



Södertälje
kommun



Diet policy

within pre-schools, schools
and elderly care



The general aims of the Diet policy:

- serve tasty and nutritious meals in all the municipal units – the meal should be something you look forward to.
- facilitate learning in preschools and schools through satisfied, alert and healthy children and students, and also teaching them to see a value in the food and the meals.
- let the children and students get a good relationship with food, to teach them good food habits and give knowledge and skills for health and wellbeing.
- ensure a good nutritional status and prevent elderly's malnutrition.
- prevent diet-related problems like obesity and thereby reducing the risk of diseases such as diabetes, hypertension and cardiovascular diseases.
- develop the guest's respect, responsibility and understanding for the environment and the importance of one's lifestyle for the same.
- emphasize the meal as a major source of social contacts.
- strive to make the best choices on the ethical and environmental viewpoints.
- maintain high standards of food hygiene.
- create nice and appropriate environments where you eat.

Nutrition

The food served shall be tasty, nutritious and free from unnecessary additives. It should be traceable as far as possible. Trans fats should be avoided. In elementary- and high school, all students should be served three dishes; one main meal, one vegetarian alternative and a soup of the day. In addition to that, a variety of vegetables, bread, water and milk should be served. This will increase the student's freedom of choice and thereby the probability that they will actually eat lunch.

All schools should strive for that the children and students will be serving their own food.

It is important to create a calm atmosphere during the meal time. The children and the students should have at least twenty minutes to sit down at a table and eat their lunch.

Also breakfast and snacks should follow the National Food Administration's recommendations. It means, among other things, that the accentuation should lie on various sandwiches with eg ham and/or cheese, milk or other (non sweetened) dairy products, flakes, grains and vegetables, fruits or berries. Sweet drinks, sweet soups, jellies, lemonade and chocolate drinks should not be served. These types of products only give energy but does not add any nutritious value.

The schoolcafeterias' assortments should also strive towards the contents of the Diet policy. In order to avoid serious and life threatening allergic reactions, no meals may contain almonds, peanuts or nuts

Different diets will be provided for medical (eg. allergies), ethical (eg. vegetarians) or religious reasons. When necessary, the food will be adapted in texture. We strive to avoid semi- and whole manufactured

products, eg tomato ketchup and chicken mc-nuggets. For the elderly, night fasting should not exceed eleven hours. The meals should also be evenly spread out during the day. If the night fast for some reason is too long, a night-meal should be provided.

Adapted housing for the elderly, with overall responsibility, will serve breakfast, lunch, dinner and three snacks. The elderly should also have sufficient access to drinks to provide adequate amounts of fluid. Consideration must be given to older people's need for special help eg swallowing difficulties. Meals will be designed according to the Swedish nutritional recommendations for the elderly.

For the elderly, the mealsituation must never become a routine. The meals should be adjusted to avoid stress. It is important to create a peaceful and quiet environment and to set the table in a nice way, preferably with a glass of wine – if asked for.

For the elderly, it is especially important to provide special diets for different individual needs. Special dietary requirements can be energy-enriched diets, additional nutritional supplements, strained food, jelly diet, liquid diet and wishful diet. Special dietary requirements for different diseases can be delivered at specific needs after certification by a doctor or dietitian.

Sustainable development and meal environment

The municipality of Södertälje shall work to increase organic production by buying as much organic food as possible.

The municipality of Södertälje shall work for the benefit of purchasing locally grown and locally produced products. The quest should be to minimize the number of transports to the units and also strive to seasonally adjust the inputs in order to reduce transport distance.

Genetically modified organisms (GMO) should be avoided as far as it can be traced. The units must also choose ethically labelled products to the greatest extent and can not serve endangered or threatened species.

All kitchens must be KRAV-certified and ensure environmentally friendly practices, as well as environmentally friendly purchasing patterns. The units should also take steps to reduce the waste, both from an environmental and pedagogical point of view. All waste must be collected separately.

The Environmental Protection Office should have a consultative approach vis-a-vis the units. All kitchens must follow applicable food laws and

the municipal's health policy.

Each unit manager is responsible for the existence of "food councils" or other items that may affect the menu, and stimulating the involvement of good meals and pleasant meal environment within their operations. One way might be to create an opportunity for the students to, on a regular basis, propose their own desired menus.

The meals should be prepared in proper kitchens as close to the guest as possible. The municipality aims to continue the expansion of the number of kitchens.

When designing a new restaurant, an acceptable noise level (not above 65 dB) should be achieved.

The guests should get a good response from the kitchen staff and vice versa. There should be common understandings of comfort and order in every canteen. All meals should be presented in an appetizing way that promotes good eating habits.

Quality

The need of the guests should be the starting point for the work of all persons working in the kitchen. The activities should aim to encourage staff to participate in the meal with the children, students and consumers.

Activities of preschool and primary school should, as far as possible, aim to use the meal as a training tool. It is all about increasing children's understanding of what kind of foods are served, where it comes from and how it has been prepared.

Children, pupils and patients in care homes and in our daily activities can be involved in making bread, preparing meals or helping with the dishes.

Also parents and other care-takers should be informed how they can support a better diet.

Simple and practical information about the municipality's meals should be readily available in schools, health-care operations and the internet.

Meal should be continuously evaluated through user surveys.

Kitchen staff must periodically undergo adequate training.

For food safety reasons, the kitchen staff should wear uniform clothing for kitchens.

It should be easy for all kitchens to purchase organic and locally produced food. Supply and current price must be stated clearly. Procurement and purchasing systems must support this.

Financial resources must be allocated in order to achieve a high quality.

The Diet policy should be processed every two years.



“All guests, but also guardians and relatives, should feel secure that tasty and nutritious meals are served within all of Södertälje municipality’s kitchens. The food served should be safe when it comes to special diets as well as food hygiene. It shall be produced under good ethical conditions and with as little environmental impact as possible.”

Södertälje Municipality's Diet policy, § 63
– adopted by the City Council March 29th, 2010