

City	
Country	Paris
Population	France
Title of policy or practice	2,140,550
Subtitle (optional)	Plat protidique durable en crèche à Paris (Sustainable protein meal in a nursery in Paris)
URL video	Service of a balanced weekly sustainable protein meal, without meat or fish for children under 3 years old in nurseries in Paris
Category	
SDGs	Sustainable Diets and Nutrition
Brief description	SDGs: 3, 4, 8, 10, 12, 13, 14, 15, 17.
Date of start and state (ongoing/completed)	<p>Providing sustainable food in the Parisian catering industry is a matter of exemplarity and responsibility. Also, since 2009, the City of Paris has been implementing an action plan for its institutional catering, which has allowed to reach 47.2% of sustainable food in 2017; thus, Paris is the leading public purchaser of organic food in France. This comprehensive and ambitious policy allows to considerably reduce energy, pollution and waste related to the supply of meals.</p> <p>Early childhood accounts for 3.2 million meals per year, or 10.7% of the total volume of Parisian institutional catering. Since 2005, the City had initiated for its nurseries an early and regular approach to introduce organic food, considering that the very young children fragility in care justified prioritising healthier foods. In the 400 early childhood centres, an increasing priority is given to on-site cooking and a large quantity is reserved to fresh and seasonal produce. Today, the share of sustainable food reaches 85.6% (78% of which is organic) thanks to the development of partnerships (organic cooperative...) and of networks, some of which are local, that make it possible to provide the necessary quantity of food and comply with a demanding selection of food. Since March 2019, 100% organic infant milks have been added to the many organic and sustainable products served in municipal nurseries.</p> <p>The Paris Council has jointly made a commitment to reduce the proportion of meat products by 20% and to offer to children one vegetarian menu per week. This meal has been served in all nurseries since March 2018, after several years of research on the methods that have made this evolution a success.</p> <p>In 2018, level 3 of the Ecocert en cuisine label was achieved and it crowns the complementarity of these virtuous approaches.</p>
Actors and stakeholders involvement	03/2016 – 03/2019 Ongoing
Approach	<p>The main actors involved in the process of introducing sustainable protein meal into nurseries are: the City of Paris (the Direction des Familles et de la Petite Enfance, The Board of Family and Early Childhood, which includes a nutrition expert centre, the Agence d'Écologie Urbaine, The Agency of Urban Ecology), economic operators who are owners of food markets (Sodexo, Dupont Restauration), Ecocert France (French specialist in the certification of products coming from organic farming), the Association Végétarienne de France (Vegetarian Society of France).</p>
	2016 - Study: nutritional expertise to design sustainable, balanced protein meals without meat or fish that are compatible with infant nutrition;

	<p>2017 - Test: adapt recipes (children's tastes, feasibility...). Drafting of technical clauses and launch of the tender contract;</p> <p>2018 - Launching of the Weekly Sustainable Protein Meal: supporting 6,000 professionals (kitchen staff, childcare workers, doctors, etc.) and family communication.</p>
<p>Innovation</p>	<p>The challenge taken up by the City of Paris is to promote sustainable food and good nutrition for the 28,000 young Parisians who are cared for every day in nearly 400 early childhood centres. Thanks to this ambitious policy, the Parisian mass catering for young children is a national model.</p> <p>This program is expressed in particular with the children proposal:</p> <ul style="list-style-type: none"> • A weekly sustainable protein meal (without meat or fish) for all children; • A daily option without meat or fish, if the family requests so; • Meals prepared on-site in Parisian nurseries by nearly 1,000 cooks; • Foodstuffs supplied under the constraint of public commission (European tender contracts). <p>Nutritional innovation and culinary techniques adapted to early childhood:</p> <p>Paris has chosen to offer this meal as part of the City's overall sustainable food plan, while ensuring that it meets the specific nutritional needs of young children and adapting to the structural constraints of nursery kitchens and working conditions of cooks.</p> <p>As nutritional principles and recipes have so far been poorly documented, it was necessary to develop real expertise and encourage innovation on the part of the economic operators bidding on food contracts.</p>
<p>Impact</p>	<p>The impacts of choosing to offer a weekly sustainable protein meal and a daily option without meat and/or fish for all the nurseries in Paris are many and diverse:</p> <ul style="list-style-type: none"> • Promoting a sustainable agriculture and livestock farming that respects the planet, humans and animals by eliminating the intake of meat and fish from more than 675,000 meals per year and representing a reduction in meat and fish consumption of about 22 tonnes per year; • Preventing food waste, especially from animal products, through two main levers: <ul style="list-style-type: none"> - Preparing meals on-site, for a number of children that is as close as possible to the actual number of present children; - Daily choice without meat and/or fish possible if families wish so; • Developing new recipes, awareness of professionals and families allowing to change the urban eating representations and habits; • Proposing to all the Parisians children, regardless their social condition, a product of great taste and nutritional quality and thus offering to all children to grow up in good health; • Saving on the cost of animal foodstuffs by financing the increase in the supply of organic and vegetable products, but also of animal products (meat, dairy products), increasing in this way the quality of meals for all children.
<p>Inclusion</p>	<p>The approach responds to several themes supported by the Milan Urban Food Policy Pact actions:</p> <ul style="list-style-type: none"> • Promoting a healthy diet and good nutrition by offering high quality meals, by creating awareness of the importance of a more vegetable-based consumption for a good health, by educating on good practices through the promotion of a less meaty diet in the early stages of life; • Ensuring social equity by offering Parisian children high nutritional quality meals and

specific recipes that may be less frequent in the family diet, particularly in low-income populations;

- Reducing meat and fish consumption, favouring less intensive farming methods and aiming to preserve marine resources;
- Preventing food waste thanks to on-site preparation and finely adjusting the meals to the demands of families.

Thus, with this requirement for healthy foodstuffs, created as close as possible to Paris and according to the sustainable conditions that respect humans, animals and land, Paris wishes to influence the production and distribution chain to facilitate healthy and sustainable food purchases for the entire population.

Adversity coefficient