MILAN URBAN FOOD POLICY PACT

ASSOCIATION OF SOUTHEAST ASIAN NATIONS

REPORT OF THE SCHOOL MEALS SUMMER SCHOOL IN ASEAN CITIES

JULY 2024 - BANDUNG

REPORT



Promoters

Comune di Milano

Cities Feeding the Future
MILAN URBAN FOOD POLICY PACT

Funded by

Ministero degli Affari Esteri e della Cooperazione Internazionale

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Organisers

MUFPP Secretariat

The Milan Urban Food Policy Pact is the main legacy of the Universal Exhibition "Expo Milan 2015" Feeding the Planet, Energy for Life. The Milan Pact is a global commitment of mayors from around the world that considers food as an entry point for the sustainable development of growing cities. It represents the main framework for cities and international stakeholders active in the definition of innovative urban food policies.

ASEAN

The Association of Southeast Asian Nations (ASEAN) was established on 8 August 1967 in Bangkok, Thailand, with the signing of the ASEAN Declaration (Bangkok Declaration) by the Founding Fathers of ASEAN: Indonesia, Malaysia, Philippines, Singapore and Thailand. Brunei Darussalam joined ASEAN on 7 January 1984, followed by Vietnam on 28 July 1995, Lao PDR and Myanmar on 23 July 1997, and Cambodia on 30 April 1999, making up what is today the ten Member States of ASEAN.

FUNDED BY

Italian Ministry of Foreign Affairs and International Cooperation

In September 2020, Italy was assigned by ASEAN the status of Development Partner. In order to substantiate the efforts of the two parties, potential areas for cooperation have been identified and have been included in the **ASEAN-Italy Development Partnership: Practical Cooperation Areas (2022-2026)**. This project contributes to the achievement of Measure 18 (Area Food, Agriculture and Forestry), Measure 39 (Area Health) and Measure 54 (Area ASEAN Smart Cities Network).

We would like to kindly thank Parahyangan Catholic University and the Municipality of Bandung for their continuous support.

Methodological note

This report is the result of an "ad-hoc" survey and follow-up interview about the school meal programme of each participating city, when present. The main documents reviewed and mentioned are:

- "**ASEAN Food and Nutrition Security Report 2021** " Volume 1 - 2, Jakarta, ASEAN Secretariat, August 2022
- WFP. 2022. "**State of School Feeding Worldwide 2022**." Rome, World Food Programme.
- "**National Commitments**" section from the School Meals Coalition website
- "**Global child nutrition foundation**" datasets
- "**Understanding School Feeding in Malaysia**" Jarud Romadan Khalidi and Tan Zhai Gen

Participating cities

30
ASEAN Cities



Moving grom the **Cities Feeding the Future Initiative**, the summer school engage cities and local governments active on school meals programmes.
Cities are both nodes where feedback from communities can be collected and key drivers for transforming needs into actionable interventions. Therefore, cities and their governance structures should be put at the centre of the design process for promoting improved school meals.

Project Ambition

Scope

The ***Spreading Experiences and Knowledge on School Meals Programmes in ASEAN Cities*** project aims to increase the **capacity of city officers and member states from ASEAN countries to develop school meals programmes** and policies that can multiply positive health, environmental, economic and social outcomes in local communities. By building on the needs and priorities of ASEAN cities and member states, the project increases **opportunities for capacity building and city-to-city exchange** within the MUFPP community, that can support ASEAN mayors and city officers in maximising the transformative potential of school meals for local food systems transformation.

Promoters

The project is promoted by the **Municipality of Milan - Milan Urban Food Policy Pact**, **ASEAN**, supported by **Parahyangan Catholic University** (UNPAR) and the **Municipality of Bandung** within the **Cities Feeding the Future Initiative**, and **funded by the Italian Ministry of Foreign Affairs and International Cooperation**. The project aligns with **ASEAN Post-2015 Health Development Agenda (2021-2025)**, and in the framework of the **ASEAN-Italy Development Partnership: Practical Cooperation Areas (2022-2026)**, by aligning with measure 18, measure 39 and measure 54.

By building on the sharing of best practices from other MUFPP signatory cities in ASEAN, the project is supported by a **broad range of strategic partners** of the Milan Urban Food Policy Pact.

