

Canteen Report 2010/2011

Mission:

Our mission is to nurture a culture of healthy eating and conscious food choices, combining good taste with nutrition and care for each other and the planet.

The PA recognizes the important connection between a healthy diet and a child's ability to learn effectively and achieve high standards at school. It also recognizes the role the school can play, as a part of the larger community, in promoting family health and sustainable food practice.

Il Cielo much sought-after by Munich schools

During the 2010/2011 school year, Il Cielo has continued to provide a quality food service to ESM pupils in the midst of continued changes, developments and growth in the company. The increasing demand for fresh, organic food makes Il Cielo's service much sought-after in Munich and surroundings, and though Il Cielo has turned down offers, they have also expanded in the last year, in a way which supports a well-conceived company structure.

Munich International School chooses Il Cielo

Since August of this year, Il Cielo is cooking for the Munich International School (MIS). A committee made up of MIS management, teachers and pupils unanimously chose Il Cielo to run the MIS food service. Like we, the MIS committee was impressed with Il Cielo's authenticity and their commitment to authentic, healthy, sustainable food for children. Two members of the MIS management team visited our school in March and were very pleased with the quality of the food and service. They decided in favor of a free-flow system, as we have it in the ESM.

Il Cielo committed to the ESM

Some parents have expressed concern that Il Cielo's quality will suffer, due to their having taken on the MIS food service, and they worry that Il Cielo is giving preference to their "new baby". In fact, taking on the new service has given Il Cielo added security, so that they are able to invest more in the service at the ESM. Il Cielo took on the MIS service, considering that the partnership with the MIS could work synergistically with the company's partnership with the ESM. Already, we have benefited from the translations into English carried out by the MIS of Il Cielo's information and forms. Il Cielo chose a common manager, Manuel Viana Rodriguez, to work with both schools. He has been with us since May 2010, bringing his expertise and knowledge about the organic food market, and taking over the management of the service as he becomes familiar with the complexities of our school.

A "Bio-Küchenmeisterin" for the ESM

Christine Gerk, a "Bio-Küchenmeisterin" with the skill to manage a large kitchen came to our school to lead the cooking team, taking over the kitchen management fully in May. Her calm management style works well in the sometimes hectic school mensa environment. We are very pleased with her good work, and she is happy to run the kitchen for our school.

We are very thankful to the whole Il Cielo team, which includes many mothers of ESM children, for their commitment to serving the needs of our children.

Communication still needs work

The main difficulty continues to be PR, with some requests and messages going unanswered, and some communication and transactions not being carried out in a clear, transparent way. At times there has been a lack of clarity within the Il Cielo team, which is partly due to the flexible way in which they work together and make decisions. They are looking for ways to increase clarity while still maintaining flexibility.

Though parents have access to menus on the website, it is not clear to some how to access these (parents must first log in to their child's account). Following suggestions/requests have come from parents:

- ›to enable online registration -- Il Cielo has said they prefer not to do this, because of possible abuses concerning user names, passwords, and bank data. Instead, they propose introducing a pdf-form which everybody can download at their own desktop, fill in via computer and send back by email.
- ›informing parents by email before charging their accounts

Il Cielo has hired new employees to handle communication/web page, and the regular presence of the new manager Manuel Viana Rodriguez (every morning until 10:00 and on Tuesdays and Thursdays the whole day) helps to create a better overview of the canteen situation at the ESM for Il Cielo and a clearer communication with the PA.

EDV: The system which Il Cielo uses for managing the pupils' accounts is owned and maintained by the school. Though there were some misunderstandings about responsibility areas, these have now been clarified.

Canteen Subscriptions:

On Tuesday's and Thursdays about 1300 pupils are registered for a normal subscription, on Mondays the number is over 1000, on Wednesday over 550 and Friday over 350. The number of subscriptions is about the same as in February, but the number of "Spontan" subscriptions has increased from about 100 to about 150, with about 30 primary pupils having chosen this form of subscription.

Parents meet Il Cielo

The PA and Il Cielo organized two canteen informational evenings in November 2010, which were attended by fewer than 20 parents total.

A Sunday Brunch in October 2010 was attended by almost 200 parents and pupils, about 80 of whom also participated in kitchen tours. In the future, Il Cielo and the PA would like to organize a Sunday Brunch twice a year, once in fall and once in spring.

Parents are welcome to sign up any time to try a lunch by sending an email to canteen.team@ev-esm.org.

