

# School Meals

## Background

Borlänge will be one of the best environmentally friendly municipalities in Sweden. A sustainable and attractive city with sustainable transport services, a non-toxic environment and locally grown, organic and climate-smart food. With great natural resources and biodiversity, we protect the environment and increase the quality of life for Borlänge residents. It should be easy for Borlänge residents to live sustainably.

## How will this impact the school meals?

We have climate-smart days (klimatsmarta dagar) coming up on the menu as both our dishes are to a high degree organic. The focus of Borlänge in regard to organic food affects the planning of the menu, the goal is to reach 65 % of the budget.

Finding food that are not only organic, of Swedish origin but also meet the nutritional accuracy standards according to the school and preschool guidelines (Bra måltider i förskola/skola) is not an easy task, we act according to the Swedish Food Agency (Livsmedelsverket).

It is estimated that a lunch should satisfy 30 % of the daily need for energy and nutrition if one would eat a complete meal consisting of lunch, a seasonal salad bar, milk, bread and some form of sandwich appropriate fats. We calculate the nutrition based on a 9-week menu as the nutritional content varies depending on each meal.

A new option is that if you choose to refrain from the 1st alternative for various reasons, we will refer to the 2nd alternative. The idea behind this is to be more sustainable, not to cook more than two meals plus special diet meals (specialkost). The menu is available at [www.borlange.se](http://www.borlange.se)



If one cannot eat the meal due to allergies, adapted diet or other reasons, one must apply for a so called special diet (specialkost), a medical opinion is needed. More information is available at [www.borlange.se](http://www.borlange.se).

### **Can your child influence the content of the menu?**

Yes, there is a food related council (matråd) where the students can express personal requests. Some of these requested meals are often served during the student's choice days (elevens val). The chefs carry these views and opinions to our menu group (menygrupp), which consists of chefs within the field. During 2020, we will work more towards testing climate-smart recipes specially since Borlänge is aiming to become a more sustainable city. More news for the autumn of 2020 is that we will be introducing three menus for preschool, primary school and upper secondary school. The foundation is the same, but the dishes are adapted for each target group. For example, the diners at the preschool wished for similar meals in alternative 1 and alternative 2, so the chefs will have the option to cook these meals. At the upper secondary school, we have listened to students at the student council meetings (elevrådsmöten), in order to present a suitable menu.