Promoters

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Supporters

Summer School Structure

4 Days





8 Sessions

4 Interactive workshops





2 Study visits

Day 1 - 23rd of July 2024

Setting the scene:

presents the international and national status of ongoing initiatives, policies and activities on school meals programmes“

- S1. School meals programmes at a glance
- S2. School meals: the transformative potential of urban food policies
- S3. Securing food safety and hygiene
- Interactive session: Setting the scene

Day 2 - 24th of July 2024

Nutritional guidelines & procurement practices:

explores aspects of nutrition, safety and hygiene, and public food procurement for menu design

- S4. Promoting adequate nutrition
- S5. Unlocking the potential of public food procurement
- Interactive session: Co-designing school menus

Day 3 - 25th of July 2024

Monitoring and education:

offers opportunities for understanding approaches to monitor progress of school meals programmes and implement sustainable educational activities

- S6. Monitoring and financing for school meals programmes
- S7. Education activities for school meals programmes
- Interactive Session: Exploring monitoring opportunities

Day 4 - 26th of July 2024

Engaging stakeholders:

advances solutions for mobilizing local stakeholders towards the improvement of school meals programmes

- S8. Fostering stakeholders’ participation and collaboration
- Interactive session. Stakeholders mapping
- Closing session

Summer School Faculty

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Programme
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Main outcomes

Based on the speakers presentations

Session 1. School meals programmes at a glance

The session sets an overview of the different **international and national frameworks** and practices on school meals programmes, including the main actors involved, the ongoing activities and the school meal global debate.

Starting with the presentation of the state of the **MUFPP in Asia Pacific**, the "ASEAN Guidelines and Minimum Standards for the School Nutrition Package" leaded by the Indonesian Government was presented by the Programme Coordinator for Nutrition of the Health Division of the ASEAN Secretariat. The framework is centred around improving the nutrition of school-age children, recognizing it as a critical aspect of their overall well-being and development. 5 key action areas constitute the central focus. Each area plays a crucial role in supporting and enhancing children's nutrition.

The global vision was ensured by a presentation of the **School Meals Coalition** and on the role of cities in the **Cities Feeding the Future** Initiative, also presenting the Social Return of Investments of school meals programme, where per each 1$ invested the return is about 9$— representing a global market worth around USD 48 billion annually.

This first session was the occasion to welcome **new MUFPP Signatory cities** such as Chiang Rai (Thailand), Manado (Indonesia), Phnom Penh (Cambodia), Muaro Jambi (Indonesia), Lang Son (Vietnam).







Session 2. School meals: the transformative potential of urban food policies

The session presented the MUFPP report "**School meals: the transformative potential of urban food policies**". The report comprehensively summarizes the different models of school meals systems existing worldwide.
Participants had the chance to familiarise with the three main models: the **centralised one** in which the service is either provided by the municipality or outsourced by the municipality to private companies, the **decentralised one** entailing cases where each school outsources the service to private companies and **hybrid models** being characterised by elements of both centralised and decentralised cases. The **infrastructures** that different programmes might need from procurement to consumption were also examined. The overview created a homogeneous and easy-to-understand **taxonomy** on school meals programmes to be used in the days to come.



Session 3. Securing food safety and hygiene

Safety and hygienic conditions along the food supply chain of school meals are essential to prevent foodborne illnesses and protect children's health.



To this scope, the session was opened with an overview of the main sources of contamination and the risks linked to foodborne diseases by the WHO representative from the Department of Nutrition and Food Safety. The main food safety schemes of the WHO for addressing those risks in school meals were offered. More specifically the **WHO Five Keys Safer Food Manual** was presented to guide participants across the five main recommendations to guarantee food safety. These ranged from adequate cleaning and sanitization to adequate separation of foods, appropriate cooking techniques and temperatures and usage of safe water and materials.



Two examples of different models of school meals programmes followed.

A presentation from the **City of Milan** detailed the strategies and procedures in place in the school meals system for guaranteeing quality assurance and food safety. The integrated system goes from the supply of food to meal production and meal consumption. Such a scheme is possible due to a well-structured organisation that supervises the different phases and thanks to an Integrated Management System that foresees continuous inspections and analysis on raw materials. The integrated management system is implemented in conformity with a large set of international certifications that set the direction of change and stimulate continuous improvements.



The case of **Bandung City** was presented by the Bandung City Health Office describing the functioning of the supervision of food hygiene and sanitation in schools. The city has several programmes in places. Namely the stunting prevention programme, the nutrition programme, the health improvement programme for packaged food and the ready-to-eat food sanitation program. To supervise the system, the city implements a large set of inspections, training activities for different actors as well as Labelling and Hygiene Sanitation Certificates.