How Il Cielo ensures that the meals are balanced, healthy and safe:

- ›Meal plans are made through a cooperation between chef and dietitian, according to DGE standards.
- ›IC provides opportunities for its employees (especially cooks) to further their knowledge about child nutrition and food preparation.
- ›Il Cielo's lunch service is certified organic (through at least yearly checks, also unannounced checks).
- ›That hygiene requirements are met is controlled by the "Gesundheitsamt." In

addition, Il Cielo hired a private institute last year to evaluate their hygiene standards and give recommendations. The Institute approved of the hygienic practices of Il Cielo.

IC reacts quickly to ensure safety during times in which there is uncertainty in the safety of the food supply (EHEC case in May/June)

Pupil feedback

Il Cielo is open to suggestions from pupils and seeks to introduce new dishes and products which the children like. New this year (starting in May) are hamburgers and french fries (baked, Demeter certified).

Pupils may give their feedback into the "feedback box" at the canteen, or by meeting directly with Il Cielo staff and PA on Thursdays. Pupils report following favorites: pizza, Spätzle, chili con carne, lasagne. There has also been a request for vegan dishes, which Il Cielo would like to honor. Already, vegan dishes are offered, but these need to be labeled as such.

Il Cielo reports that ESM pupils eat a lot of salad and fruit, compared to pupils in other schools. Pupils have continued to increase their consumption of salads and vegetarian dishes this year.

Some pupils complain that dishes run out, which is sometimes the case, as in any food service. Il Cielo is continually refilling the stations, but sometimes there is a short period in which pupils must wait to have what they want. Some dishes, such as pizza, which is prepared from scratch, cannot be produced in sufficient quantity for all pupils to enjoy it on the same day; for this reason, Il Cielo has tried serving either only to high school or only to primary school, on different days. Producing so much of each dish that nothing could ever run out would mean increased costs for food and personnel, and also more waste. The demand that everything be available all the time in unlimited quantity is at the heart of the industrial food system, with the result that quality is low and there is a staggering amount of waste. (see "Essen im Eimer" www.planetschule.de/sf/php/02_sen01.php?sendung=8459) Il Cielo's goal is to meet all the children's needs for healthy, good food, in harmony with a healthy society and environment, in which limits are part of reality.

Canteen Budget and Canteen Evaluation Process:

In 2010/2011, there was no budget for expert support in implementing quality assurance based on the canteen checklist, made based on the tender documents and contract by Paul Giroul, who was in charge of the tender process in 2008/2009. Checks are performed informally by PA and canteen committee members, who regularly visit the canteen, taste the food, and go into the kitchen area.

For 2011/2012 a canteen budget has been created by charging €3 per lunch subscription per semester for canteen evaluation and other expenses (such as projects, educational events, materials and supplies). The budget for evaluation would be split into two parts: (1) quality expert consultancy from A-verdis (the company which served as consultants for the tender process) or another company, (2) budget to implement proposals made during above consultancy.

The quality of the results obtained during the consultancy would be evaluated by the PA

before proceeding with further evaluations in the future. The intention is that a canteen evaluation process will constitute a solid basis to keep the service at the highest quality standard level and to give a formal/structured answer to parents who are sometimes submitting complaints based primarily on rumors.

Kindergarten:

Kindergarten teachers report that the children are eating well, that the food is of excellent quality and very fresh, and that Il Cielo responds quickly to feedback; the ER representative reported in February 2011, that she has almost all positive feedback from parents.

GS 1&2:

Over 300 meals are served at the tables, kept warm by plate covers only. Lunch time was 11:30 to 12:00 in 2010/2011. Due to construction in the ESM, the way to the mensa was through the school patio, which was not ideal in unfavorable weather conditions.

Now, primary school pupils have a connection to the mensa through the school. The school decided to schedule the primary school lunch 15 minutes later than last year, so that primary 1&2 eat between 11:45 and 12:15, primary 3&4 come in at 12:15, and primary 5 at 12:25.

Some teachers report that the children do not like certain foods like couscous or that they do not like the "green specks" (herbs).

Since the same food is accepted in the kindergarten, some reasons for the lower acceptance in GS 1&2 might be

}hurried lunch

}large hall atmosphere, not cozy

}lunch too early in the day (11:30) , often after a large snack beforehand

}knowledge that there is a buffet with choices that is not accessible

Also, the different cultural backgrounds make it challenging to find a variety of dishes which all the children enjoy.

Afternoon care: RUF and Il Cielo are working well together to meet the food needs of the children in afternoon care. Il Cielo also provides lunches to children in the "Pauker".

GS 3-5, HS

Free-flow

Starting in the third grade primary, lunch is served in a "free flow" system, in which pupils choose from the available dishes. Pupils may also serve themselves from a salad bar stocked with several salads as well as leafy greens and other fresh cut vegetables and from a dessert bar which contains fresh fruit as well as other desserts, such as puddings, quark or lightly sweetened cakes prepared with spelt flour. Still hungry pupils may go back for seconds of main and side dishes.

