

City	La Paz
Country	Bolivia
Population	798,968 inhabitants
Title of policy or practice	Escuela de Gigantes (School of Giants)
Subtitle (optional)	School of Giants – Food and Nutritional Education Programme, linked to the Supplementary School Feeding Service.
URL video	https://youtu.be/6YVD_ocoth4
Category	Sustainable Diets and Nutrition
SDGs	<p>SDGs: 2, 3, 12.</p> <p>SDG 2: End all forms of malnutrition, deal with the children nutritional needs.</p> <p>SDG 3. Reduce the onset of non-infectious diseases through prevention and promotion of healthy eating habits.</p> <p>SDG 12: Promote sustainable consumption and production; Substantially reduce waste through prevention, reduction, recycling and reuse policies; Promote sustainable public procurement practices, in accordance with national policies and priorities; Provide the people of our city and of the world with relevant information and knowledge for sustainable development and life in harmony with nature.</p>
Brief description	<p>Considering the bad eating habits of our students (more than 70% of schoolchildren consume unhealthy food, compared to only 4% who consume fruits and vegetables; more than 85% of school shops sell unhealthy products) and the problem of poor nutrition due to deficits (56% rate of slow growth and 37.2% rate of anaemia due to iron deficiency), a new model of school feeding was created in 2000. It consists of the adequate provision of food rations with an inclusive approach and special attention to local and traditional production, monitoring of nutritional and feeding status, creation of organic school gardens, healthy breaks and the School of Giants programme whose objective is to put all previous initiatives into practice.</p> <p>Goals:</p> <ul style="list-style-type: none"> • Cover the nutritional needs of 134,000 students through the consumption of organic products during school hours; • Inform and train 134,000 students, 8,000 teachers and 12,000 parents through a participatory and transformational philosophy to change habits and lifestyles respecting nature. <p>Jurisdictions involved:</p> <p>Municipality of the city of La Paz, Bolivia.</p> <p>Beneficiaries</p> <p>Direct: School-age population</p> <p>Indirect: Educational community (headmasters, school staff and parents)</p> <p>Lessons learned:</p> <ul style="list-style-type: none"> • In order to articulate the different nutritional and educational interventions, we created the School of Giants Municipal Programme. With this project, we created an imaginary world populated with characters that belong to the main traditional cultures of the region and whose goal is to encourage the students to voluntary adopt healthy food choices and practices; • The difficulty of reaching all Schools in a direct and continuous way brought us to create

	Comisiones de Nutrición y Salud [Nutrition and Health Commissions] that supervises and organizes the educational community on the matter.
Date of start and state (ongoing/completed)	10/2016 Ongoing
Actors and stakeholders involvement	<ul style="list-style-type: none"> • Municipality of La Paz; • Secretaría de educación y cultura ciudadana [Secretary of City Education and Culture]; • Secretaría de desarrollo económico [Secretary of Economic Development]; • Non-Governmental Organizations: Save the Children, Swisscontac, HIVOS, Fundación Alternativa, FAO; • Nutrition and Dietetics Faculty of the Universidad Mayor de San Andrés. • More than 60 companies, micro-enterprises, suppliers and sub-suppliers of school meals.
Approach	<ol style="list-style-type: none"> 1. Nutritional monitoring for schoolchildren: <ul style="list-style-type: none"> • Nutritional assessment: Nutritional status; • Eating Habits: Healthy Recreation time. 2. Supplementary School Feeding Service: <ul style="list-style-type: none"> • Product selection: Standardization of portions; Introduction of seasonal menus; • Follow-up: Production of rations, management of the Supplementary School Feeding Service, acceptability and consumption. 3. School of Giants Food and Nutritional Education Programme – inspired by the Andean culture – encourages change in food habits and promotes Education for Life.
Innovation	<p>The food policy that we present aims to solve the new challenges in nutrition and contributes to achieving the Sustainable Development Goals. Specifically, it encompasses different innovative aspects, both at methodological and geographical level. For example, the approach that we propose is the first project to be carried out in our country in the nutrition and food education sector, implementing a set of training actions, through the intervention of imaginary characters of the main native cultures. Each character is related to a particular theme to stimulate the voluntary adoption of healthy lifestyle and eating practices, such as the consumption of fruits and vegetables (Uniña and Phukhuni), organic farming (Uraqi), physical activity (Chama), benefits of healthy eating (Yatiña), recycling (Chiti Lari Lari) and healthy recreation (Aljiri).</p> <p>Another innovative aspect of our policy is the implementation of healthy recreation, the formation of Nutrition and Health Commissions in every teaching unit and the inclusion of the anthropometric estimation of the beneficiaries in the school curricula. All these initiatives will raise the awareness of the importance of individual, family and social participation in nutrition and food culture. All of that is combined with the implementation of School Gardens as a didactic strategy to improve healthy habits and raise awareness of the consumption of organic products.</p>
Impact	<p>The indicators that our project contributes to are Promotion of Sustainable Diets and Fight Against Non-infectious Diseases associated with Inadequate Diets and Obesity.</p> <p>Impacts: Improvement of nutritional indicators, such as the decreasing of slow growth rate from 56% (2000) to 10.2% (2017) and the decreasing of iron deficiency anaemia rate from 37.2% (2000) to 6.8% (2015). The educational practices have a social impact, such as the raising of awareness of healthy eating habits in vulnerable population and migrant population of the municipality. Nutrition and Health Commissions were formed in 93% of the teaching units, and in 96% of them healthy recreation was implemented. With regard to the economic impact, our policy</p>