Session 4. Promoting adequate nutrition

Setting meals standards which are tailored to the local context ensures that school meals are aligned with children's nutritional and cultural needs. The session explored the **role of nutrition in designing school menus**, for different school meals contexts and discussed their strengths and weaknesses.

The **framework and main recommendations issued by the WHO** were presented. The core principles and main components of a healthy diet were introduced along with the consequences that unhealthy diets can lead to, in adults and children. Adopting a school food environment lens was suggested as a key entry point for enabling a healthy environment. Regulating food marketing (i.e., the advertising, promotion campaigns and sponsorships) in place in schools, were indicated as tools to affect children's attitudes and behaviours on meals consumption, and shift them towards more sustainable choices.

Considering that guidelines are largely country-specific and that their successful implementation depends on each country's political, economic, cultural and ethical contexts, the variability of these guidelines was also discussed during the session. Specifically, the session included **two context-based examples**.

A research case from the **Research Consortium for School Health and Nutrition of the School Meals Coalition** was delivered. The exploration served to provide a full understanding of the main nutritional challenges for children and adolescents existing in the European environments. The historical timeline of the Finnish school meals programmes provided attendees with inspiration on how school meals programmes can evolve over time. The many parallelisms that emerged represented an opportunity to stimulate cross-contamination.

Following this, the representative of the **Singapore Health Promotion Board explored the Healthy Meals in Schools Programme implemented** in Singapore. The programme, that was made mandatory in 2017 by the Ministry of Education, aims to provide healthier food and beverage options in schools, through an ecosystem approach. The presentation also informed on the main opportunities for improvement identified. Given that school meals programmes in Singapore are characterised by the participation of many stakeholders (canteens vendors, schools, parents, committees), the regular engagement with these individuals was highlighted as a central strategy to create sustainable and healthy food environments.





Session 5. Unlocking the potential of public food procurement







The definition of public procurement criteria is a **key pillar** for strategic management of school meals programmes and the advancements towards development objectives. Procurement practices are important policy tools that city officers can use to shape their food systems and deliver multiple benefits to their communities.

By presenting the **WHO Action Framework for developing and implementing public food procurement and service policy** for healthy diets, the session equipped participants with a concrete tool for cities aiming to make healthy choices for their public food procurement practices. The Action Framework entails multiple phases that cities can follow: a phase of policy preparation, one for policy development, one for implementing the policy and finally the monitoring, enforcement and evaluation of the policy itself.

The session also included **two city presentations of best practices** on public food procurement.

The **City of Bandung** presented its unique **Buruan SAE programme**, which creates valuable opportunities for school meals supplies. By providing local products to school canteens, the programme can improve the nutritional intake and cognitive development of students and simultaneously create educational opportunities for children. Integrating the Buruan SAE products as school meals supplies also supports local development and engagement for the surrounding community.

Bangkok, for its public procurement in schools, relies on the **Thai School Lunch platform for BMA**, a system for organizing breakfast and lunch under the supervision of the Bangkok Metropolitan Administration originally developed by the National Electronics and Computer Technology Center of Thailand, with the cooperation of Institute of Nutrition of Mahidol University. Thanks to the platform, the city is able to centralise **the checking of food quality by the daily submission of photos and quantities of ingredients,** increasing participation from the education department of district offices and Bangkok. In addition, the platform can also be connected to the lunch and ingredient management system for school lunch organizers which was called “Thai School Lunch for Catering” which allows operators to manage foods and ingredients efficiently.

Session 6. Monitoring systems and financing for school meals programmes

Providing school meals professionals with strategies to **monitor their school meals programmes, by factoring nutritional, environmental, and social considerations** is needed to provide an adequate basis for tailor-made food policies.

This session presented an **action plan for any city** wanting to develop a monitoring system attached to the priorities of each school meals programme. The action plan consists of six phases: setting the target, define indicators, clarify responsibility for data collection, collect data, analyse data and communicate them. Examples of existing monitoring systems were also explored for offering concrete guidance to cities.

When dealing with monitoring systems, the **financial aspect** is a central building block for improving school meals programmes. Therefore an overview of financing mechanisms for school meals and the benefits of these was offered by the representative of **Rikolto**. Participants were also exposed to the cost structure of any school meal system and the role of different stakeholders in managing such costs.





The session included city presentations of best practices on monitoring systems.

