

Evaluating
health and sustainability profile
of school meals through
consumption data analysis

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Matvalget

Conference on School Meals, Bergen
08.06.22





**Kari Grete &
Gun**

SCHOOL MEALS IN VIKEN COUNTY

- Implement free meal
- Improve existing canteen

VI LAGER MATEN I KANTINA

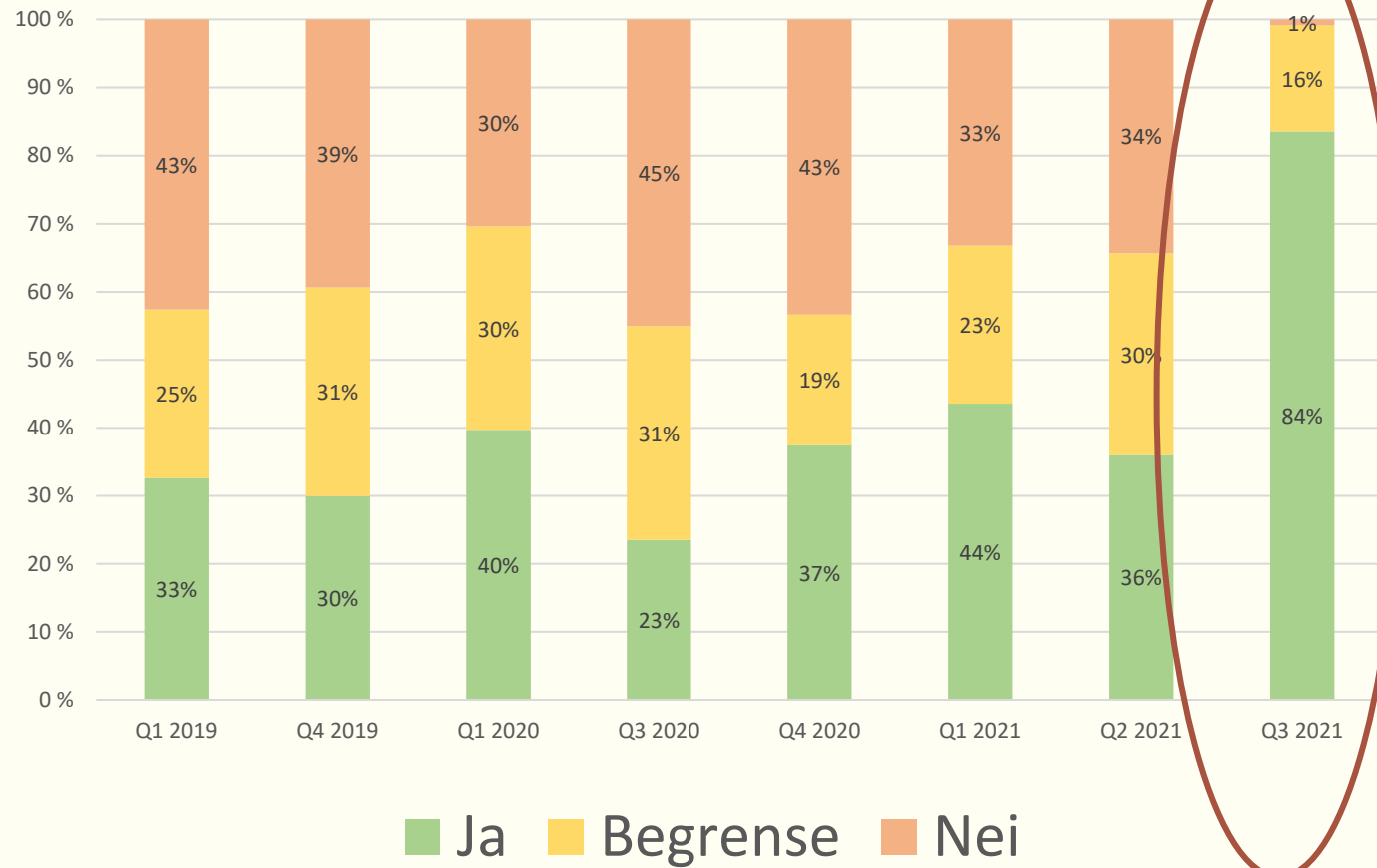
HJERTET I SKOLEN!

