 years duration (January 2014 – January 2017).</p>
<p>Target and stakeholders</p>	<p>Children of the pilot schools and aquaculture chain sector-canteen</p>
<p>Lesson learned</p>	<p>"Healthy like a fish" education programme for children has been very successful to have fresh fish on the new Public Tender of the City of Rome (Italy). There were 6 administrations: two repetitions for each species tested (sea bass, sea bream, mullet); reduction of residues; nutritional benefits; school performance; preferential</p>

	<p>procurement regulations that promote organic products better picture company for consumers and creativity for cooks.</p> <p>As for the complexity and heterogeneity of the system aquaculture - school, any initiative that tries to replicate the chain realized experimentally in the context of Sanpei must be accompanied by appropriate actions closely related to each other including the activity of information: testing of chain and evaluation of satisfaction; schedule of administration, organization of activities including information and implementation in close collaboration with school administrators with both the managers and operators of canteens; Monitoring and Evaluation of satisfaction.</p>
Link	http://sanpei.ceris.cnr.it/
Contributed by	AIAB LIGURIA Italy

Project: Alles Wurscht!?

Everything “Sausage” !? - Nothing matters

Why did we do this?	Many people are not aware about the negative global impact of high meat consumption in Europe. The project clarifies about the backgrounds.
What has been done?	<p>In one school project day, the youth pupils study and work interactively on many facets around the topic meat. For this purpose, health, social and environmental facts and figures are processed in a playful and attractive way around the issue - from meat consumption of each individual to the global impact of global meat consumption. Topics such as soybeans and genetic engineering can be taken up.</p> <p>The project is based on the supply chain of beef, pork and poultry meat - those meat sorts that are most consumed in Germany.</p> <p>Finally, there is the opportunity to prepare delicious meat-free dishes and to taste them together.</p>
Target and stakeholders	<p>The participants should be able to orient themselves in a globalized world to develop their own attitudes and in the best case to reflect their own consumption patterns critically with regard to animal foods and eventually to change them where appropriate.</p> <ul style="list-style-type: none"> • Pupils 9th to 13th class • Vocational students • Teachers and parents
Lesson learned	<p>Link between massive and globally organized meat production and:</p> <ul style="list-style-type: none"> • Deforestation of the Amazon rainforest • Poverty and hunger in the world • Displacement and migration • Climate change and biodiversity

Link	www.okoherz.de
Contributed by	Thüringer Ökoherz e.V. Germany

Project: UMBESA

Implementation of sustainability in commercial kitchens with a special emphasis on biological, regional, seasonal food, freshly prepared meals and optimised meat portions

Why did we do this?	School catering in Czech republic have long tradition. Over 60 years, there is a law on providing hot meals for schoolchildren. With market liberalization the share of less fit and quality food (fast food, convenience foods, frozen meals...). Also changes in lifestyle have negative impact on health and catering culture. Project UMBESA is focused on restoration of fresh, regional, seasonal and organic meals into public catering.
What has been done?	<p>Particular meals and foods were selected and optimised regarding the criteria organic, regional, seasonal, fresh ingredients, less meat, as well as nutritional physiology.</p> <p>For both, the original as well as the new, optimised meal, test-cookings were realised in the commercial kitchens. The aim of the test-cookings was to check the feasibility of sustainable meals in commercial kitchens. Moreover, data for the evaluation of both types of meals were recorded. The following criteria have been evaluated and compared:</p> <ul style="list-style-type: none"> • Ecology (CO2-emissions) • Economy (cost analysis) • Nutrition physiology (calculation of the nutrient content) • Share of biological, regional and seasonal ingredients. <p>The basis for the selection of meals which were optimised was an extensive analysis of used food and menus of one year concerning the 5 project criteria. In cooperation with the kitchen management, potentials for optimisation were developed. The meals were selected by the kitchen manager.</p> <p>Work package 1: Collection and analysis of the whole food consumed and the menus of one year concerning the 5 project criteria.</p> <p>Work package 2: Research and analysis of two key projects in Austria, the Czech Republic and abroad, which already have implemented a sustainable menu.</p> <p>Work package 3: Building and extension of networks of commercial kitchens, distributors respectively producers, stakeholders and organisations.</p> <p>Work package 4: Consumer survey with regard to their satisfaction with the current menu, their attitude according to a sustainable menu as well as their eating behaviour.</p> <p>Work package 5: Realisation of test-cookings of selected, optimised meals. Evaluation of the original meal as well as the optimised meal with regard to the</p>

