

City	
Country	Italy
Population	1,242,123
Title of policy or practice	Healthy Diets in School Canteens
Subtitle (optional)	
URL video	
Category	Sustainable Diets and Nutrition
SDGs	SDGs: 1, 2, 3, 11, 12, 17.
Brief description	<p>Frutta a metà mattina [Fruit in the morning] is an initiative developed by Milano Ristorazione, the public company managing school canteens, within the scope of the Milan Food Policy. This initiative aims to improve school children's diets, by supporting the consumption of fruit as a snack in the morning. Frutta a metà mattina was developed to fight obesity among children, a growing issue over the last 20 years, promoting healthy habits and lifestyles. At the same time, the consumption of fruit in the morning allows to reduce food waste at lunchtime, further contributing to the sustainability of the whole food system. Last but not least, the distribution of fruit as a snack allows to reduce financial pressure on vulnerable families, who might struggle to provide healthy food to their children.</p> <p>A first pilot project was launched in June 2016, involving approximately 30 primary schools and 4,000 children. The project has now become a standard practice in approximately 50 primary schools within the city, targeting specifically vulnerable neighbourhoods. The added value of the project is its integration within the school system, that allows to reach a constantly growing number of children.</p>
Date of start and state (ongoing/completed)	2016 Ongoing
Actors and stakeholders involvement	The practice involved both the City of Milan, Milano Ristorazione and the QuBi programme. The Municipality of Milan, through the Education Department, guides the development of the project and, in synergy with the Food Policy Office, ensures institutional monitoring and advocacy. Milano Ristorazione, a public company totally controlled by the Municipality of Milan, guarantees the operational project management.
Approach	<ul style="list-style-type: none"> • First design in 2013 by Milano Ristorazione and its scientific committee, no sponsorship found; • Pilot project in 30 schools, involving 4000 students, directly funded by Milano Ristorazione (2016); • Monitoring in 10 pilot schools (2016-2017); • Expanding to all primary schools of Milan, approximately 50 schools per year (2017-2018).
Innovation	The imbalances of our current food system require innovative actions that are aimed to supporting a transition towards a sustainable food production and consumption. Frutta a metà mattina proved to be an innovative action with positive impacts on children health and nutrition. This programme is the first of its kind both at the regional and national level. While menus tend to follow a fixed structure, Milano Ristorazione and its scientific committee showed a forward-thinking approach in removing fruit from the lunch menu and deliver it in the morning as a snack. Such a change in menus requires a considerable effort in logistics and coordination between schools and Milano Ristorazione. Another innovative element was the inter-sectoral approach that combined nutrition

	<p>concerns with the fight of food waste. While fruit proved to be more appreciated in the morning, increasing in this way children's consumption of plant-based food, it would usually become waste at the end of the meal.</p>
<p>Impact</p>	<p>After two years since the launch of Frutta a metà mattina, it was found that eating fruit instead of other food in the mid-morning favours the enjoyment of lunch, also generating a decrease in food waste, quantified in a decrease by 17%.</p> <p>During the 2016/2017 school year, a monitoring of the programme was also carried out on 10 pilot schools, which showed that the approval of meals increased by 11% (from 63% to 74%) with a growing approval of: banana (+6%), apple (+11%), pear (+4%), grapes (+25%).</p> <p>Eating fruit in class, together with the teacher and classmates, is also a moment of discontinuity in the routine of the morning, stimulating attention to the fruit that, as a result, can potentially transform children's attitudes towards plant-based food. Finally, Frutta a metà mattina guarantees greater equity among the different socio-economic groups within the city, both in terms of actual consumption (for those who cannot afford to buy a snack) and in terms of food quality (avoiding junk food).</p>
<p>Inclusion</p>	<p>As highlighted above, Frutta a metà mattina presents a strong inter-sectoral approach in different topics. Nutrition, food security and food waste are all important elements of this programme. As a result, different departments within and without the municipality have been involved for its implementation. Firstly, the Department of Education and the Food Policy Office are actively engaged in institutional monitoring and advocacy. At the same time, a partnership with QuBi (a specific programme aimed at fighting food poverty among children, funded by a private foundation) provided the necessary funding to expand the programme, with an eye towards the schools located in the most vulnerable areas.</p>
<p>Adversity coefficient</p>	