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Variables	Values
Nutritional guidelines	Yes/limit/no
Degree of processing (NOVA)	Min.processed/ Culinary ingredient/ processed/ ultra-processed
Organic	Organic/conventional/ excluded
Food group	Fruits and vegetables/red meat/drink products/ready- made meals/etc (14 groups)
Value of purchases	NOK + weight



Compliance to nutritional guidelines (NOK)



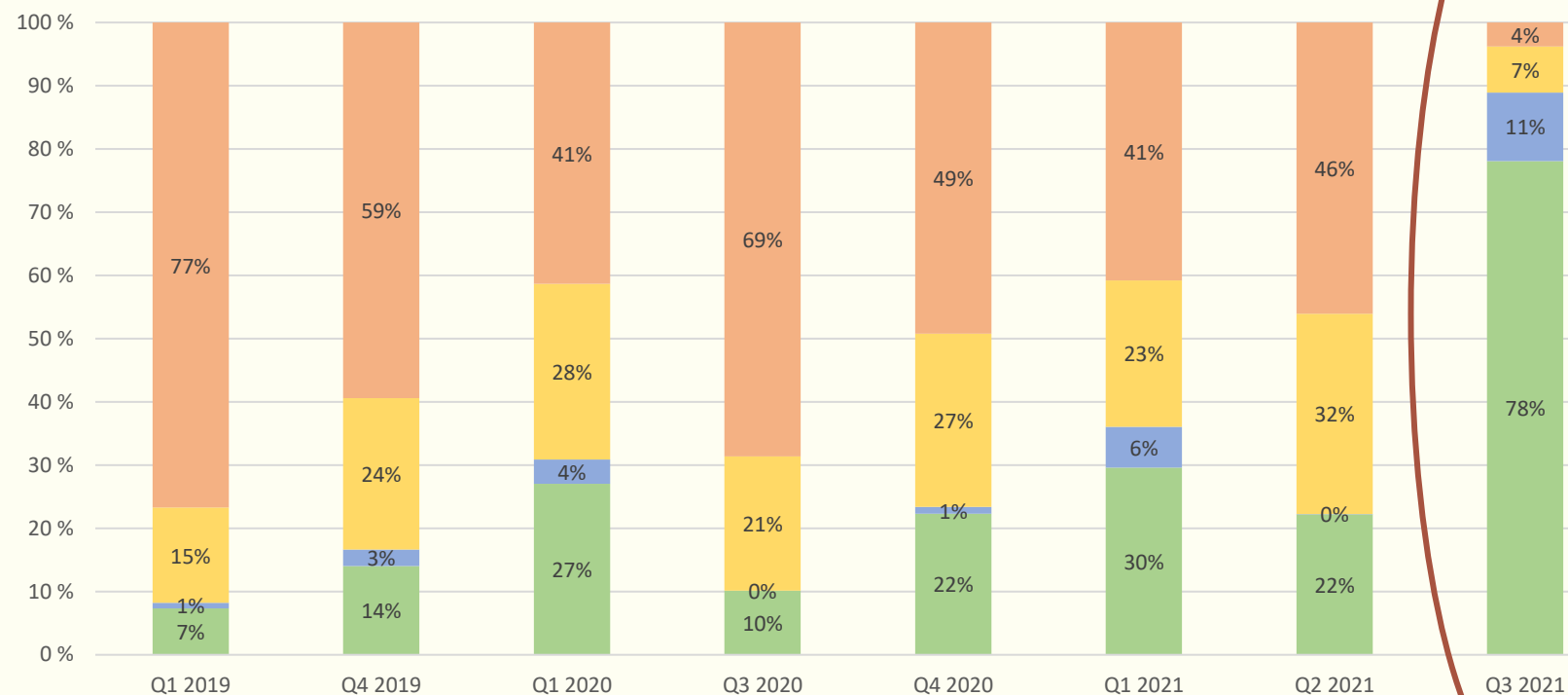
BAKST

VÅR



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Degree of processing (NOK)