	<p>criteria economy, ecology, nutrition physiology, share of biological, regional, seasonal and fresh food.</p> <p>Work package 6: Realizing an extensive informational and awareness campaign; place cards, fact sheets and posters;</p> <p>Work package 7: Summary and discussion of the results.</p> <p>Work package 8: Public relations and teaching tool.</p>
Target and stakeholders	<p>Target group of UMBESA project are consumers in school canteens, managers of school kitchens and regional producers and distributors. Stakeholders are local food companies, school directors and kitchen chiefs and managers, nutrition and food experts and politicians</p>
Lesson learned	<p>Basic requirement for a successful change are the personal values and the willingness to change. Then the fields of action apply to:</p> <ul style="list-style-type: none"> • Communication and information: communicate the vision of change • Persuading: winning friends on the way • Long-term relationships: Building long-term relationships with important distributors and other stakeholders • Process of change: to gear a continuous process of change • Further education: minimising the resistance through further education as well as extensive information activities <p>During the whole project period, project meetings were realised with all project partners. In addition to project meetings, also meetings with the kitchen managers were realized. In these meetings, news, wishes, notations were exchanged. Project results were discussed together.</p> <p>In the Czech Republic, an expert conference on the subject 'regional food and school catering' was taking place.</p> <p>Teaching tool: To disseminate the subject of UMBESA, methodology papers were created. This includes subjects on sustainability in the communal feeding. The aim is to use the methodology papers as a basis of lectures and education on schools etc. On the one hand the teaching tool will be used for interested teachers, on the other, for workshops in firms for communal feeding.</p> <p>Handbook for commercial kitchens: A handbook supports interested commercial kitchens to implement a sustainable menu in practice beside the project UMBESA. The handbook contains checklists structured by the 5 project criteria biological, regional, seasonal, freshly cooked and less meat - as well as by the current implementation status 'beginners', 'advanced' and 'professional'. Moreover, the handbook includes project results and numerous tips and tricks for commercial kitchens.</p> <p>Recipe collection, particular for commercial kitchens: Also a recipe collection with meatless meals, which are categorised into the 4 seasons, acts as support for commercial kitchens to create their menu with meatless and seasonal meals.</p>
Link	<p>umbesa.rma.at</p>
Contributed by	<p>University of South Bohemia In České Budějovice</p>

	Czech Republic
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Organic Catering Menüett Schloss Tonndorf e.V.

Catering service preparing food from mainly regional and 100% organic food

<p>Why did we do this?</p>	<p>The Association Menüett Schloss Tonndorf e.V. was established to link the organic catering with its sustainable values and various environmental education programs under aspect of interrelations between diet, health, environmental and social compatibility.</p> <p>Since 2008 Castle Tonndorf is the starting point for a vegetarian catering service with regional products from organic farming.</p>
<p>What has been done?</p>	<p>The organic catering is part of the community project on Castle Tonndorf. Fresh fruit, vegetables and herbs are provided by the fruit trees, berry bushes as well as by the herb and vegetable gardens of the community. Milk and dairy products come from the farm "Tonndorfer Castle Milk", also belonging to the community. Other ingredients provide neighbouring and regional farmers. All used food are 100% organic. For the supplement of fish and meat components to the menu, corresponding supplementary offers from organic farms in the region are considered.</p> <p>The castle kitchen has a capacity of about 400 portions that are delivered daily in schools and kindergartens. The radius for the delivery of lunch to kindergartens, schools and other institutions covers about 30km and thus the cities of Weimar, Erfurt and Arnstadt and their rural surroundings. The seasonally and regionally aligned vegetarian wholefood consisting of highly visible, largely natural food is prepared with love and takes into account allergies and special diets, if needed. Meals have a special value through the seasonal adjustment of the recipes to the appropriate time of year, in compliance with heat and cooling components, such as herbs and spices.</p> <p>A lunch within the school catering consists of 2 courses, where the components starter and dessert alternate daily. In the middle of the meal are simple grain dishes: such as burgers, baked pieces, dumplings, pizza and vegetable pie, flatbreads and porridges enriched e.g. with nuts or cheese. Once or twice a week are potatoes the basis for tasty foods like potato pancakes, baked potatoes with cottage cheese, mashed potatoes or baked potatoes. According to the season, the raw food as vegetable sticks, green salads with cream/yogurt - herb sauce, carrot salad or other salads spiced with herbs and seeds are available.</p>
<p>Target and stakeholders</p>	<p>The philosophy of catering services is a nature cuisine rich on vital-substances. With many seasonal and regional products a large range of different vegetarian dishes can be created.</p> <ul style="list-style-type: none"> • Delivery of lunch to kindergartens, schools and other institutions - by arrangement also to individuals • Realisation of cooking and baking workshops on healthy nutrition, gentle processing and the culinary diversity of the cuisine of different cultures • Culinary and cultural activities for hiking-, travel- and children groups, as

	<p>well as for events, meetings and seminars at Tonndorf Castle</p> <ul style="list-style-type: none"> • Culinary and cultural program for private and business celebrations, receptions, seminars, conferences and congresses in the region
Lesson learned	<p>It is possible to prepare organic catering for schools and kindergartens for a reasonable price in compliance with the following criteria:</p> <ul style="list-style-type: none"> • Healthy nutrition and eating habits, gentle processing and culinary diversity • 100% organic food and products • Vegetarian nature cuisine rich on vital substances • Regional and seasonally oriented • Varied and tasty dishes
Link	http://www.schloss-catering.de/index.php
Contributed by	Thüringer Ökoherz e.V. Germany

Project: SUKI

Sustainable Kitchen – Catering facilities and their possibilities to reduce carbon dioxide emissions

Why did we do this?	<p>School catering in the Czech Republic is already of a relatively high standard, however, a share of organic products, fruit, vegetables, fresh, seasonal and local foods should be increased. The project aimed to contribute to the expansion of regional, seasonal and fresh foods, as well as organic products and inform about their positive impacts not only from the view of nutrition and health, but also from the environmental perspective. Greenhouse gas emissions produced within the food production had been selected as a tool to assess the environmental impacts. The processing of raw agricultural commodities into final products, their transport and long-term storage, as well as the use of ready-to-cook foods contribute to air pollution to a greater extent than the primary agricultural production.</p> <p>Within the project, the LCA method (Climate change impact category) was used to assess the amount of CO₂e arising from the food production and meal preparation using fresh, seasonal, regional and organic products in the public catering facilities. Making conscious food choices is not only beneficial in terms of ecology, but it also contributes to a good feeling of consumers in the catering facilities within nursery and primary schools and represents the effective prevention and education for young generation.</p>
What has been done?	<p>The SUKI project aims to determine total emissions of carbon dioxide (CO₂) in the participating catering facilities and analyse the possibilities of direct and indirect impact on carbon dioxide emissions of these facilities. The project also aims to show the possibilities to reduce carbon dioxide emissions, as well as its limits.</p> <p>The project answers the following questions:</p> <ul style="list-style-type: none"> • How much energy is consumed during the whole process of food production

