

City Kazan	
Country	Russian Federation
Population	1,252,000
Title of policy or practice	The preschool & school meal delivery system reform
Subtitle (optional)	The practice describes the preschool and school meal delivery system reform in the city of Kazan initiated by the local authorities in 2006.
URL video	http://poelidovolen.ru
Category	Sustainable Diets and Nutrition
SDGs	<p>SDGs: 2,3,4,12.</p> <p>The project corresponds to multiple Sustainable Development Goals: 1) End hunger, achieve food security and improved nutrition and promote sustainable agriculture; 2) Ensure healthy lives and promote well-being for all ages; 3) Ensure inclusive and equitable education and promote life-long learning opportunities for all; 4) Ensure sustainable consumption and production patterns.</p> <p>It also corresponds to the following principles of the New Urban Agenda: 1) Leave no one behind, by enhancing liveability, education, food security and nutrition, health and well-being; 2) Ensure sustainable and inclusive urban economies, by leveraging the agglomeration benefits of well-planned urbanization; 3) Ensure environmental sustainability, by promoting sustainable consumption and production patterns.</p>
Brief description	<p>In the diet of children, 70% fall into breakfast and lunch, which coincide in time with their stay in schools. Thus, the quality of meals for children is of strategic importance for national interests and well-being.</p> <p>In 2006, the Mayor of Kazan, Il'sur Metshin, approved the municipal program "Healthy nutrition for children". As he once stated: "Children may have different academic performances, but they all should eat equally healthy and well at school".</p> <p>The need for preschool and school meal preparation and delivery system reform and adoption of new municipal program was justified by increasing sightings of children obesity and diseases of digestive system due to insufficient use of vegetables, fruits and dairy products in the nutrition of pre-schoolers and schoolchildren and due to low physical activity.</p> <p>To implement the program, a dedicated "Department of Food and Social Nutrition" was created as a single municipal operator, whose main task was to bring meal preparation and delivery to a unified world-class standard for all schools of Kazan.</p> <p>During the past ten years, the technological equipment of school kitchens was modernized and the following facilities created:</p> <ul style="list-style-type: none"> • food production facility and two preparation factories for the production of ready meals and ready-to-cook products; • a complex of food warehouses with more than 4 thousand square meters and a capacity of 1,000 tons of foodstuffs, certified to an international standard; • more than 60 dedicated fleet of specialized vehicles with refrigerators. <p>The department provides food in 160 educational institutions of Kazan, mostly built during the Soviet era. Since in many school kitchens cooking hot meals was not possible, a decision was made to introduce a new Cook & Chill technology for preparing school lunches. That technology</p>

	<p>was first introduced to Russian schools in Kazan. This made it possible to provide full-fledged hot meals to all children, regardless of the material well-being of the family.</p>
Date of start and state (ongoing/completed)	<p>08/2006 Ongoing</p>
Actors and stakeholders involvement	<p>The following government bodies are also involved:</p> <ul style="list-style-type: none"> • The Department of Food and Social Nutrition of Kazan; • The Department of Education of the Executive Committee of Kazan; • The Regional Ministries of Education, Agriculture, and Finance. <p>Most of the suppliers are the largest local producers primarily located in the rural areas near Kazan that belong to the larger Kazan agglomeration (i.e. promoting urban-rural linkages).</p>
Approach	<ul style="list-style-type: none"> • Establishment of Department of Food and Social Nutrition; • Modernization of production facilities and introduction of innovative technologies; • Creation of an accredited technological lab for quality control and safety; • Centralized procurement of products from local manufacturers to reduce costs and increase quality; • Adopt a unified menu and price for school meals; • Introduction of electronic menu, payment cards and a dedicated smartphone app; • Promote healthy nutrition principles in schools.
Innovation	<p>To ensure high-quality nutrition, products for school meals are monitored by an accredited techlab that on average conducts 6,500 tests monthly.</p> <p>The “Cook & Chill” technology, approved by the sanitary legislation of the EU, allows to quickly prepare the largest number of dishes, increase their shelf life, and maintain freshness and quality.</p> <p>Kazan is the first city in Russia that introduced cashless payments for school meals. A single card is a convenient payment tool that eliminates the need to carry cash for school meals and allows parents to monitor in real time their children nutrition.</p> <p>In the halls, comfortable “Chill-out” zones with Wi-Fi were organized. In school canteens, the Department organizes culinary workshops for children and parents, promoting a healthy eating culture.</p> <p>To establish a dialogue with parents on the quality of nutrition each school has the Parental Control Journal for reviews on the quality of dishes. For children, dedicated smartphone apps with information about the weekly menu were developed. In the 2017-2018 school year, more than 12 thousand children were connected to the app and provided more than 3,000 reviews.</p> <p>In 2019, a parent community was created for active parents who met with the Department's leadership, participated in degustation, and talked with doctors and nutritionists.</p> <p>The new approach to the development of school food is now being replicated in other cities of the region and is of interest in many Russian regions.</p>
Impact	<p>Thanks to the Healthy nutrition for children program, now all children can eat equally healthy and well in school canteens, regardless of the material well-being of their families.</p> <p>For elementary school students, the price for hot breakfast is 65 rubles (1 EUR), for two meals</p>