■ Råvare

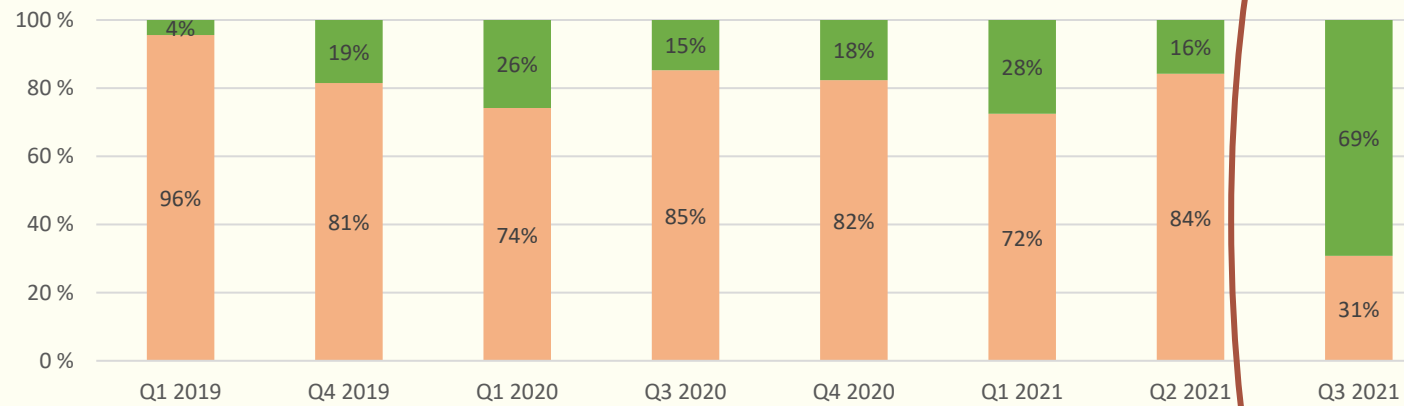
■ Prosessert mat

■ Kulinarisk ingrediens

■ Ultra-prosessert mat

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Organic foods (NOK)