	<p>in the catering facilities?</p> <ul style="list-style-type: none"> • How the energy consumption differs within the facilities using fresh ingredients from the ones using ready-to-cook foods? • How much energy is contained in the food that is used in catering facilities? • To what extent a farming system (conventional, organic) affects carbon dioxide emissions when choosing foods for catering facilities? • What influence does the consideration of origin (regionalism) have on carbon dioxide emissions within catering facilities? • What impact does the consideration of season have on carbon dioxide emissions within the facilities? • Which food has the largest carbon footprint? • What short-term, medium-term and long-term measures may be adopted by catering facilities in order to reduce carbon dioxide emissions? <p>The main task was to support a catering facility on the path towards the sustainable production of meals while maintaining or increasing the nutritional value of food. Whereas some limited opportunities for emission savings has been shown on the example of greenhouse gas emissions with the selected foods and meals from different regions and farming systems.</p> <ul style="list-style-type: none"> • The project consisted of the following stages (WP): • the selection of catering facilities • the selection of the most consumed foods and meals • the development of a methodology for assessing the energy consumption • the assessment of energy consumption of the selected catering facilities • the development of a methodology for assessing the emission load of foods and meals • the evaluation of emission load of the selected ingredients and meals
Target and stakeholders	Consumers, school and catering facility management Stakeholders, researchers, high school and university teachers (COUNTRY LIFE, PRO-BIO, Biofarma Sasov)
Lesson learned	<p>Significant savings in greenhouse gas emissions from the food production and meal preparation may be achieved by an increased use of regional, fresh, seasonal and organic foods. While, for example, 1.8 kg of carbon dioxide equivalent is released to produce 1 kg of conventional tomatoes grown in a heated greenhouse, on the contrary, only 0.3 kg of carbon dioxide equivalent is produced to grow 1 kg of organic tomatoes. Emission savings are also gained when fresh food is used instead of frozen and ready-to-cook foods (e.g. a use of fresh potatoes rather than frozen chips or instant mashed potatoes results in up to ten times lower emission load expressed in CO₂e).</p> <p>In addition, significantly shorter transport distances when transporting raw materials and foods also lead to considerable environmental savings. A positive impact of the organic system on greenhouse gas emissions is already evident within the farming phase. However, significant emission savings may be achieved owing to a use of fresh, regional and seasonal foods within the food processing, storage, transport and meal preparation in the post-farming phase.</p>
Link	Suki.rma.at

Contributed by	University of South Bohemia In České Budějovice Czech Republic
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Project: Organic cities network

Why did we do this?	<p>For various reasons organic farming and organic food production is one of the most sustainable economic sectors in Germany. Therefore, several cities, such as Munich, Nuremberg, Bremen, Heidelberg, Darmstadt and Hamburg wished to facilitate this and began working together in 2010. Thus, the focus is on the exchange of experiences, collective projects and public events.</p> <p>In February 2016 the network “organic cities” was officially founded. The principal objectives of this network are:</p> <ul style="list-style-type: none"> • promotion of organic farming and connected local added values • preference for organic products in public institutions (e.g. kindergartens, schools) and events • encouraging bio-branch networking within economic promotion • requesting a public subsidies policy to focus on the organic sector and possible cooperating projects to link up agricultural and economic policy matters to municipal matters. • addressing consumers, canteens and catering companies within e.g. public events
What has been done?	<p>Various events and projects have taken place within the cities themselves or in conjunction with one or more cities. The announcement of organic tenders by public procurement, “Bio out of the region”, “Processing and marketing of ancient cereals and fruits” or “Bio for kids” with a menu planning tool. Others initiatives included an exhibition, a shopping-guide with organic producers and educational projects for schools.</p>
Target and stakeholders	<p>Currently these are 12 cities involved. Each city cooperates in a network of several organisations, initiatives and associations; agriculture, gastronomy, education or trading. Interested cities, communities or counties are welcome to join the network. This cooperation is based on a cooperation agreement.</p>
Lesson learned	<p>One of the lessons learned is, that networking is fundamental. Furthermore, it is important to have political decisions with targets and to adapt administrative procedures for tenders, to pass regulatory actions and to involve different municipality departments. It is beneficial to educate those involved such as cooks and canteen heads and to support them individually if necessary.</p> <p>Gaining helpful experiences and advice from collective projects and events. A guideline “Strategies and concepts for the successful introduction of organic food in Municipality canteens” was published in February 2017.</p> <p>Results:</p> <ul style="list-style-type: none"> • Gaining helpful experiences and advice from collective projects and events. • A guideline “Strategies and concepts for the successful introduction of

	organic food in Municipality canteens” was published in February 2017. Special attention needs to be paid to improving motivation, involvement and willingness for sustainable agriculture and nutrition. It is beneficial, of course, to have personnel resources and a political agreement.
Link	www.biostaedte.de
Contributed by	Verbraucherzentrale Thüringen e.V. Germany