(breakfast and lunch) - 95 rubles (1.5 EUR). For high school students, the cost of lunch is 70 rubles (1.1 EUR). This is one of the lowest prices in the Russian Federation.

The Department directly interacts with local producers and suppliers on a tender basis, which allows to procure products in bulk at producer prices that are significantly lower than retail prices.

The Department organizes meals for 150 thousand children in Kazan. Children from low-income families (18% of the total) receive free meals. In 2018, 2.5 million EUR were allocated for these purposes from the city budget.

The main achievement of the program is to improve the quality of nutrition and the health of children, including those from low-income families. For the last 10 years, the digestive system diseases among children decreased by 4 times and moved from the first to the third place in the list of child diseases. The percentage of children with physical development deviations with respect to the weight-growth indicators decreased by 1.5 times.

In 2018, a sociological study that polled 104 thousand respondents (46 thousand children, 57 thousand parents and 1000 school employees) confirmed the high efficiency of the reform.

Inclusion

The Department cooperates closely with the Department of Education of Kazan in carrying out various activities for promoting a healthy lifestyle with the participation of children and their parents. During the 2018/19 year the following activities were held: 75 culinary master classes in the school canteens with the participation of 2.5 thousand children, the City Family Picnic for 1 thousand people, and more than 20 advisory days for high school students to meet dietitians and to learn about healthy eating and lifestyle. Moreover, food quality inspections, tasting of school meals by parents, and competitions of school canteens were organized.

The Department cooperates with the Regional Consumer Rights Protection and Human Health Control Service in ensuring safe and balanced nutrition of children. The recommendations of the Chief State Sanitary Doctor to improve the quality of school nutrition were fully implemented. In 2019, seminars for school canteen workers on sanitary requirements were held.

90% of the Department's purchases are Russian-made products, about 80% of which are from the rural areas of the Republic of Tatarstan. The Department promotes mutually beneficial cooperation and urban-rural linkages with local agricultural producers and manufacturers. For manufacturers, the Department is a proven permanent partner who works with large volumes of purchases. For the Department, a local manufacturer is a guarantee of quality, price, responsiveness, and stability.

Adversity coefficient

In the early 2000s, in Kazan, hot meal coverage for school children was 37%. Technological equipment in food processing facilities was 80% worn out. More than 100 school kitchens did not meet the requirements of Sanitary Rules and Regulations. Many school canteens were located in the buildings constructed half a century ago, in the basement or in semi-basement rooms. In schools, it was impossible to organize a full production cycle due to the lack of conditions and the necessary equipment.

There was no quality control of the products used. School lunch menus were differed in different schools. The range of pantry products was not controlled and often included products harmful to children's health. The children's diet was not diversified and well balanced. Often it did not account for age characteristics of children and was not adequate in terms of proteins, fats, carbohydrates, vitamins and minerals.

Children from low-income families used to have tea with a bun for lunch, watching their classmates eating a full meal. Thus, such social stratification affected the psychological climate in schools. Local authorities provided no school meal subsidies for children from low-income families

from the budget.

Many children regularly suffered from digestive system diseases that by 4.5 times exceeded the today's rate and were the first in the list of children diseases.

The situation required an urgent intervention and a large-scale reform of preschool and school meal preparation and delivery system. The municipal program "Healthy nutrition for children" was introduced in 2006 and could significantly improve the situation and bring the meal preparation and delivery process to a world-class standard for all schools of Kazan.