



THE EU SCHOOL SCHEME

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.

The consumption of fresh fruit and vegetables and of milk in the EU does not meet the international or national nutritional recommendations while that of processed food that is often high in added sugar, salt, fat or additives is on the rise. Unhealthy diets, together with low physical activity, result in overweight and obesity.

This is why the EU takes action to help children follow a healthy diet and lead healthy lifestyles.

Key facts and figures 2017 - 2018

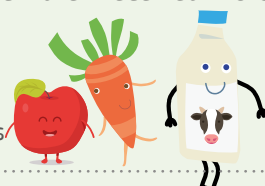
€250 million
EU budget



Around 20.2 million
schoolchildren which represents 20 % of the total number of children aged 0 to 18 in the EU

Schoolchildren received more than

65.5 million kilos
of fresh fruit/ vegetables



178 million litres
of milk

Children involved in educational measures

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



16 million
schoolchildren had lessons,
lectures, workshops



6.3 million
schoolchildren participated in tasting
classes, cooking workshops, other



1 million
schoolchildren participated
in school gardens



1.1 million
schoolchildren visited
farms, dairies, farmers'
markets and similar
activities

6.7 million

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



Agriculture
and Rural
Development

Examples of activities



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!

Picture by the supplier, Alegra fruit company: staff preparing the portion

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.

Excerpt of video on the school scheme
https://www.youtube.com/watch?v=g3VMJxAdn_k



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!



<http://piensaugliskolai.lv>



FINLAND Taking kids on a food expedition

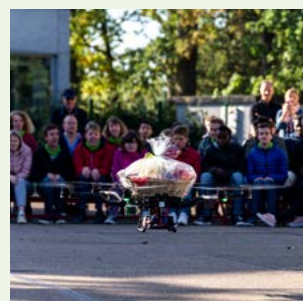
The Food Radar, Finland, accompanies the distribution of school fruit, vegetables and milk. As active explorers, kids can play games, make videos and participate in competitions. The winners of the Food Art competition, six 8th graders from Lohtaja school in Kokkola, made a spectacular wreath of the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

<http://www.ruokatutka.fi>

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!

<http://www.moocrew.ie>



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.



https://ec.europa.eu/agriculture/school-scheme_en