– with its average annual economic investment of 40 million bolivianos – is beneficial to more than 50 producer families and more than 15 social organizations.

Moreover, our policy contributes to the care of the environment by generating a recycling system that allows the recycling of 60 thousand kilos of food packages per year to build up to 1500 school furniture items (tables and desks). Moreover, with the implementation of School Gardens, the policy promotes a rational management of the natural resources such as soil, water and plants. Finally, our policy aims to implement in the future a regulatory framework for the establishment of a Ley Municipal de Consumo y Provisión responsable de alimentos [Municipal Law of Consumption and Responsible Provision of Food].

	<p>Inclusion</p> <p>The policy has a high level of social and thematic inclusion because it integrates different departments of the Autonomous Municipal Government of La Paz and promotes the local economy, encouraging and ensuring a safe market for the sale of products of small, medium and large producers, while increasing the economic income of civil society and/or private organizations. The Supplementary School Feeding project of the Municipality of La Paz can count on food suppliers from valley, tropical and highland areas of the department and the country, promoting regional inclusion. We are currently working with 15 small, medium and large enterprises that provide dairy products, nectars, baked goods and whole grains. There are about 10 associations between indigenous producing families, native farmers, intercultural and Afro-Bolivian producing families involved in the sustainable family-agriculture field. They provide fruits, honey and vegetables for supplementary school feeding. The total number of producing families that indirectly provide raw materials is 2,000. All food rations enhance local products with high nutritional value, providing daily meals to 372 educational centres and 32 special education centres that work with vulnerable population. Parents, teachers and students are actively involved in the feeding, educational and productive process.</p>
Adversity coefficient	<p>Since 2000, the Autonomous Municipal Government of La Paz went through adversities such as the lack of infrastructures for an adequate administration of food in schools, bad habits rooted in the students' families, ignorance on the importance of nutrition in physical and cognitive development. All these impediments have been overcome with the implementation of the Supplementary School Feeding Service educational model, achieving a considerable decrease in chronic and acute malnutrition, and anaemia in schoolchildren.</p> <p>Through food records we have been able to identify: excessive consumption of unhealthy food in more than 70% of schoolchildren, compared to the 4% who consume fruits and vegetables; more than 85% of school shops sell unhealthy products, causing an increase in overweight and obesity to 30.8%.</p> <p>In this context, the major adversities are the limited access to healthy markets, the high offer of unhealthy products and their promotion through mass media. On the other hand, we have the School of Giants – Food and Nutritional Education Programme that, through virtual platforms and face-to-face activities – such as TV programs, videogames, Circus, theatre shows, messages on school food packages, notes on the school agenda, promotion of Healthy Recreations and active participation in School Gardens – tries to teach to our students the importance of nutrition and healthy habits.</p> <p>Coordinating with parents, teachers and students of every School, we put forward community actions, so that the adults' lifestyles will no more represent a limiting factor in children's learning. The great challenge that had to be overcome was the lack of resources: as from the beginning there was no specific budget for the implementation of the School of Giants – Food and Nutritional Education Programme, we had to incorporate it in the framework of the Supplementary School Feeding Service. Doing so, we managed to find co-financiers such as: Swisscontact, HIVOS, FAO and companies through Corporate Social Responsibility, as well as the Empresa Boliviana de Alimentos y Derivados [Bolivian Food and Byproducts Company]. The economic support was the</p>

ultimate instance that allowed us to overcome ideological-political contrasts between the political majority and the opposition.

Finally, the recycling system of school food packages that are transformed into wood-plastic for school furniture avoids generating waste that aggravates environmental problems.