The **City of Milan** - where the service is entirely managed by the municipal agency called Milano Ristorazione - presented its internal and external monitoring system for meals service and good practices for data collection. Internally, a digital checklist is in place for daily inspections, periodic central training and constant interactions with the managers of the local cooking centers. School menu satisfaction surveys are also used to evaluate children's satisfaction. Externally, a set of checklists also exists for verifying compliance with procedures, assessing the quality of the service and collecting meal satisfaction data. In this case, the checklists are managed by teachers, educators and parents who control canteen service, while data is collected by the company management, the City of Milan and the City Representation of the parents. Overall, the data collection serves to improve the service and focus on the aspects deemed least satisfactory.

The **Muhammadiyah Primary School** in **Surakarta** – having an internal kitchen for meals preparation managed by a dedicated multidisciplinary school staff team - detailed the monitoring and evaluation activities carried out by the Education Unit of the city. The plan involves relevant parties through project management activities, including – among others - the principal, the canteen Team, the Health Department, and the Education Department. The activities entail the implementation of healthy canteens and the identification of issues that might arise in the daily operations together with a set of possible solutions.

Session 7. Education activities for school meals programmes

Education activities in school meals programmes can **generate multiple returns** on the social and economic dimensions. By starting from the **Food Environment concept**, intended as a combination of the 'spaces' (physical, digital, educational) in which people make decisions and choices about foods and drinks that they consume, the session offered a knowledge basis on how to start and develop educational initiatives for school meals programmes.



Aware of the power of educational activities for nudging sustainable food choices and children's habits, the Director of Food Policy Department of the **City of Milan** provided powerful insights on how to build effective policies for transforming food environments with an education approach. In Milan a transformation of the school canteens dining area is ongoing. Better acoustics control, new colours and furniture have been introduced to improve the meal consumption of children. On top of this, educational posters have been placed on the walls, targeting 5 ingredients of the school menus. On these ingredients, a comprehensive narrative is provided to make children more familiar with these products and close the knowledge gap between the food production chain and the consumption of food.



A different case study from the **Finnish** Institute was also explored. In Finland, health promotion at schools is part of the core curriculum. It is vehiculated to children via classes of home economics, health and food education. Children in different grades receive teaching on cooking skills, washing, cleaning, health, nutrition, hygiene, consumer rights, economics and sustainability. Because of this, school lunches are a central part of the school subjects and are addressed via a holistic educational approach.

Finally, **Taguig City** presented the many educational projects set by the city governments around school meals. Thanks to the Philippine Plan of Action for Nutrition, many cities have advanced Nutrition-Specific and Nutrition-Sensitive Interventions including breastfeeding support activities, healthy food campaigns and guidelines development. The Nutrition Month Celebration is also worth a mention. Approved by a Presidential Decree 491, it mandates Philippines cities to celebrate it every July. In Taguig, the theme changes with a different focus every year and can include theme-specific lectures, food games, or special menus.



Session 8. Fostering stakeholders' participation and collaboration



The mobilization, partnership and communication with **local actors and stakeholders** are needed for sustainable approaches towards school meals programmes. The session presented the role of relevant stakeholders at local, and international levels including policymakers, health experts, schools, food suppliers, local farmers associations, partners associations and community representatives, to explore opportunities to engage them within the school meals context.

A presentation was delivered on the **reasons for fostering stakeholders' participation** and collaboration for healthy school canteens. Having stakeholders on board can serve to improve nutrition, multiply educational opportunities and sustainable practices, improve accountability and transparency of the programme, create solidarity within the community through adequate consideration of the cultural diversities of children, share resources and reinforce policy support and advocacy.

Based on the quintuple helix approach, stakeholders from the government, academia, industry, community and media should be addressed. Concrete recommendations were provided along with the main challenges that cities can encounter.

The reinforcement of multistakeholders partnership was also called upon by the representative of the **Slow Food Community in Hanoi**. Based on the specificities of Vietnamese cities the most important challanges faced for stimulating participation and collaboration of actors were pinpointed. On this background, both leadership, organisation and action empowerment were highlighted as relevant aspects to foster change.



The **Indonesia Food Security Review (IFSR),** a strategic think tank that addresses food security issues in Indonesia, presented its mission and the implemened activities in the area. IFSR aims to provide solutions for achieving a sustainable and resilient food system, taking advantage of the collaboration with multiple stakeholders from government, industry, academia, and civil society. Based on this, the scope is to develop evidence-based policies and practices that support improvement and sustainability in food systems. More specifically, their contribution to the Nutritious Meal Program in Indonesia, and the related pilot projects were explained, with a specific focus on the case study of Warungkiara (Sukabumi).