Project: Education of cooks and waiters for 21st century

Why did we do this?	<p>Company TBS Podkylava has been running a successful agro tourism centre in picturesque Podkylava since 1996. In addition to the Charolais eco-farm and the agro-tourism facility Hotel Adam, the company has its own Hotel Academy. The goal is to educate cooks, waiters and other staff at the family-run hotel.</p> <p>Students here receive a tailor-made education with a focus on foreign languages and considerable training and work experience at the agro-tourism centre. They not only gain competitive advantage in a ‘green-oriented’ market, but become ambassadors of organic farming and organic food in later jobs in the HO-RE-CA sector.</p>
What has been done?	<p>Students have regular practical training at Hotel Adam and in addition they are able to work at the hotel during seasonal events, gaining experience in the preparation of traditional local meals.</p> <ul style="list-style-type: none"> • Students have first-hand experience of organic meat and other products from local farms which help to familiarise them with the sensory properties and culinary specifics of organic food. • Organic farming and Eco Agro Tourism are included in the Hotel Academy’s curriculum which makes the school a pioneer in sustainable, rural education in Slovakia. • During cookery classes, students use organic ingredients and learn about their environmental and health benefits.
Target and stakeholders	The main targets are students and teachers of the private Hotel Academy in Stará Turá but also staff of Hotel Adam.
Lesson learned	<p>The connection of education and business in the field of agro-tourism is inspirational and an example of the vision and ambition of TBS Company leaders.</p> <ul style="list-style-type: none"> • Placement of cooks and waiters with a sound knowledge of organic farming and organic food on the Slovak labour market and abroad. • Increase in applicants to the Hotel Academy as a result of the successful employment of school graduates. • Organic food increasing in popularity among professional cooks in Slovakia.
Links	Hotel Academy: http://shastaratura.wixsite.com/sha-staratura

	Agropenzion ADAM: http://www.penzion-adam.sk/prevadzky.html Ekofarma Charolais: http://www.penzion-adam.sk/biofarma.html
Contributed by	Centrum environmentálnych aktivít Slovakia

Project: Bio kann jeder- nachhaltig essen in Kita und Schule

Organic for everyone - eat sustainable in school and kindergarten

Why did we do this?	The meals in kindergartens and schools are a big challenge for all the responsible: they must be healthy and balanced to meet all the needs of children and youth. They should be tasty in order to be accepted by the kids and adolescents. They should not load heavily the purse of the institutions and the parents. And moreover, they should also meet the requirements on regionality, sustainability and fairness. The reality is rather different.
What has been done?	The workshops take place at various locations and facilities (for example, organic farm, organic cuisine). The focus is on the question of what actually constitutes an adequate children catering and which quality criteria have to be observed. Furthermore, it is shown, what special features characterize organic farming. In addition, ideas for children and youth friendly catering services are developed and supply sources of organic products in Thuringia are introduced. A guided tour in the facility and a common snack during which the exchange and discussion is in the centre beside organic culinary delights, complete the program of the workshop.
Target and stakeholders	<ul style="list-style-type: none"> • Organic food should be more integrated into catering services of daycare centres and schools. • Kitchen manager in day-care centres/kindergartens and schools • Educators and teachers • Parents and other interested stakeholders
Lesson learned	Suggestions for the implementation of more sustainability in public catering services Basics about: <ul style="list-style-type: none"> • Organic food and its contribution to environmental protection • Labelling of organic food • Organic certification and control • Reduction of additional costs in the cost of sales • Possibilities for the use of organic products • Supply sources of organic products
Link	www.oekolandbau.de
Contributed by	Thüringer Ökoherz e.V. Germany

Project: Bio-schools

Why did we do this?	<p>The main barriers to the use of organic foods in schools are their poor availability and a lack of information about suppliers and options within the current organic food market. Therefore, this project emphasises the creation of a distribution chain to provide schools with access to the organic foods available on the domestic market and on facilitating the procurement of organic products.</p>
What has been done?	<p>As part of the project, information materials were distributed among organic farmers and producers of organic foods. School management, founders and parents received the handbook 'How to introduce organic foods into schools'. There were workshops and round tables for organic farmers and schools and cookery lessons for school canteen cooks who included information about storage, processing and cooking organic foods as well as information about lesser known organic foods available on the Czech market.</p> <p>The project helps to bring schools and parents on one side, closer to organic farmers and producers on the other. Organic farm tours and school organic food markets facilitated meetings of organic farmers with children and parents. The project was concluded with a conference about school meals that was aimed at addressing further parties interested in the inclusion of organic foods into school canteens. As of project completion (30 November 2011), 39 suppliers and 36 schools and separate school canteens located in Prague and 3 rural regions have participated in the project.</p>
Target and stakeholders	<p>The project aims to support school canteens in the practical introduction of organic foods into their menus. The main target groups were children, their parents and school representatives (headmasters, teaching staff, heads of school canteens and cooks) and also workers of educational and other regional authority departments and other institutions, representatives of NGOs and organic farmers and producers.</p>
Lesson learned	<p>Schools greatly appreciated the educational aspect of the project. The reliability of suppliers was not an issue. Some schools located in remote regions however, encountered problems with deliveries whilst some schools find the system of ordering products inflexible.</p> <p>Within 5 years of completion of the "Bioschools" project, there have been 6 similar, quite large projects supported by national and EU resources in various regions of the Czech Republic.</p> <p>In the future, schools will need greater institutional support from the Ministry of Education, Youth and Sports, reduction of food prices and further subsidies.</p>
Link	<p>www.bioskoly.cz</p>
Contributed by	<p>University of South Bohemia in České Budějovice Czech Republic</p>

