Sustainable Food
in day cares and schools
regional, seasonal, organic
What is possible?

What questions need to be clarified?

- What can we do to make our nutrition more **sustainable**?
- **Organic foods** and their contribution to **climate protection**
- How can I **recognize** organic products?
- Organic food **certification** in companies – Is it necessary? How does it work?
- What is important if we use the **label** for organic food?
- **Where** do we get organic food **in Thuringia**?
- How can we reduce or avoid **additional costs** for organic food?

How can sustainability be implemented in our diet?

1. Eat **more vegetables** - Eat **less meat and eggs** - This helps the climate and encourages good health
2. Pay attention to where the food comes from, because **regional food** should be the first choice. Foods imported by plane are especially damaging the climate
3. **Seasonal** groceries - Prefer vegetables and fruits that are naturally grown and seasonally available
4. **Fresh and non-processed foods** are not only healthier, but are also better for the environment in comparison to frozen and convenience foods
5. Prefer **organic food**, because organic farming makes a positive contribution to the environment
6. **Optimization of shopping trips** - important influence on the climate balance

Organic food and making a contribution to climate protection

Organic Food has a big influence on climate protection:

- Cultivation needs **less energy**
- **Eliminating** the use **mineral nitrogen fertiliser** which requires a lot of energy
- Organic farming and production produces **less greenhouse gases**: 141 CO2 equivalents for the production of 1 Kg wheat compared to conventional wheat: 365 CO2 equivalents
- Organic production provides **more humus** in the ground
- Organic farming **avoids pesticides and nitrate pollution** in the groundwater
- Supports **biodiversity**

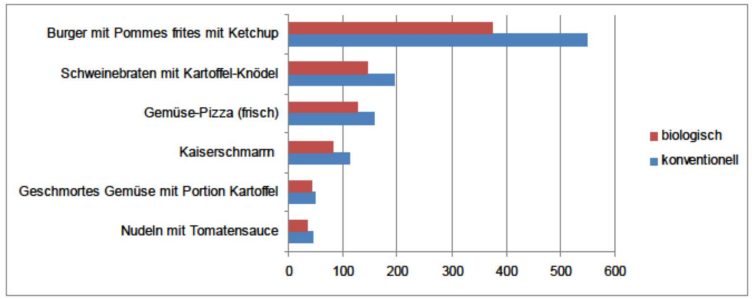
Organic Farming as **the Form of sustainable agriculture**

Energy consumption - Comparison organic and conventional farming

Investigation in Munich Bavaria

Landeshauptstadt München
Referat für Gesundheit und Umwelt

Energieverbrauch bei der Herstellung (konventioneller und biologischer Landbau) in Milliliter Erdöl



Quelle: Landeshauptstadt München, Referat für Gesundheit und Umwelt (www.muenchen.de/biostadt) und Bund Naturschutz in Bayern e.V. (www.bn-muenchen.de), Kreisgruppe München, 2007

How to identify organic-products?

You can see

- the code number of the organic control agency, for example **DE-001- Organic Control Agency** (Öko-Kontrollstelle)
- the European organic **symbol** (required since July 2010)
- the **label** “organic”, “ecological” or “from controlled organic cultivation”
- the labels of the **organic farming organizations** such as Demeter and Naturland in Germany

! Pay attention if you read:

“controlled farming”,
“untreated”,
“integrated cultivation”

BIO nach EG-Öko-Verordnung

The Organic Control Agency
Who has to be regulated by the Organic Control Agency?

- People or companies who **advertise or label their products** with the European organic sign, are required to adhere to the **European regulations**. They are the same rules for the restaurant and catering sector
- These regulations apply at **each step of production** and further **processing of foods**, for example cooking, processing and **serving the meals**
- **Excluded** from these requirements:
  - o **ready** to eat and **pre-prepared foods** such as yoghurt in cups
  - o Schools and preschools, which prepare **exclusively for themselves**, offer no choice food and where nobody else has access

How does the Organic Control Agency work in the catering sector?

- Participation with the control procedures: **Choice** of an Organic Control Agency- **apply** your company for the **inspection**- **first** inspection- **regular** inspections every year and **unannounced** visits as well

What do they check?

- They check the **food flow process** which has to be traceable and documented. For example: The quantity purchased is also the quantity sold, comparing the amount used with the amount in the recipe and checking the certification of the suppliers
- **Separate storage** of conventional and organic food. If there is not enough space, it needs a **clear label** for all organic food. For example, all organic food is placed in a yellow box.
- You can cook **organic** and **non organic** food in the same pot, but **not at the same time**!

