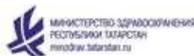




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РЕГИОНАЛЬНЫЙ ЦЕНТР НАУЧНОГО АНАЛИЗА И МЕДИЦИНСКОЙ ПРАКТИЧЕСКОЙ ТЕОРИИ

## KAZAN DECLARATION

### "Healthy Cities. Healthy Nutrition for Children"

1-3 June 2021, Kazan, Russian Federation

1. Referring to the **Milan Urban Food Policy Pact**, adopted on 15<sup>th</sup> October 2015 in Milan (Italy), an international agreement among local authorities that are committed to “*develop sustainable food systems that are inclusive, resilient, safe and diverse, that provide healthy and affordable food to all people in a human rights-based framework, that minimize waste and conserve biodiversity while adapting to and mitigating impacts of climate change*” as an instrument to promote exchange and cooperation between Eurasian and South&West Asian cities that have signed the MUFPP and to strengthen the impact of initiatives led by cities and their partners in this framework;
2. Endorsing the **conclusions of previous Milan Urban Food Policy Pact Fora: Milan** (Italy) on 15-16 October 2015; **FAO HQ - Rome** (Italy) on 13-14 October 2016; **Valencia** (Spain) on 19-21 October 2017; **Tel Aviv** (Israel) on 4-5 September 2018; and **Montpellier** (France) on 7-9 October 2019 and their declarations, namely: the **Valencia Appeal** (2017) and the **Montpellier Declaration (2019)**
3. Recalling all related international agreements and frameworks on sustainable food and nutrition and taking into consideration:
  - the fact that a healthy diet ensures growth, full development and vital activity of a person, it contributes to the improvement of his/her health and prevention of diseases;
  - the need to reduce the level of diseases of the digestive system among the younger generation;
  - the increasing trend in obesity rates among children and adolescents;
  - the general principles of good nutrition;

*Gathered at the 1st MUFPP Regional Forum in Eurasia and South&West Asia, held in Kazan, Russian Federation, from 1 to 3 June 2021, titled "Healthy Cities. Healthy Nutrition for Children", on the topic of healthy school nutrition, we, participating Mayors, firmly believe that the following actions will help children's' diets to be more nutritious and sustainable:*

1. To draw up a rational and balanced school menu, taking into account the seasonality, the quantity of essential foodstuffs required and the caloric content of the daily diet, differentiated by age groups of learners;



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РЕСПУБЛИКАНСКИЙ  
ЦЕНТР НАУЧНО-МЕДИЦИНСКОГО  
ИССЛЕДОВАНИЯ И ПЕДАГОГИЧЕСКОЙ  
ПРОБЛЕМНОЙ КУЛЬТУРЫ

2. To observe the school feeding regime, taking into account the students' stay in the general education institution, the age category, and the academic and physical workload of the student;
3. To give preference to freshly cooked meals that are not subject to repeated thermic treatment, including heating frozen meals in developing menus;
4. To use gentle cooking methods;
5. To adhere to the principles of safety and quality in preparing food. Products must be properly processed to preserve beneficial substances;
6. To take into account the rational distribution of energy value by individual meals in the menu, correctly distribute the daily diet for portions during the day;
7. To include different types of cereals, vegetables, fruits, meat, poultry, etc. to make the diet varied. Include vegetables in each student's meal;
8. To minimize dishes with simple carbohydrates (sugar, potatoes, white flour, white rice) in the menu;
9. To create conditions for maintaining the water balance through the correct organization of the drinking regime;
10. To actively promote healthy eating among students at school;
11. To form a correct eating behavior of the child in the family from birth.
12. To create a vision of healthy nutrition and lifestyle.

*We therefore commit to use these actions to guide and inform our policies of nutrition for children in our cities for a more sustainable and healthier development.*

*Kazan, 2 June 2021*

**Signatory cities:**

1. Bishkek (Kyrgyzstan)
2. Cheboksary (Russia)
3. Chisinau (Moldova)
4. Kazan (Russia)
5. Milan (Italy)
6. Nizhny Novgorod (Russia)
7. Samara (Russia)