Project: Smart Food Procurement

Free counselling: organic and local public food procurement

<p>Why did we do this?</p>	<p>The background to the initiation of the project was the large number of municipalities and regions in the process of introducing more organic and local food in their kitchens and canteens, or at least having that vision. This had created an increasing demand for advice and knowledge about the organic conversion process. Furthermore, the project supports the ambitions of the government's 'Ecology Plan 2020' to double the organic agricultural area in Denmark and ensuring growth in rural areas, where a large proportion of jobs are rooted in the food industry.</p>
<p>What has been done?</p>	<p>"Smart Food Procurement" is a three-year project initiated by the Danish Ministry of Environment and Food as a partnership between various public and private actors. The project has offered advice to a target group of decision-makers, procurement managers and kitchen operators in municipalities, regions and government organisations.</p> <p>One goal of the free counselling has been to support the organic conversion of public kitchens with each case of counselling organised to accommodate the needs of the recipient and of variable duration.</p> <p>Typical topics have been: Increasing the share of organic food in kitchens; getting started with an organic conversion and which food groups to start with; applying for the Organic Food Label.</p> <p>Another goal of the counselling has been to guide and promote the procurement of local produce for public kitchens. In this regard, central obstacles to the procurement process for kitchens are the EU regulations which complicate the situation and prevent many kitchens from buying locally.</p> <p>In addition to counselling, the project has gathered knowledge about best practices in food procurement, strengthened cooperation in the value chain from the producer to the kitchen and developed tools to help public purchasers in the future.</p>
<p>Target and stakeholders</p>	<p>Decision-makers, procurement managers and kitchen operators in municipalities, regions and government organisations.</p>
<p>Lesson learned</p>	<p>One of the results of the project is a new website featuring the experience gathered during the project period. The website has useful guidance and tools:</p> <ul style="list-style-type: none"> • Tool to calculate food shopping needs; • Guidance on local food procurement; • Season-tool; • Guidance on public procurement of sustainable and local fish; • Guide to controlling food contracts; • Manual for sensory tests <p>The 'Smart Food Procurement' project can be replicated in other EU countries which have ambitions in line with the Danish. Political support is the key to the project's success.</p> <p>Needed resources:</p> <p>In the Danish scenario, a budget of 1,67 million € for the 3-year period was made</p>

	available. Furthermore, a public-private partnership was established to ensure that all necessary expertise and knowledge was available.
Link	http://klogefødevareindkøb.dk/
Contributed by	Vestjyllands Højskole Denmark

Project: Milk Shake Knight

Why did we do this?	Through the shopping in the supermarket children are increasingly losing the touch with origin of plant and animal foods. Through this project, they should learn more about the food like milk, fruit and honey in a playful way.
What has been done?	Participants work out the three ingredients for an organic milk shake: milk, fruits and honey. Beside this, actions with fun and interesting facts are realised. At the end, the delicious organic milk shake can be prepared and enjoyed. The project can be combined with a visit to organic farm. There, the visitors can experience by themselves the living conditions of animals as well as production and quality of food.
Target and stakeholders	On mentioned three examples of food groups (milk, fruit and honey), the participants are introduced to animal welfare, seasonal and regional fruit and vegetables and the importance of the honeybee in the environmental protection. <ul style="list-style-type: none"> • Students in grades 3-6 • Educators and teachers
Lesson learned	Link between organic farming and: <ul style="list-style-type: none"> • Welfare of dairy cows • Seasonality of fruit and vegetables from the region • Importance of the honeybee for our environment
Link	www.oekoherz.de
Contributed by	Thüringer Ökoherz e.V. Germany

Project: BIO DO ŠKOL (Bio for schools)

Why did we do this?	The project was designed as a response to the current situation on the organic food market in the Czech Republic. Further development of ecological farming requires raising a demand, which may be created on the retail level as well as on the level of collective catering and gastronomy. On the level of collective catering, school canteens constitute an ideal choice because all school children as well as students of secondary and higher vocational schools in the Czech Republic have their meals in them. Based on the ascertained interest, a requirement for introduction of a certain
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	share of organic foods into school catering would be raised. Another impulse was the experience from Germany where a similar project received support from government and was very successful.
What has been done?	<p>The educational tool was the manual for the introduction of organic foods produced by local farmers into school canteens “Cooking from Organic Foods in School Canteens” (Vaříme z biopotravin ve školních jídelnách): practical guide containing not only recipes but also information and advice how to incorporate seasonal organic foods into the menu, how to communicate with local farmers, etc.</p> <p>Designed for school canteen staff and school headmasters, there was an educational workshop describing introduction of organic foods into school catering in Austria and discussing the experience derived from several similar Austrian projects. The workshop took place in the South Bohemian Region and Vysočina Region.</p> <p>A pilot school organized a trip for its pupils to an ecological farm (a farm participating in the pilot project “The Network of Model Eco-farms Biofarmy.cz” (Síť ukázkových ekofarem Biofarmy.cz).</p> <p>Four pilot schools held the event called “Bio Day”. They included workshops for cooks “Why and How to Cook from Organic Foods” (Proč a jak vařit z biopotravin). With the guidance of an experienced lecturer, lunch was cooked from organic foods. For all diners, an educational lecture about benefits of ecological farming was held.</p> <p>Project outputs:</p> <ul style="list-style-type: none"> • Supporting information materials intended to inform workers of canteens and parents of children about the principles of ecological farming and benefits of using organic foods • Internet presentation as an inspiration for further schools to join into the project “Organic Foods to Schools” (Biopotraviny do škol) • Cookbook “Cooking from Organic Foods in Canteen Kitchens” (Vaříme z biopotravin ve velkokuchyni) for school canteen staff • Workshop for school canteen cooks – “Why and How to Cook from Organic Foods”
Target and stakeholders	Consumers, management of schools and school canteens. Further Stakeholders: regional coordinators of school catering in the South Moravian Region and Vysočina Region, officers responsible for school catering in Brno and Jihlava, and NGOs active in school catering.
Lesson learned	<p>The purpose of the pilot project was to support systemic thinking, global education and eco-literacy so that they are reflected positively in the use of organic foods in school canteens.</p> <p>A side effect of the pilot project was the engagement of small local organic farms in the supply chain for school canteens in two regions, the improvement in the quality and freshness of the offered food, the reduction in the environmental impacts due to the use of local resources, and the publication of the discovered market opportunities for other parties interested in the supply or demand for local ingredients.</p>
Link	www.biodoskol.cz