Shifted schedules lead to canteen stress

Though the school shifted the eating schedule of the primary pupils at the beginning of the school year 2011/2012, they did not shift that of the high school pupils. Now, as soon as the primary are through, the high school arrive without a break in between, so that there is no time for Il Cielo to clean up and refill in the service area. The Il Cielo team is managing in spite of this, but it would be very welcome to have the 15 minutes back.

Some High School pupils have class during lunch time

Another problem is that many high school pupils have class scheduled during the normal lunch break, which means they must come either earlier or later for lunch. Il Cielo has agreed to the request that pupils be allowed to come eat after the regular lunch time is over. As long as there are not too many pupils coming late, this is not a problem.

Cleaning Service: Costs for cleaning are shared by Il Cielo (kitchen/storage) and school (areas in which the pupils circulate). In the school year 2010/2011, an external cleaning company was in charge of cleaning. Starting school year 2011/2012, Il Cielo is organizing the cleaning within the kitchen internally, and the school is sending two employees from the school's cleaning service to maintain the eating area clean. The new arrangement is working well so far.

PA welcomes ER initiative to work more closely with PA on food-related pedagogical issues. Already in Sept. 2011, two ER parents have visited the canteen to observe the lunch service and try the food.

Some possible areas of cooperation:

- ›Evaluating canteen service, proposing improvements
- ›Communicating with different language sections (pupils, teachers, parents)
- ›Participating in development of healthy school policy
- ›Cooperating in projects to support good nutrition and awareness about the connections between food and environment; for example, the already proposed "Bio-kann-jeder" workshop which Bioland has offered to organize for our school
- ›Organizing pupil participation (decoration, meal plans...)
- ›Organizing parent participation (assisting during the lunch, evaluating service)
- ›Working on special topics such as making the cafeteria more comfortable -- including contacting and bringing together stakeholders (for example, "Bauamt", architects)
- ›Bringing back the www.myesm.de website with forum, perhaps in expanded form to deal with issues besides canteen.

Cafeteria

In the cafeteria, a friendly staff serves a selection of organic snacks including baked goods such as muffins and croissants, pretzels, freshly made sandwiches, milk, müsli, yogurt, ice cream, fruit, sweets and chocolate. In addition to the selection found on the price list, there are daily special offers. Drinks available are juice "Schorles" and water, coffee beverages, hot chocolate, yogurt drinks and starting Sept 2011, fresh juice. Tap water is also available free of charge. The cafeteria is open during the whole school day, though the selection of lunch items is limited after the lunch period is over. Cafeteria staff will prepare a sandwich upon request.

Though initially the cafeteria was meant to serve the whole school community including parents, the school limited its use at the beginning to older (HS 4-7) pupils and teachers. Now, the school also allows younger pupils to use the service, including primary school pupils after 12:00. Only high school 4-7 and teachers may use the seating however.

All-organic

2010/2011 Il Cielo still offered a selection of non-organic (brand-name) sweets and

chocolates, which have been removed starting Sept. 2011. Manuel Viana Rodriguez organizes the product procurement for both ESM and MIS, and both schools are now receiving a similar selection of products, though the MIS has a stricter school policy regarding sweets and chocolates. The range of products available now is more consistent with the requirements stipulated in the contract between the PA and Il Cielo, which included the requirement that at least 95% of products be organic.

Pupils want Menthos

Some pupils have complained about the change, since they miss several of the products, especially menthos (which was the cafeteria best-seller). Other products missed are chocolate muffins and conventional chocolates. The goal of Il Cielo is to provide all the products pupils want, but in organic quality. They continue to introduce products, and sometimes offer samples of products for pupils to try.

Pupils want fair + bio

In a survey of all ESM high school pupils in March 2009, 72% of pupils indicated that fair trade was important to them. 58% indicated sustainable/organic food was important to them - French and English sections indicated highest support (67% and 63%), while Italians indicated lowest (44%), in contrast to feedback received from Italian parents.

The demand for the conventional chocolates perhaps shows a discrepancy between values and behavior, which shows a need for education about the way food issues are related to sustainability and social justice. For more pupils to accept the higher prices associated with organic/fair products, they will need to become more aware of the consequences associated with the production of organic vs. conventional/industrial products.

What could help?

›A clear school food quality policy which applies in the whole school.

›School support to raise awareness about food issues in the school community, so that there is greater awareness of the consequences of food choices on our health, on our society, on the health of the planet (biodiversity, healthy soil, clean water...).

›Opening the cafeteria to parents.

›Allowing Il Cielo to install a vending machine with suitable drinks (juice "Schorles" and water).

Why organic and fair?

