



School Food 4 Change

Task 2.1: Define healthy and sustainable diets and school food systems

Sub-task 2.1.1 Define the healthy and sustainable diets and school food systems

Sustainable school food systems (SSFS) include the full range of activities, components, and actors related to the production, processing, distribution, cooking, serving, consumption, and waste management of food in schools, as well as the spaces and contexts where these processes occur, and all the related educational practices, that promote children and adolescents' health in a way that is profitable for each actor of the food value chain, respects the social and cultural context, and safeguard, restore, and regenerate natural resources and ecological processes while respecting planetary boundaries. SSFS shall be governed democratically in a participatory way by all its actors, including farmers, procurers, chefs, teachers, pupils, parents, administrative municipal and school staff, researchers, other professionals, and policymakers, among others.

SSFS promote the regeneration of the natural environment and minimise the negative ecological impacts through the curbing of greenhouse-gas emissions and the promotion of climate actions; reduction of water, land, and energy use and their regeneration; reduction of synthetic chemical pesticides, fertilizers and antibiotics; biodiversity and ecosystems recovery and halting biodiversity loss; prevention of waste generation, and promotion of circular economy. In addition, SSFS support short food supply chains and local economies and have broader social benefits.

Healthy, sustainable school diets (HSSD) are safe, meet nutritional requirements according to students' age and individual needs, prevent non-communicable diseases and malnutrition in all its forms, aim to level social inequalities in dietary habits and health, are economically affordable, culturally adapted, sensory accepted and likeable, and promote overall wellbeing. HSSD are largely plant-based, 'win-win-win' diets, i.e., beneficial for people, society, and the planet. As a result, SSFS and HSSD contribute to fulfilling the Sustainable Development Goals (SDG), such as no poverty (SDG1), zero hunger (SDG2), good health and well-being (SDG3), reduced inequalities (SDG10), responsible consumption and production (SDG12), climate action (SDG13), etc.



SSFS and HSSD can be thought of as several different but related dimensions, as seen in Figure 1 below.

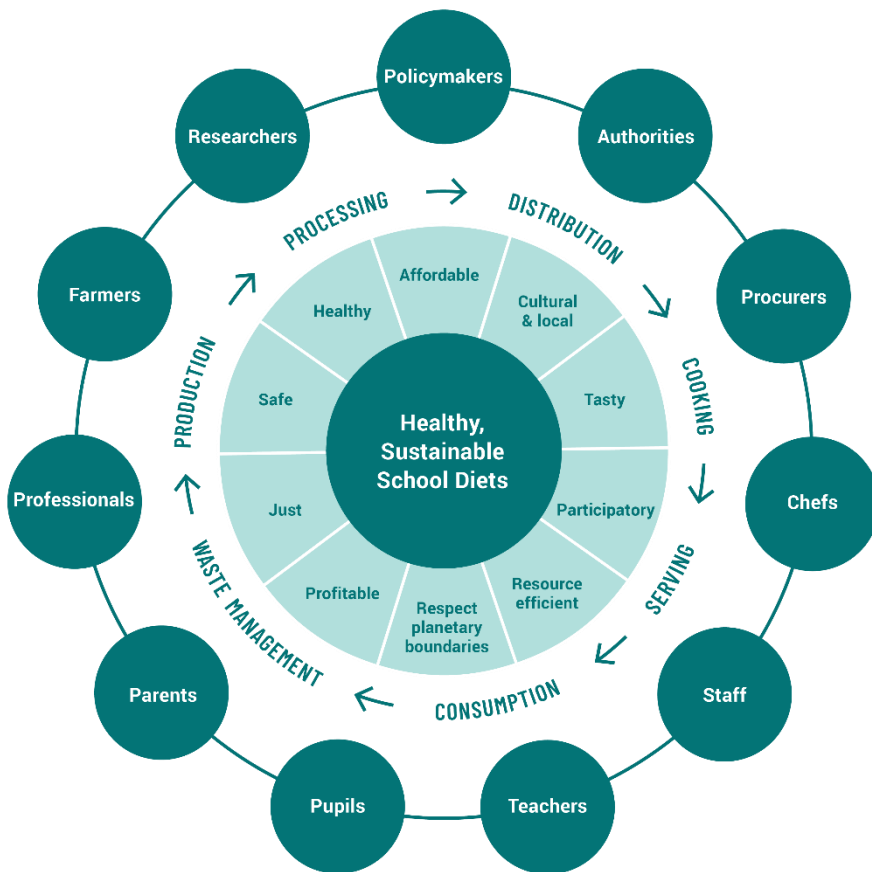


Figure 1. Diagram of Sustainable School Food Systems.



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