Contributed by	University of South Bohemia in České Budějovice Czech Republic
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Project: Lila Kuh und Anti-Matsch-Tomate

Purple cow and anti-mud-tomato

Why did we do this?	The aim is to increase the visibility of the everyday act of eating into consciousness of consumers and to create the relation to the health and environmental protection.
What has been done?	<p>Participants will become familiar with the basics of nutrition and the natural cycles of organic farming. The knowledge will be transferred by various practical tasks such as the filling of the food pyramid, the estimation of the quantity of sugar contained in various foods and the preparation of common snacks by children themselves. At the sensory stations can be felt, heard, seen, tasted and smelt. Specific questions can be integrated.</p> <p>So that the children and parents can implement a healthy diet better in everyday life together, also in a parents' evening the project will be explained and questions about nutrition and environmental protection will be answered. Even further training on various topics of food offered to the teachers.</p>
Target and stakeholders	<p>The aim is to increase the visibility of the everyday act of eating into consciousness and to create a relation to the health and environmental protection.</p> <ul style="list-style-type: none"> • Pupils 5th to 13th grade • Vocational school students • Parents • Teachers
Lesson learned	<p>The students learn about:</p> <ul style="list-style-type: none"> • Basics of nutrition • Construction of the food pyramid and placing of food • Nutritional needs of people • Origin and Meaning of healthy foods • Specific features of organic products and organic farming
Link	www.oekoherz.de
Contributed by	Thüringer Ökoherz e.V. Germany

Project: Hovorme o jedle

Let's talk about food

Why did we do this?	The Objective of this good practice is to increase the level awareness about food and good eating habits as part of a healthy lifestyle, with the support of the Ministry of Education, Science, Research and Sport of the Slovak Republic and the Ministry of Agriculture and Rural Development of the Slovak Republic
What has been done?	<p>The initiative is held annually and aims to educate children and young people to take healthy eating habits and the importance for the creation and environmental protection, regional development and employment.</p> <p>Every day of the week in which the initiative is based usually in October are announced topics of daily competition. Overall, there are 10 daily themes in the competition.</p> <p>The aim of the educational activities is to promote cooperation and active participation of children, youth and adults in building capacity to appropriate food choices and appropriate lifestyle, ability to take responsibility for their health, awareness of the importance of food in promoting regional development, employment and protection of the environment.</p> <p>The initiative is organized by the Centrum rozvoja znalostí o potravinách n.o. (Centre for Food Knowledge Development – non-profit), nation-wide activities, competitions, artwork, literary contests.</p> <p>During the week are organized seminars, conferences (training, course, presentations) with the purpose of offer information on food and drink eating habits as a healthy lifestyle. How functional foods play critical roles in human health and for the prevention of disease. The initiative offers cultural, social and sporting events with a view to achieving suitability for appropriate foodstuffs, fitness for health Lifelong Learning, Takes Responsibility for Health.</p>
Target and stakeholders	This Good practice is focused on food education for children and young people
Lesson learned	Campaign and information activities are collected on the website focused on knowledge on Healthy Living Style. The activities also allow the creation of an internet databases with analyses, surveys, providing information on the activities listed above. It provides the population with an appropriate food supply and a healthy Living Environment.
Link	http://www.opotravinach.sk/talks
Contributed by	Centrum environmentálnych aktivít Slovakia

