

# Healthy and sustainable school meal in Norway – development of a one-pot concept

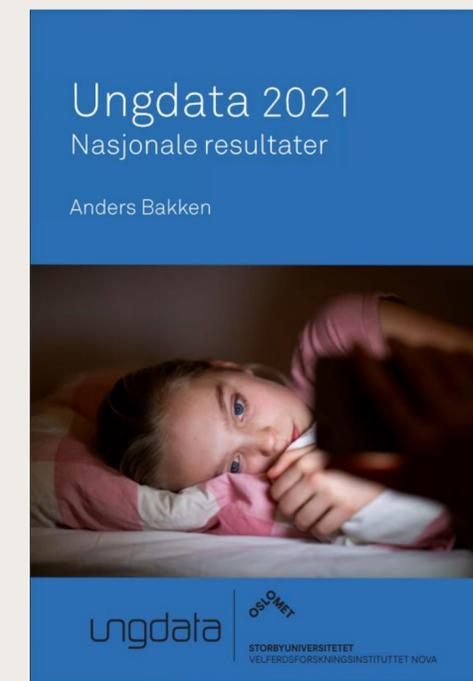
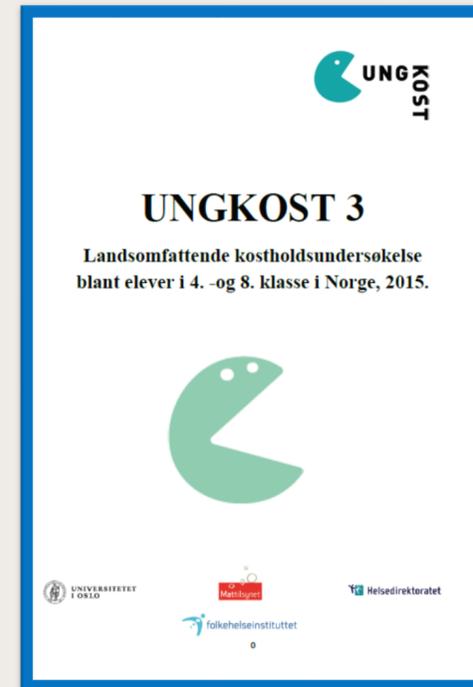
Cathrine Solheim Kolve

Conference on School Meals



# Adolescents and dietary habits

- Too much saturated fat and added sugar
  - Too little fruit, vegetable and fish
  - Few eat fruits, vegetables and fish at school
  - With increasing age, fewer people eat breakfast and lunch every day
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- Proportion who had a «matpakke» (2013)
    - 98 % 1-4 class
    - 95 % 5-7 class
    - 70 % Secondary school
    - 52 % High school



Is it possible for lower secondary schools to offer a hot school meal with the use of existing facilities?

# The concept

A modern «soup kitchen»



- Oatmeal porridge
- Fish stew
- Carrot soup
- Vegetable soup
- Chili-sin-carne

# Design

## Schools included in the pilot

Schools	Place	Pupils (n)
School 1	Urban, east	170
School 2	Urban, vest	200
School 3	Rural	180
School 4	Urban, center	400
School 5	Rural, coast	85