Purchasing fair trade coffee and chocolate available at the cafeteria supports a relationship of transparency, respect and equality with those from whom our products are sourced and cultivates social and economic conditions which allow people to live in dignity.

In 5 countries cacao is a product of slavery. The ILO estimates that up to 300,000 children in West Africa work in dangerous conditions to produce the cacao that goes into chocolate sold around the world. Slavery and child trafficking are illegal, but the chocolate companies tolerate the practices because of the huge profits at stake.

For more information: <http://productsofslavery.org/>

"Over 600,000 children in Côte d'Ivoire are involved in cacao farming, the country's main export." http://www.unicef.org/infobycountry/cotedivoire_58959.html

Much of Cote D'Ivoire was covered in dense tropical rain forest, but the nation's deforestation rate now ranks among the world's highest. Logging is driven by valuable rain forest timbers and the demand for land for cacao and coffee plantations.

"**The Dark Side of Chocolate**": a 2010 documentary by Danish journalist Miki Mistrati in English: <http://www.thedarksideofchocolate.org>
in German, "Schmutzige Schokolade" found in www.ardmediathek.de

The four principles of organic agriculture

- › **The Principle of Health** - Organic agriculture should sustain and enhance the health of soil, plant, animal and human as one and indivisible.
- › **The Principle of Ecology** - Organic agriculture should be based on living ecological systems and cycles, work with them, emulate them and help sustain them.
- › **The Principle of Fairness** - Organic agriculture should build on relationships that ensure fairness with regard to the common environment and life opportunities.
- › **The Principle of Care** - Organic agriculture should be managed in a precautionary and responsible manner to protect the health and well being of current and future generations and the environment

http://www.ifoam.org/about_ifoam/principles/index.html

Some reasons to support organic agriculture, from the European Commission website:
<http://ec.europa.eu/agriculture/organic>

“Organic production

›contributes to a high level of biodiversity and the preservation of species and natural habitats.

›makes responsible use of energy and natural resources.

›enhances soil life, natural soil fertility and water quality.

›promotes animal health and welfare.

›offers consumers the guarantee that all enterprises in the organic sector are regularly inspected by authorities."

Resources

Dream Canteen: <http://dreamcanteen.ning.com>
Slow Food in the Canteen: a European School Network

Center for Ecoliteracy Rethinking School Lunch Guide: www.ecoliteracy.org
a planning framework for improving school food, teaching nutrition, and using food as a focus for furthering ecological understanding.

Food for Life Partnership: www.foodforlife.org.uk

UN Decade of Education for Sustainable Development, German site: www.bne-portal.de (theme for 2012: Food)

Quality Criteria for ESD (Education for Sustainable Development) Schools
www.unece.org/env/esd/inf.meeting.docs/EGonInd/5meet/QC_eng_2web.pdf

European Commission website: "Organic Farming Good for nature, good for you."
http://ec.europa.eu/agriculture/organic/organic-farming_en

Rund um die gesunde und ökologische Ernährung für Kinder und Jugendliche

- › »Gesund Essen Aktion für Kids« von »In Form«, Deutschlands Initiative für gesunde Ernährung und mehr Bewegung: www.fitkid-aktion.de
- › Gesundheitskampagne »5 am Tag«: www.5amtag-schule.de
Kampagne »Besser essen. Mehr bewegen«: www.besseressenmehrbewegen.de
- › Projekt der DGE und Kinderleicht: Schule plus Essen = Note 1:
www.schuleplusessen.de
- › Deutsche Gesellschaft für Ernährung: www.dge.de
- › Ernährung und Verbraucherbildung im Internet: www.evb-online.de
- › Aid infodienst: www.aid.de
- › Bundesverband der Verbraucherzentralen: www.vzbv.de
- › Optimierte Mischkost – Optimix (Forschungsinstitut für Kinderernährung in Dortmund): www.fke-do.de
- › Bio-für-Kinder: www.tollwood.de/bio-fuer-kinder (München)

"Trinkwasser-Schutz durch Ökologisches Landwirtschaft
www.swm.de/privatkunden/m-wasser/gewinnung/wasserschutz.html

Movies

Food, Inc www.foodincmovie.com/spread-the-word.php
A discussion guide provides a series of questions to facilitate thoughtful discussions for audiences high school age and older about the issues presented in the film (organic, local foods, diabetes and obesity...)

Good Food, Bad Food: Anleitung für eine Bessere Landwirtschaft
www.goodfood-badfood.de/schule.html (filmpädagogisches Begleitmaterial)

Taste the Waste (2011): Die globale Lebensmittelverschwendung
www.tastethewaste.com

Essen im Eimer www.planet-schule.de/sf/php/02_sen01.php?sendung=8459