Strategies for improving the integration of organic food with the current food supply

Opportunities for parts of the menu to be organic

- Exchange **one or more products** or parts of a meal like potatoes or noodles to be organic
- Offer one **completely organic meal** or menu every day or **once a week**
- An **organic day**: Every meal served on this day is organic
- **Campaigns** for seasonal meals. Eating seasonal fresh food.

Changing all food to organic foods is the best way but it also takes time - that's normal!

The decisions and possibilities depend on your situation and your supply structure!

Using organic food, even outside of lunch

Breakfast: organic wholegrain wheat with spreads, milk products, cereals and cake, etc.

Drinks: organic unsweetened Tea, juice and milk

In Kindergarten kids should have the opportunity to eat **organic fruits** and **vegetables** throughout the day

The opportunity to buy organic food at the **school kiosk**

Using organic food at **events**

Supplier of organic food

- Buying food directly from the **organic farm**
- Buying at **farming** communities
- Buying food at natural food **wholesalers**
- Buying from organic wholesalers, who are specialize in selling mass quantities of organic foods for big kitchens
- Buying directly at the **organic producing sector**, for example the Bakery
- Buying at a conventional supplier who has organic food as well

If you just buy small food quantities:
- local organic supermarket,
- farmers market
- order a box with organic vegetables, fruits and maybe meat.

www.oekoeinkaufsfuehrer-thueringen.de

Reducing additional costs while using organic food

It is certain: introducing organic food costs more money

- Prefer **seasonal** ingredients for your meals
- Using a **part** of meal ingredients in organic quality
- Smaller portion of **meat** and infrequently
- Use other **cuts of organic meat**, not just the fine cuts
- **Optimisation** of food **quantities**
- Use organic food that is only marginally more expensive and pay attention for **special offers**!

Projekt „Bio für Kinder“ in München

- Organization by: City of Munich, Tollwood GmbH, “Aktionswerkstatt Gesundheit”
- Collecting of donations to finance the additional costs of organic food
- 32 child care facilities were involved around 615,000 organic meals were supported
- Condition: **100% organic food**
- Implementation varies: caterers, own kitchen, parents cook ...
  - The assumption at the beginning of the project was: **€ 1.00 more** per meal
  - Reality after project completion: average **€ 0.30** per meal
  - All use an average of 90% organic, even after the financial support!

Conclusion: **Organic is wanted, doable and affordable!**

What is possible?

- Begin **step by step**. Rome wasn’t built in a day.
- Include/ **Involve parents, kitchen staff, educators and other parties** in the developing process from conventional food to more organic food
- Incorporate **food education** as an important part of the institute
- Ask for **interviews and tours** in institutions that already use organic food and **exchange** your **experience** with each other
- Nutritional and environmental education projects with institutes like “Thüringer Ökoherz” in Germany

Everything is possible; **you just have to want it!**

Rechenbeispiel 1: Alle Lebensmittel in Bio-Qualität
Werden in dem bestehenden Rezept alle Lebensmittel statt in konventioneller Qualität in Bio-Qualität eingekauft, sonst aber keine Änderungen vorgenommen, erhöht sich der Wareneinsatz um 36 % bzw. 0,11 Euro pro Portion.

			Gerichte mit konv. Produkten		Gerichte mit ökol. Produkten	
Produkt	Menge/ Portion in g	Menge/ 10 Port. in g	Preis/kg-Einheit	Preis gesamt	Preis/kg-Einheit	Preis gesamt
Spaghetti	35	350	1,38	0,48	2,18	0,76
Zucchini	50	500	1,29	0,65	2,19	1,10
Porree	30	300	2,97	0,89	2,49	0,75
Möhren	40	400	1,29	0,52	1,69	0,68
Zwiebeln	6	60	0,89	0,05	1,89	0,11
Rapsöl	4	40	2,65	0,11	5,99	0,24
Tomaten-mark	2	20	4,95	0,10	4,95	0,10
Gewürze				0,30		0,50
WE gesamt				3,09		4,23
WE Portion				0,31		0,42

Rechenbeispiel 2: Nur Spaghetti in Bio-Qualität
Werden ausschließlich die Spaghetti in Bio-Qualität eingesetzt, entspricht dies einem WE-Anteil von 21 %. Die WE-Kosten gegenüber dem Rezept mit rein konventionellen Zutaten erhöhen sich um 0,03 Euro bzw. 9 %.