School 1



School 2



School 3

## Ulike forutsetninger



Bilde lånt fra Google



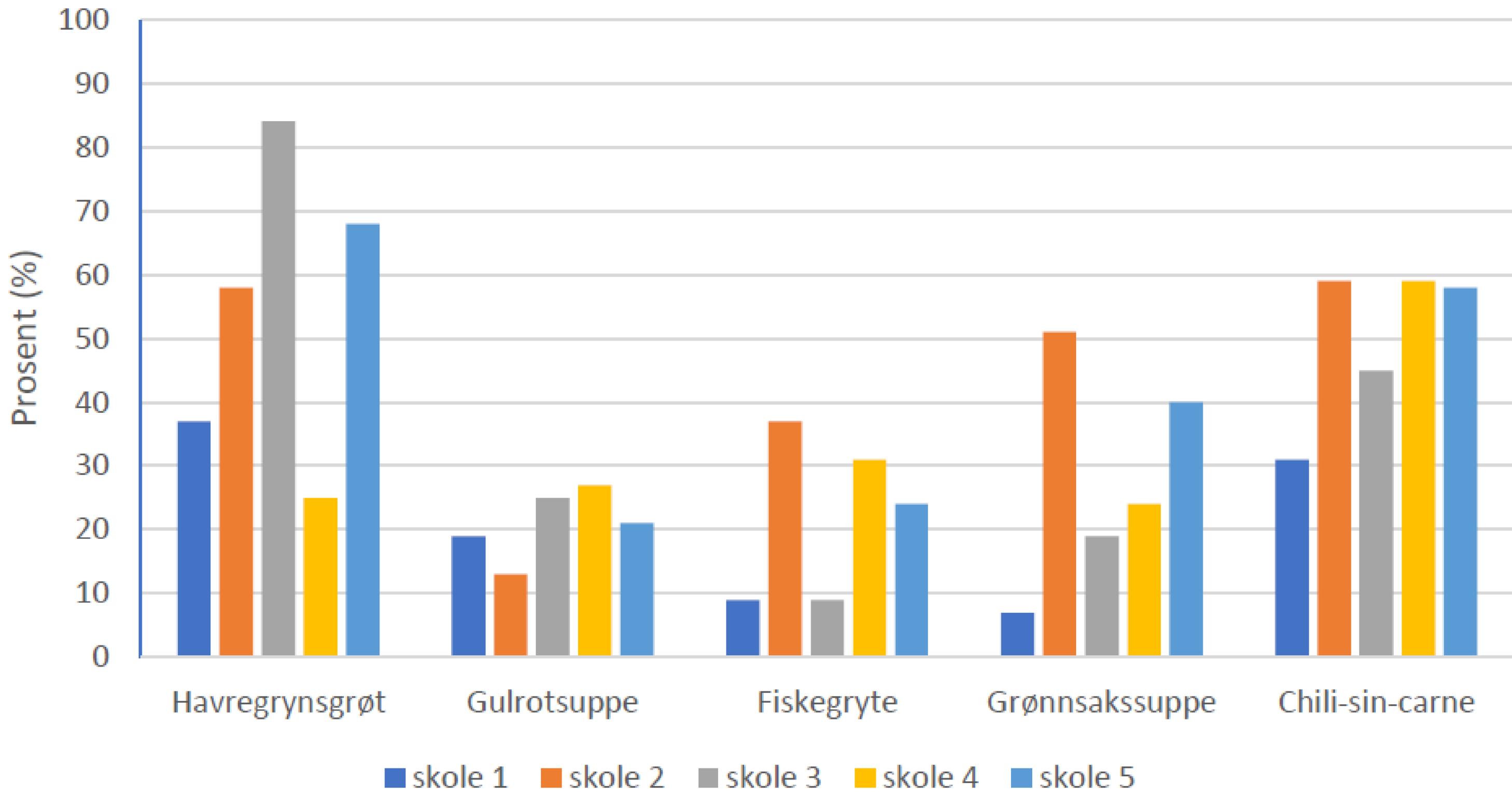
Skole 1

How do pupils experience being served a hot school meal?

- Questionnaire surveys
  - Before the implementation (n=702)
  - During the implementation (n=670)
- Focus group interviews at the five schools (10 interviews)
- Observations at all five schools

# Findings

	Did not taste the dish (%)	Enjoyed the dish well (% of those who tasted)	Ate half or less (% of those who tasted)
<b>Total</b>	<b>18%</b>	<b>35%</b>	<b>38%</b>
Porridge	15%	54%	23%
Carrot soup	19%	22%	47%
Fish stew	25%	23%	47%
Vegetable soup	17%	27%	42%
Chili-sin-carna	16%	51%	29%



# Findings

## Focus groups

- In general, the pupils were positive to a free school meal program
- Both pupils and school personnel experienced the meals as positive for the social environment
- The meals was to fancy
- The pupils expressed a desire for more variation and a more customized menu
- Wanted more pizza, pasta, toast..

# Summary

- It was possible to serve simple hot meals to all pupils at school with today's infrastructure
- Several pupils did not try, several did not like it and several did not eat up



# Thank you

RAPPORT

# 2021

## Gratis skolemat i ungdomsskolen

– nasjonal kartlegging av skolematordninger og utprøving av en enkel modell med et varmt måltid