■ Konvensjonell ■ Økologisk



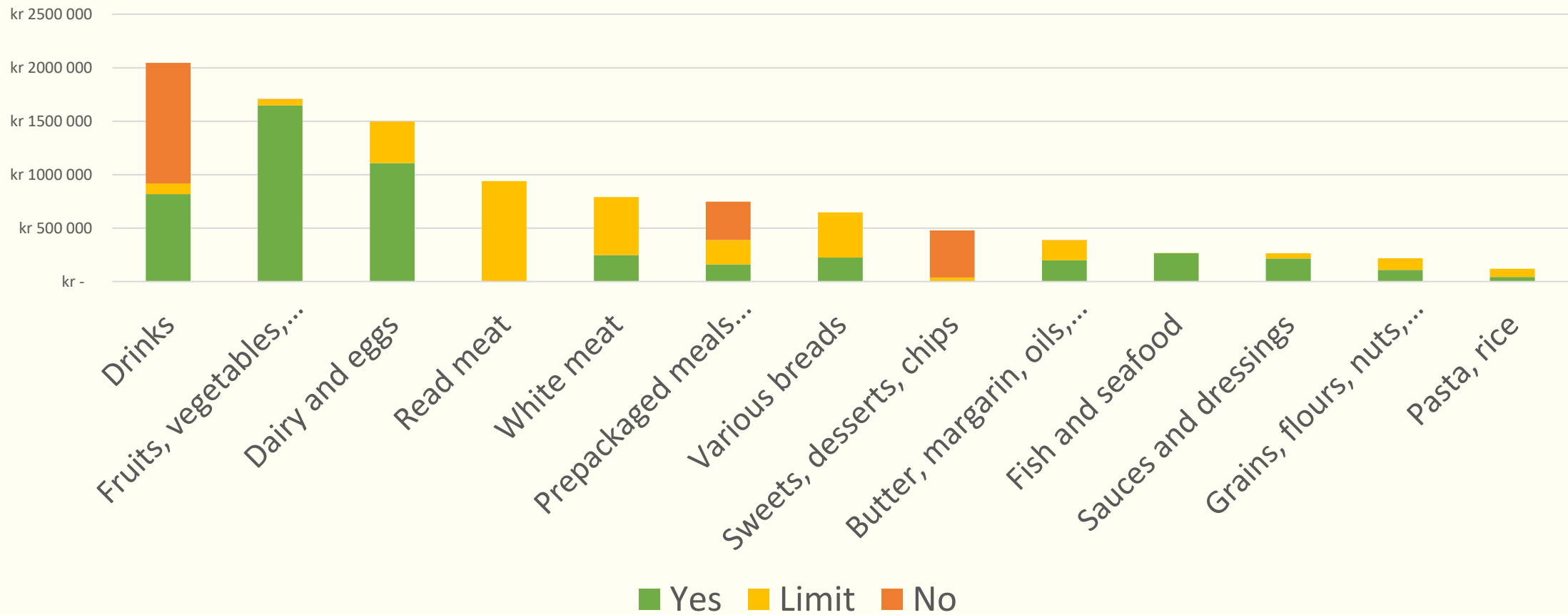
Foccacia

BETER, HØNE OG KARRI



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Food groups and adherence to health guidelines, all schools Q4 2021 (NOK)



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School	Min. processed > 60 %	Organic > 30 %	Nutr.guideli ne: yes > 70 %	Nutr.guideli ne: no < 8 %
1	79 %	59 %	90 %	0 %
2	39 %	5 %	54 %	2 %
3	55 %	33 %	66 %	3 %
4	53 %	14 %	69 %	3 %
5	37 %	33 %	71 %	4 %
6	52 %	26 %	66 %	5 %
7	50 %	24 %	69 %	7 %
8	40 %	13 %	49 %	7 %
9	36 %	30 %	51 %	12 %
10	39 %	8 %	61 %	14 %
11	47 %	18 %	60 %	15 %
12	28 %	8 %	46 %	15 %
13	30 %	22 %	51 %	17 %
14	43 %	41 %	63 %	18 %
15	22 %	3 %	41 %	18 %
16	47 %	22 %	45 %	19 %
17	32 %	20 %	53 %	19 %
18	35 %	4 %	35 %	20 %
19	28 %	9 %	44 %	21 %
20	31 %	3 %	52 %	21 %
21	25 %	4 %	44 %	22 %

School	Min. processed	Organic	Nutr.guidelin e: yes	Nutr.guidelin e: no
22	27 %	0 %	47 %	22 %
23	30 %	24 %	51 %	23 %
24	31 %	1 %	45 %	23 %
25	35 %	31 %	51 %	23 %
26	38 %	0 %	56 %	24 %
27	16 %	1 %	45 %	25 %
28	22 %	0 %	47 %	25 %
29	17 %	5 %	47 %	25 %
30	26 %	20 %	49 %	27 %
31	27 %	2 %	40 %	27 %
32	23 %	2 %	43 %	27 %
33	13 %	0 %	31 %	30 %
34	21 %	14 %	44 %	31 %
35	31 %	10 %	44 %	31 %
36	29 %	1 %	36 %	33 %
37	25 %	0 %	40 %	33 %
38	11 %	1 %	33 %	37 %
39	16 %	1 %	36 %	40 %
40	21 %	8 %	31 %	40 %
41	16 %	0 %	30 %	47 %
42	13 %	1 %	24 %	49 %
43	3 %	0 %	16 %	63 %

ANALYSIS OF SCHOOL CONSUMPTION DATA



THANK YOU!

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MATVALGET GIR DEG OPPSKRIFTEN PÅ
ET BÆREKRAFTIG MÅLTID

MAT FRA BUNNEN AV
GRØNNSAKER
BELGVEKSTER OG KORN
SESONG
BEVISSTE VALG AV
KJØTT OG SJØMAT
REDUSERT MATSVINN
ØKOLOGISK

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