Cultural field visit



Participants were invited to visit one of the **Sundanese cultural centres**, namely Saung Mang Ujo. This is a cultural tourist spot related to Angklung Music, a traditional musical instrument made from bamboo. Participants participated to dance performances and experienced playing the angklung musical instrument. Apart from that, Sundanese dance was also displayed.

The activity was complemented by a visit to the adjacent **Buruan SAE** Program. The programme was initiated to address Bandung's food supply dependency. It consists in a community-based initiative focused on promoting local food production through urban agriculture. The programme encourages residents to cultivate vegetables, fruits, and other crops, utilizing available spaces such as backyards and community gardens.



School visit

Participants were also invited to visit and have lunch at one of the schools in the city of Bandung, namely the **State Junior High School (SMPN -2)**. Participants had the chance to get to know healthy canteen practices and have discussions at this school to share experiences so they could get inspiration to implement a healthy canteen in their own context.
The school has also implemented collaborative practices with the support of parties such as agencies in the Bandung city government, as well as the business sector.





Within the school, a **Buruan SAE** is also present, to serve as an educational hub, engaging the community. Buruan SAE program has significant potential to supply school meals, especially for the public elementary school. Using locally grown food for school meals can lower costs and support local economies. This approach can also educate students about sustainable practices and the importance of eating local produce.

Interactive sessions

Technical sessions from international experts were complemented with **dedicated interactive sessions to capitalise on the acquired knowledge using a group approach**. In each session, participants were invited to exploit the **MUFPP Food Policy Tools developed within the Horizon 2020 Food Trails project**.
For the interactive sessions, participants were split into **five different groups** based on the similarities of school meals programmes and on linguistic affinity. For each group, a facilitator, one or more technical partner(s) and a note taker were appointed. Each interactive session explored a specific aspect of school meals programmes of participating cities with the aim of filling out the **Food Policy Action Canva as a final result.**

Indonesia group, 12 cities



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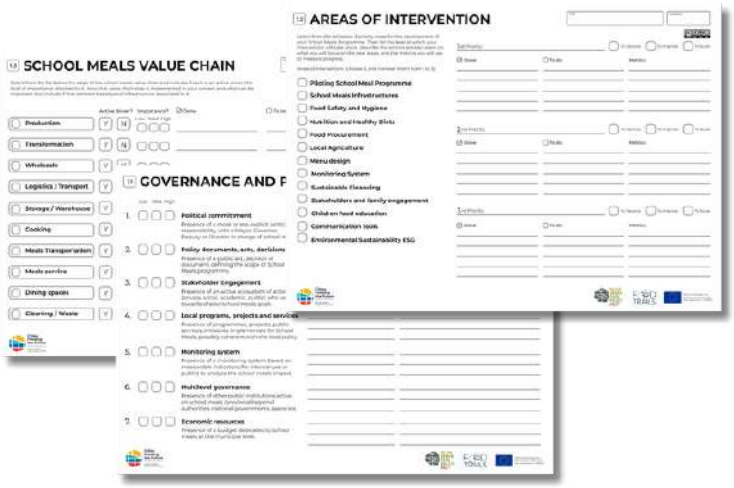




The **Food Policy Action Canva** is a framework ready for cities to start working on the core activities foreseen for school meals programmes.

Interactive session Day 1. Setting the scene

Participants got familiarised with the Food Policy Action Canva developed within the H2020 Food Trails project. Afterwards, participants explored their advancements in governance and partnerships, on the areas of interventions to be prioritised and on the different steps of the school meals value chain.



