



## Norwegian lunch packages - fruit and milk schemes -



Matthias Koesling and Anne-Kristin Løes  
Bioforsk Organic Food and Farming Division

Source: [www.tk.no](http://www.tk.no)

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## Warm meals 1880 to 1935

- Around 1880, charity kitchens offered warm meals to poor school pupils outside the schools in Oslo
- 1895, the municipality offered free, warm meals to poor children in school, more wealthy children were offered to buy the same food at a cheap price
- The system of means-tested, warm school meals continued until ca 1935



Warm soup

Source: <http://www.majorstua.gs.oslo.no>





## Norwegian packed lunch

- **Enthusiastic food-and-health pioneers argued for:**
  - That boiling destroyed the food quality
  - That it was important for children to chew the food items
  - That children have to learn how to behave properly during a meal (take off coats, relax, talk and listen etc)



Source: www.tk.no

**In the 1930'ies the "Oslo breakfast" was introduced.**  
It was served before the education started in the morning to increase the learning ability of the children.

### Ingredients:

- Whole-grain biscuits and whole-grain bread with margarine and cheese
- 0.5 litre of fresh milk
- A piece of raw vegetable or fruit (carrot, apple, orange, banana)
- (Cod-liver oil was added to the meal in winter months)



## Sigdal Breakfast



- The idea is that the pupils bring their own sandwiches, but the school organises serving of milk and raw vegetables.
- It was rapidly diffused into the society.



Source: www.matoppkniff.no

The packed lunch ("matpakke") has become such a well-established tradition that many Norwegians tend to believe that:

- a cold meal for lunch is the only natural thing
- eating something warm for lunch (in addition to a warm dinner) would be fattening and unhealthy



## School meals today



- National or regional companies in Norway specialised to offer food or complete meals for schools only are rare
- Few Norwegian schools have developed school meals, daily or some days a week
- Some schools (more often lower secondary schools) have canteens where the pupils may eat their packed lunch or even buy some food or milk
- Most schools do not have canteens, and the pupils eat their food in the class room



Source: www.tk.no

## School milk subscription service



- Since about 1970, the dominating dairy company in Norway, has offered milk as a subscription service to primary and lower secondary schools all over the country
- 99% of the schools participate in the service
- Almost 60% of the pupils subscribe to some kind of milk variety
- Milk varieties:
  - Fat reduced milk 1.5% (fat)
  - Organic fat reduced milk 1.5% (test areas only)
  - Fat reduced milk 0.7%
  - Fat reduced milk 0.7 % with chocolate
- Prices per ¼ litre 2007/08 (prices are subsidised):
  - 0.33 € for the conventional varieties
  - 0.39 € for organic and cocoa



Source:  
www.grønnhverdag.no



### School fruit subscription scheme

- All Norwegian primary and lower secondary schools can participate in the school fruit scheme
- Fruit and vegetables offered: apples, pears, bananas, oranges, carrots, kiwi, clementines, nectarines and peaches
- 41% of the Norwegian schools participated in the scheme in 2006
- 12% of the total number of Norwegian pupils (28 % of the pupils at schools participating) subscribed in 2006



Source: [www.okologiskskolefrukt.no](http://www.okologiskskolefrukt.no)



### School fruit subscription scheme - costs and effects

- Until August 2007, public funds supported each fruit by 0.13 € and the parents had to pay 0.31 € per fruit and day
- An experiment with free fruit serving in Norwegian schools showed that:
  - a payment scheme tended to fix the differences in fruit intake among pupils from different social classes
  - a free fruit serving increased the intake of fruit among all pupils
- Since August 2007 all schools with class 8 to 10 get fruit for free.
  - School can choose if they want organic or conventional fruit



Source: [www.okologiskskolefrukt.no](http://www.okologiskskolefrukt.no)

## Debate on school meals

The arguments in favour of a public school meal system:

- Social equalisation
- Young people should eat more fruit and vegetables
- Better school environment and learning capacity

The arguments against the extension of the school meal system:

- Resources are more required to renovate buildings, buy new books etc
- Food is a private responsibility



Source: Tingvoll primary and lower secondary school

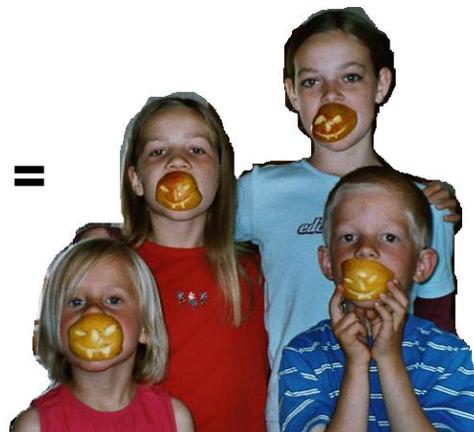
Thank you for your attention!



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Source: www.okomat.no