

Recipe Handbook

It's time for a new Recipe Handbook!

The Recipe Handbook compiles 42 healthy, sustainable recipes tailored for European school canteens. Designed to support nutritious, planetary-friendly eating, it complements the School Menu Design Handbook, reinforcing theory and application. It is the result of culinary collaboration across 12 EU countries within the SchoolFood4Change project.

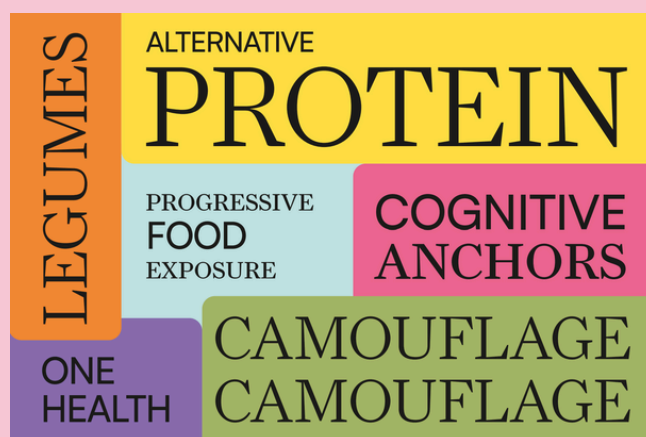
School catering chefs from Austria, Belgium, Czech Republic, Denmark, Estonia, France, Germany, Italy, Spain, Slovakia, Sweden and Hungary have contributed to the development of the recipes. The recipes are structured for practical use in school canteens – developed, revised and adapted by University of Gastronomic Sciences of Pollenzo (UNISG) with wide expert input.

Purpose & Objectives

Promote healthy, sustainable diets:
Encourages adoption of dishes aligned with environmental and nutritional goals

Diversity in school menus: Reflects a variety of culinary traditions from across Europe

Support training & capacity building:
Used by chefs, dietitians, schools, and canteen staff in workshops and learning modules.



Who is it for?

- School catering chefs & kitchen staff
- Dietitians & food educators
- Teachers & school administrators
- Parents & community stakeholders



Recipe Handbook

The recipe handbook content

- **Designing the Good:** Recipes that appeal to senses—color, aroma, and taste—to make healthy food attractive.
- **Balanced Dishes:** Complete meals with the right mix of nutrients for children's growth.
- **Protein Transition:** Creative plant-based recipes to ease the shift from meat to legumes.
- **Adaptive Recipes:** Flexible dishes that adapt to seasons, diets, and portion needs.
- **Cuisine & Circularity:** Recipes that reduce waste and use whole ingredients for sustainability.
- **Advanced Tastes:** Improved soups, salads, and fish dishes to boost acceptance.

How can schools use it?

- **Menu planning & innovation:** Integrate fresh, sustainable recipes into regular canteen offerings.
- **Training material:** Used as a practical toolkit in cook and staff training sessions.
- **Educational resource:** Supports active learning activities—such as tasting sessions, recipe feedback, and cooking clubs.
- **Replication tool:** Schools and municipalities across Europe can adapt recipes to local contexts.

Hungry for more?

[Download the Recipe Handbook](#)

[Download the School Menu Design Handbook](#)

– theoretical foundation and practical guidance on healthy, circular cooking

[Visit the Resources page on SchoolFood4Change.eu](#)

– for full suite of tools, guides, training materials and policy briefs