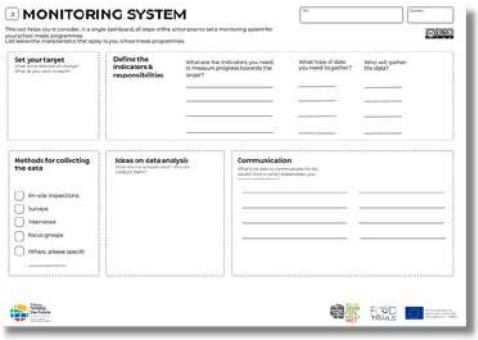


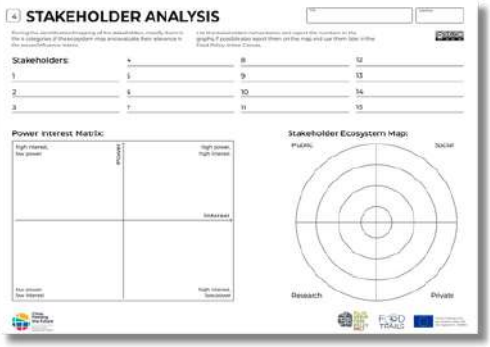
Interactive session Day 2. Co-designing school menus

Participants explored the aspects of the current menu design in their school meals programmes and advanced discussions on how to improve them. The set of aspects considered in the menu design, included the type of meal served, the meal composition, the guidelines used, the procurement criteria, the dietary needs. Participants also reflected on a typical weekly menu served within their school meals programme.

Interactive Session Day 3. Exploring monitoring systems.

Based on the monitoring system tool, participants discussed the monitoring action plan to be implemented in their contexts. Insights for the target definition, the indicators to be used, the methods for collecting data and analyse them are shared, together with communication strategies for disseminating the monitoring system outcomes.





Interactive Session Day 4. Stakeholders mapping

Based on the stakeholders analysis tool of the H2020 Food Trails project, participants advanced a preliminary mapping of stakeholders involved in their school meals programmes and detailed their power and influence within the system.

Project work proposal

As part of the summer school, participating city officers will develop a project work proposal to **design a project to be executed in their home cities** for developing school meals programmes. The development of the project work proposal will be **based on the technical sessions of the summer schools as well as on the interactive sessions** during which the MUFPP Food Policy Tools developed within the Horizon 2020 Food Trails projects were used.
During the last day of the summer school, city officers got familiarised with the project work proposals and received information for the compilation of the template.

Depending on the specificities of each context, the project work proposals are expected to either set up, improve or scale up a school meal programme.

A brief description of the three dimensions is provided below:

- **Set-up**: to establish a school meal programme from scratch. Project work proposals belonging to this category are meant to propose the implementation of a school meal programme pilot in contexts where such programmes are not yet present. In this case, city officers will identify the main needs of their context and develop the proposal accordingly.
- **Improve**: to make progress on the school meal programme. Project work proposals belonging to this category are expected to focus on one or more specific aspects of the school meal programme in place, which requires improvements. In this case, city officers will first provide a detailed overview of the areas of improvement and will then build their project proposal accordingly.
- **Scale-up**: to increase an already existing school meal programme in size or scale. Project work proposals belonging to this category foresee the scale-up of one or more aspects of the already existing school meal programmes in a context where such an aspect is not yet in place. In this case, city officers will detail the aspects of interest and the steps for scaling them up.

An international **Advisory Committee** will evaluate project work proposals and select the six ones to be awarded.

The **six project work proposals** being assigned with the highest aggregated total score will be awarded.

Two different **awards** are envisaged:

- For the first 3 project work proposals: the organisation of a **3-day study visit and workshops in Milan** focusing on the Milan school meals system plus a dedicated workshop on the development of tailored feasibility studies.
- For the 3 other selected cities: the **setting-up of study visits and in-person learning exchange in Bangkok**. Best practices and innovations from a best practice in the region will be showcased to stimulate sustainable implementation of school meals programmes.







SUMMARY OF AGREEMENT AND WAYS FORWARD

The attendees defined the final agreement and way forward for the Summer School and shared it with the MUFPP Secretariat and ASEAN Secretariat.

The Key Discussion points emerging from the Summer School were accompanied by the RECOMMENDATIONS AND NEXT STEPS that the city delegates participating to the school committed to undertake.

The ASEAN Secretariat commits to share the main outcomes of the Summer School with the Health Ministerial Meeting hosted in Lao the 6th August 2024.

The MUFPP Secretariat commits to share the results with its partners and member of the Advisory Committee.











All the materials used for the summer school and shared by the speakers were made available in a resource pack to all summer school participants.

Promoters

Comune di Milano

Cities Feeding the Future
MILAN URBAN FOOD POLICY PACT

Funded by

Ministero degli Affari Esteri e della Cooperazione Internazionale

Summer school, Bandung, 23-26 July 2024

SPREADING EXPERIENCES AND KNOWLEDGE ON SCHOOL MEALS PROGRAMMES IN ASEAN CITIES

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