EU SCHOOL SCHEME: FRUIT, VEGETABLES AND MILK

ENCOURAGING HEALTHIER EATING HABITS

The EU School Scheme supports the distribution of fruit, vegetables and milk to schools across the European Union as part of a wider programme of education about European agriculture and the benefits of healthy eating.

Seasonality, variety, availability, health and environmental aspects underpin the choice of products. EU countries may encourage local, short-supply chain, organic and quality scheme products.

The scheme also supports educational measures, covering topics such as local food chains, organic farming, sustainable production and food waste.

The EU School Scheme aims to reconnect children to agriculture and teach them about healthy eating habits.

THE NUMBERS

€250 million EU budget per school year

Around €145 million for fruit and vegetables and €105 million for milk and milk products to schoolchildren, together with educational measures to reconnect children with agriculture and learn healthy eating habits.

EDUCATIONAL MEASURES

Agriculture - Healthy eating habits - Local food chains - Organic - Sustainable production - Food waste

Over 19.4 million schoolchildren received more than 71 million kilos of fruit and vegetables and 167 million litres of milk.

1.3 million schoolchildren participated in tasting classes, cooking workshops, other.

1.4 million schoolchildren visited farms, dairies, farmers’ markets and similar activities.

6 million schoolchildren were involved in other activities: competitions, games, themed days or periods.

Around 8.4 million schoolchildren set up or maintained school gardens.

8.4 million schoolchildren had lessons, lectures, workshops.

Agriculture and rural development
GREECE

Healthy foods and physical activity are the themes of this pedagogical pyramid that schoolchildren can prepare. It is a creative and engaging way for young children to learn about the importance of healthy eating habits and an active lifestyle. Fun physical activities and sports feature in the daily routine to encourage children to be active and stay healthy.

www.eu-schoolprogramme.minagric.gr/minagric.gr

LITHUANIA

Lithuanian children had several fun events in 2018/2019. They learned about healthy eating habits, made delicious dishes together and played some sport. Three moderators, dressed as a carrot, an apple and an evil gummy bear, kept spirits high!

www.pienasvaisiai.lt

CROATIA

Students of the Antun Horvat Vocational High School in Đakovo ran an organic, anti-stress garden to relax and enjoy the sights and scents of nature. Biodiversity also benefitted thanks to a dedicated hotel for insects! In addition, students studying nutrition prepared healthy meals as part of the ‘Drop of Goodness’ project. Recognised as an international Eco-School since 2003, Antun Horvat Vocational High School’s motto is: “the future of our planet is in our hands”.

www.youtube.com/watch?v=RUbkXbCqIYE

POLAND

A teachers’ toolkit was produced in Poland, helping to teach schoolchildren about healthy eating, our connection with agriculture and how to fight food waste. The pedagogical aid contains scenarios and tutorials for teachers, giving step-by-step instructions for activities such as how to set up a school garden, host a cooking workshop or organise farm visits. Extra education materials are also made available to children and their parents. For example, a blog by a cartoon pig called Chrumas!

www.kowr.gov.pl

Learn more about the EU school scheme

https://ec.europa.eu/agriculture/school-scheme
BELGIUM A drone with fruit, vegetables and milk in the school playground

The launch event for the school scheme in Flanders, Belgium, included a surprise for children with special educational needs. In a secondary school in Aalst, a drone dropped fruit, vegetables and milk in their school playground and two popular TV hosts performed stunts and helped with distribution.

IRELAND Pump up the volume for the school milk jingle

In Ireland, a jingle competition took place during the National School Milk Week. Schools competed to win the coveted prize of free school milk for a year, a dairy day in their school with a mobile farm and nutritionists and the Milly the cow mascot, and last but not least a sports equipment voucher. Congratulations to the winner: St. Patrick’s National School Trim, Co. Meath!

ITALY Who said I don’t know and I don’t like it

In Italy, suppliers of school fruit and vegetables had to make available at least two types of pulses during special distribution days in combination with educational measures. Around 103,000 schoolchildren in the Trento and Bolzano Provinces and the Veneto Region tried chickpeas mixed with carrot slices and a splash of orange juice. Their feedback was enthusiastic, to the surprise of many – including parents!

GERMANY Schleswig Holstein – Going local

Children in Schleswig-Holstein, Germany, since 2017 receive also fruit and vegetables in addition to milk, with preference to local products. Meet the suppliers: here, Ms Doris Schuster who leads the family business, now in third generation. She grows 100 varieties of apples on 7 hectares in the village of Schwentinental-Raisdorf.

FINLAND Taking kids on a food expedition

The Food Radar, Finland, accompanies the distribution of school fruit, vegetables and milk. As active explorers, kids can play games, make videos and participate in competitions. The winners of the Food Art competition, six 8th graders from Lohtaja school in Kokkola, made a spectacular wreath of the scheme’s fresh produce. As a prize they spent a day in Helsinki and made a ‘Ready, Steady, Cook’ YouTube video with Mikku, a popular Finnish YouTube star.

LATVIA Website shows it all

The Latvian school scheme website is a mine of information for children, parents, teachers and the public. It includes not only information on what it is and how to apply but also a wealth of creative ideas, drawings, picture galleries and video materials by all those involved: children’s feedback, materials for teachers, highlights on progress under the scheme, contests etc. What’s more, also in English. Enjoy!

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