			Gerichte mit konv. Produkten		Gerichte mit ökol. Produkten	
Produkt	Menge/ Portion in g	Menge/ 10 Port. in g	Preis/kg-Einheit	Preis gesamt	Preis/kg-Einheit	Preis gesamt
Spaghetti	35	350	1,38	0,48	2,18	0,76
Zucchini	50	500	1,29	0,65	1,29	0,65
Porree	30	300	2,97	0,89	2,97	0,89
Möhren	40	400	1,29	0,52	1,29	0,52
Zwiebeln	6	60	0,89	0,05	0,89	0,05
Rapsöl	4	40	2,65	0,11	2,65	0,11
Tomaten-mark	2	20	4,95	0,10	4,95	0,10
Gewürze				0,30		0,30
WE gesamt				3,09		3,37
WE Portion				0,31		0,34

Rechenbeispiel 3: Bio-Spaghetti in Großgebinde kaufen
Im Rechenbeispiel 2 wurden ausschließlich die Spaghetti in Bio-Qualität eingesetzt. Zugrundegelegt wurde der Preis für eine 500 g - Spaghetti-Packung á 1,09 Euro (d.h. 2,18 Euro / kg). Werden die Bio-Spaghetti aber im Großgebinde eingekauft, z.B. eine 5 kg Packung á 9,75Euro (d.h. 1,95 Euro / kg) ist eine weitere Einsparung möglich.

			Gerichte mit konv. Produkten		Gerichte mit ökol. Produkten	
Produkt	Menge/ Portion in g	Menge/ 10 Port. in g	Preis/kg-Einheit	Preis gesamt	Preis/kg-Einheit	Preis gesamt
Spaghetti	35	350	1,38	0,48	1,95	0,68
Zucchini	50	500	1,29	0,65	1,29	0,65
Porree	30	300	2,97	0,89	2,97	0,89
Möhren	40	400	1,29	0,52	1,29	0,52
Zwiebeln	6	60	0,89	0,05	0,89	0,05
Rapsöl	4	40	2,65	0,11	2,65	0,11
Tomaten-mark	2	20	4,95	0,10	4,95	0,10
Gewürze				0,30		0,30
WE gesamt				3,09		3,29
WE Portion				0,31		0,33

Rechenbeispiel 4: Nur Zucchini in Bio-Qualität
Werden ausschließlich die Zucchini in Bio-Qualität eingesetzt, entspricht dies einem WE-Anteil von 30 %. Die WE-Kosten gegenüber dem Rezept mit rein konventionellen Zutaten erhöhen sich um 0,04 Euro bzw. 13 %.

			Gerichte mit konv. Produkten		Gerichte mit ökol. Produkten	
Produkt	Menge/ Portion in g	Menge/ 10 Port. in g	Preis/kg-Einheit	Preis gesamt	Preis/kg-Einheit	Preis gesamt
Spaghetti	35	350	1,38	0,48	1,38	0,48
Zucchini	50	500	1,29	0,65	2,19	1,10
Porree	30	300	2,97	0,89	2,97	0,89
Möhren	40	400	1,29	0,52	1,29	0,52
Zwiebeln	6	60	0,89	0,05	0,89	0,05
Rapsöl	4	40	2,65	0,11	2,65	0,11
Tomaten-mark	2	20	4,95	0,10	4,95	0,10
Gewürze				0,30		0,30
WE gesamt				3,09		3,54
WE Portion				0,31		0,35

Arguments for organic food

Organic farming...

...is environmentally-friendly

…saves water, the soil and the climate

…avoids mineral and synthetic fertilizer

…prevents deposits of chemical-synthetic pesticides

…saves rare animals and plants

…increases the activity of small soil organisms

…reduces energy consumption

…fights against pests, illnesses and broadleaf weeds, because of the appropriate selection of species and varieties, mechanical cultivation etc.

…eliminates the use of genetic engineering

…creates and maintains jobs in agriculture

Arguments for organic food

Organic food…

… contains less additives (just 10% compares to conventional food)

…has no synthetic aromas and flavour enhancers

…has less risks of pollutants

…contains less nitrates

…production often has better nutritional value and quality

…such as fruits and vegetables contain more health supporting ingredients

…often contains more vitamins, minerals and more unsaturated fats

…has a lower allergic potential