Project: Experiential school developing a mix of good practices

<p>Why did we do this?</p>	<p>Sustainable lifestyle has always been a great aspiration of the Vestjylland Folk High school in Denmark. Their wind turbine and solar- and geothermal system supplies the school with CO2 neutral energy. One important element of the school's green profile is an ambition to ensure organic and sustainable nutrition. This has been the motivation behind the best practices implemented in the operation of the school kitchen over time.</p>
<p>What has been done?</p>	<p>The kitchen leaders at the school established several procedures and practices in the kitchen, which enables them to serve organic meals whilst prioritising local and seasonal food and keeping within a budget.</p> <p>Examples of best practices:</p> <ul style="list-style-type: none"> • Purchasing from 100% organic wholesaler -> simpler and less time-consuming, a wider range of organic goods, delivery from only one wholesaler. • Purchasing (and using) the whole animal from local farmer -> supports the goal of sustainability, total cost is lower. • Avoiding the use of dairy (in bread, soups etc.) when possible -> saves time, lower cost, no "special food" for lactose intolerant, vegans etc. • Not using finished or semi-finished food products -> lower cost, better quality/freshness of food, respect for the products. • Replacing meat with plant proteins -> lower cost – this practice is one of the main reasons why using 90-100% organic food is possible. • Minimizing food waste by reusing leftovers -> lower cost, sustainability. • On-going communication with local farmers and using their products -> lower cost, following specific local seasonality, fresh goods, sustainability, secure future supply.
<p>Target and stakeholders</p>	<p>School administration, kitchen staff, users of the canteen (students at the school, staff members, various course participants etc.) and local food producers.</p>
<p>Lesson learned</p>	<p>It is essential that both the kitchen staff and school administration are engaged and passionate about the efforts that must be made to reach a high level of organic and sustainable food delivery. With a passionate kitchen staff willing to work quickly and some degree of cost-free/voluntary help in the kitchen (students etc.), it has been possible to keep the budget at the same level - even in Denmark, which has one of the highest wages in the EU. Furthermore, the kitchen needs the support of the people eating its food. Sharing the history and provenance of the food, seasonality, time and effort spent etc. creates respect for the food and helps prevent unnecessary food waste.</p> <p>Results:</p> <p>By implementing best practices, Vestjylland Folk High School has achieved an average monthly organic portion of 90-100% for its meals, which has qualified the kitchen for the Gold Organic Food Label. This has been a long process with kitchen routines developed over time and based on experience and knowledge.</p>

Link	www.vestjyllandshojskole.dk
Contributed by	Vestjyllands Højskole Denmark

Project: Climate picnic- Healthy and Climate-Friendly Diet

Why did we do this?	Harmful greenhouse gases speed up the climate change for several decades and lead to melting of glaciers to extreme weather situations and to raising the sea level. Our diet has a big influence on this development. Each individual can contribute with simple examples to the positive influences.
What has been done?	In the form of an interactive picnic, the influences of different foods on the emissions of greenhouse gases are illustrated. The task is to organize trip including a lot of action and delicious picnic basket - everything with low emissions of CO ² - equivalents. Climate-friendly tips, regional and seasonal foods are discussed and in working groups examples of their practical implementation for everyday life are worked out. Food will be evaluated; from it delicious food will be prepared and tasted. For preparation and post-processing of the project teaching materials can be provided.
Target and stakeholders	Students beginning from the 8th grade as well as training for teachers in the context of further training events.
Lesson learned	The participants are encouraged to think about sustainable, healthy diet and to implementation their ideas in everyday life. The basics for this are: <ul style="list-style-type: none"> • Basic knowledge about sustainable, healthy eating habits • Effect of different foods on the emissions of greenhouse gases • Climate tips for reducing CO² emissions • The positive impact of regional and seasonal food on the climate
Link	www.oekoherz.de
Contributed by	Thüringer Ökoherz e.V. Germany

Project: Guidelines of the Public Tender for the quality of school catering service - 'The Queen' of Rome Good Practices

Why did we do this?	The objective behind Rome's approach is to support organic agriculture and organic food chains, ensure food safety and nutritional balance, and encourage good environmental performance of current and potential suppliers, through its school meal service. Since 2001, Rome has employed an incremental approach to designing its food and catering tenders and its food service, to gradually make these more sustainable and innovative. A recent call for tender for the school food service covers the period September 2007 – June 2012 and has a base value of
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	<p>approximately €355 million. The overall themes and objectives were: Guarantee of the origin of food products; Freshness and flavour of the meals; Variety of menu; Comfortable, healthy and functional environment, and frequent and meticulous controls; Nutrition education; Reasonable cost.</p>
What has been done?	<p>The results of quality and sustainability achieved in the canteens of schools in Rome were the result of a complex process that began in 2001 and continues today. Since 2001 the school meals program in Rome has arrived to plan the fifth round of tendering to support its ALL FOR QUALITY principles introduced and implemented year per year. Furthermore, in January 2010, Rome's Council adopted a decision on GPP for food and canteens. More than 144,000 meals are served daily across 550 nurseries, primary and secondary schools. 92% of the meals are prepared on site with 69% of them including organic food. School mealtimes are a vital accompaniment during children's most important growth phase in which they develop behaviour patterns and lifestyles. They not only become more responsible for their own health, but acquire a social and environmental conscience.</p>
Target and stakeholders	<p>The main target group is 144,000 children (girls and boys) in preschools and primary schools of the city of Rome. Stakeholders are principals, teachers, canteen managers and parents. In addition, the service is characterised by its high sustainability and high skill levels of employees in the sector.</p>
Lesson learned	<p>In terms of monitoring, municipal dieticians carry out quality checks of food on a daily basis to ensure that the terms of the contract are continuously respected. An additional contract was drafted for monitoring in schools and has been awarded to two private laboratories which analyse approx. 15 samples of food and foodstuffs on a daily basis. An extension of this school food practice to other public canteens (e.g. in prisons, hospitals) in Rome is under consideration. The principles on which the latest contract is based will remain the same for future contracts.</p> <p>The great variety of recipes allows changes to be made without creating supply problems. Special diets are provided for children who need them: 'light' diets for minor illness of a short duration that do not require a medical certificate; special diets for health reasons (sensitivities and/or allergies) or which a medical-certificate is required from a Local Health Centre and which is presented to a municipal dietitian who can process an ad hoc diet; vegetarian menus and those for specific religious needs for which it is sufficient to present a statement from the parents to the Town Hall Office. A snack is given at mid-morning with the aim of providing a proper caloric and nutritional structure. The snack composition is balanced such that a child does not have a sense of satiety when it is lunch time. During educational trips, children have a 'travel' or 'cold' basket, packaged up the same day in paper bags with individual handles. The food which is not consumed at table may be allocated to animal (such as cat and dog homes). Food not consumed by children and still intact is passed to non-profit organizations for the purpose of social solidarity.</p> <p>Catering is provided by specialized companies which award two kinds of Public Tenders for the service:</p> <ul style="list-style-type: none"> • a race managed centrally by the Town Council. The city territory was divided into 11 lots, each of which had been assigned a company; • races carried out directly by school leaders "in self-management". <p>In the 36 cases, the winning company operates the service in the schools which have</p>

	held the race. In both cases, however, companies have had to meet the same quality standards required by the City of Rome. In the last race, the city of Rome invested 700 million EUR to subsidise the service of meals for the years 2007-2012 to 740 schools. Roman families pay less than half the average overall cost of meals and these contributions are reduced by 25% for low-income households. The poorest families are entitled to free meals.
Link	www.comune.roma.it/pcr/it/mense
Contributed by	AIAB LIGURIA Italy

Project: SKUTEČNĚ ZDRAVÁ ŠKOLA

Really Healthy School

Why did we do this?	<p>The system of school canteens has been well functioning in the Czech Republic for 50 years. Since 2005/2006 the number of diners who eat their lunch warmed up (i.e. have lunch from a delivery service) has increased by 70.9 %. But for 25 years there has not been any reasonable amendment to the school catering regulation to reflect any up-to-date findings. In the Czech Republic, children have to eat almost three times more meat than those in the Western countries and grow fat. There are no scientific grounds for recommending such a high intake of proteins.</p> <p>Every third citizen of the Czech Republic will get cancer in their life and every fourth one will die from cancer. The cardiovascular disease mortality is approximately twice as high in the Czech Republic than in the advanced European countries. In the Czech Republic, more than half of adults (57 %) is overweight. The prevalence of overweight and obesity in Czech children and adolescents has increased three times for the last 18 years. Healthy nutrition, sufficient physical activities and non-smoking can prevent development of a third of tumours.</p>
What has been done?	<p>Every school carrying out the programme “Really Healthy School” has a working group responsible for the program execution. The Action Group for Healthy Nourishment (Akční skupina pro zdravé stravování) is an association of teachers, pupils and students and school canteen staff, supported by experts in nourishment and education and by local citizens.</p> <p>The cross-cutting themes of environmental education are:</p> <p>Basic knowledge, skills and abilities in the following fields:</p> <ul style="list-style-type: none"> • Principles of sustainable farming, and basic knowledge connected with understanding the operation of farms • Ecological crop growing in the school garden • Preparation of meals from the crops grown in the school garden • Seasonal use of crops in cooking lessons <p>The program “Really Healthy School” covers the following issues:</p> <ul style="list-style-type: none"> • Ecosystems - fields • Essential life conditions:

	<ul style="list-style-type: none"> • Water – importance of water for human activities • Soil – nutrition resource, soil endangerment, soil exhaustibility • Natural sources • Principles of natural resource management • Human activities and environmental problems • Agriculture and the environment • Ecological farming • Man-environment relation • Environment and health - diversity of the environmental effect on health, their complex and synergic actions, opportunities and ways of health protection
Target and stakeholders	School management, teaching staff (teachers of appropriate subjects), pupils and students, parents, local public officials, school canteen staff, teachers and supervisors
Lesson learned	<p>At present, the project comprises two programmes: “Really Healthy School” and “Really Healthy Kindergarten”. The certification requirements cover three levels: bronze, silver and gold. For each level, there are specific criteria to be met by the school or kindergarten.</p> <ul style="list-style-type: none"> • The criteria relate to the following themes: • Engagement and dining culture • Food quality and the place of its origin • Education on food and nourishment • Local community and cooperation <p>The action group cooperates in improving the standard of school catering and supports the education on food and dining culture throughout the school life. It also focuses on various school activities, such as crop growing in the school garden, cooking lessons or school trips to local farmers where pupils and students can learn about the origin of foods.</p>
Link	www.skuteczdravaskola.cz
Contributed by	University of South Bohemia in České Budějovice Czech Republic

Project: Was macht der Bio-Bauer anders?

What does the organic farmer differently?

Why did we do this?	Children and young people are losing the connection to agriculture and the origin of our food. In the project they learn the specifics of the organic farming, such as animal welfare, the protection of resources and the conservation of landscape diversity, through their own experience and intuition.
What has been	By means of an interactive circle game the children learn the specifics of organic farming and its embedding in the complex cycles of the nature. Different topics can

done?	<p>be connected and thus different skills and competences can be transferred: organic food, animal welfare, alternative energy generation, social/multifunctional farming, nutrition knowledge and environmental protection. The complex representation of natural cycles should create a basis for and initiate closer monitoring of these cycles by students.</p> <p>In the end of the workshop, tasty dishes are prepared from organic food and the project will be finished with joint tasting and discussion.</p>
Target and stakeholders	<p>Pupils of all age groups (classes)</p> <p>Educators and teachers</p>
Lesson learned	<p>By working out what makes the organic farmer differently, the children and young people are introduced to the question of the origin of our food. A special attention is paid to the ecological/environmental operating cycles in the production of plant and animal foods.</p> <p>Depending on the gameplay the participants can develop further insights:</p> <ul style="list-style-type: none"> • Origin of food • Special features of organic farming • Biological circular economy • Relationship between agriculture and nature conservation • Animal Welfare • Basics of a healthy diet
Link	<p>www.oekoherz.de</p>
Contributed by	<p>Thüringer Ökoherz e.V.</p> <p>Germany</p>

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