

## Report for Healthy Wave Study Visit Milano

**Project:** Healthy Wave (Implementing Healthy Meal for all)

**Dates:** 24-26 June 2024

**Location:** Milano

### Day 1: Introduction & working session

**Date:** June 24, 2024 **Location:** Sala Brigida, Palazzo Marino, Piazza della Scala 2 **Target group:** Healthy Wave consortium **Actual number of participants:** 15

#### Summary:

We started the afternoon with an introduction of Food Policy in Milan and the Milan Urban Food Policy Pact, showing the variety of actions taken in the mentor city to facilitate good food, not only in schools but broader in the city. This provided a clear starting point of the situation in Milan and how they work together with other cities globally to transfer knowledge about food policy. Among others, insights regarding national action plans and a feasibility study about school meal programs in Europe were presented.

Secondly, the city of Milan together with Milano Ristorazione and the control unit presented how they develop healthy and sustainable menu's for the healthy school meals provided in the whole city. Compared to Rotterdam, in Milan it is the standard that all children eat lunch at home. Special diets are taking into account, as well as satisfaction from kids and parents, food hygiene and safety and how to deal with sustainability and left-overs. An overview of the different menu's was provided including additional suggestions for the parents what to make for dinner. They also provided an overview of the costs for the school lunches and how this is funded in Milan.

Thirdly, Rotterdam as mentee city presented the current situation and needs they have, which provide a starting point for the action plan they have to write and implement in the Healthy Wave project. In the city of Rotterdam there is no structural school lunch and no structural national or regional funding for school meals. OBS Delfshaven, the primary school involved in Healthy Wave, is currently joining a healthy school lunch pilot from the city of Rotterdam and Erasmus MC and shared their current experiences with it. The first needs for Rotterdam were related to needing good facilities, sharing a common vision, structural funding, partnerships and joint procurement. All topics were discussed in the study visit in Milan.

We ended the first day with a research workshop organized by Erasmus MC to look at the factors related to the provision of a healthy school lunch for all children in Europe. A variety of local stakeholders of the city of Milan (city, lunch provider, control unit, health agency) brainstormed about this topics and shared their ideas, things that are needed to provide a healthy school lunch and perceived effects. Those factors were mapped in an online program to create an overview of the factors influencing, needed for, or affected by a healthy school lunch. This first research workshop provided a starting point for the second workshop on day 2.



#### Key activities:

- Welcome and introduction
- Presentation of the MUFPP and School Meals Report
- Discussion with local stakeholders
- Draft Action plan

**Dinner:** The participants gathered for a project dinner at Pizzeria Naturale, facilitating informal networking and discussions.

## Day 2: Field Visit

**Date:** June 25, 2024 **Location:** Milano Ristorazione Kitchen Centre, via Quaranta 41, 20139 Milano **Target group:** Healthy Wave consortium **Actual number of participants:** 15

### Summary:

We started day 2 with a visit to Milano Ristorazione, one of the kitchen centres where they prepare healthy lunches for schools in Milano. During a tour around the kitchen centre, a chef told us about the logistics, quality assurance and food safety. Afterwards they presented how they deal with public procurement, for example how to deal with both food quality and quantity or how to intertwine education in a tender. Regarding sustainability they showed examples of plastic free actions and reducing food waste. Furthermore, they highlighted the importance of a good collaboration with parents and school, for example to maintain satisfaction. Experiences from the Food Trails project were shared and examples were shown how to make school canteens more attractive.

At the end of the morning Erasmus MC facilitated the second research workshop in which local stakeholders again reflected on the factors related to healthy school lunch provision. Four new participants brainstormed and added new factors to the overview. Five stakeholders who also joined the previous session were asked to reflect on the factors they had written down before and asked if there were other factors or connections between factors to be added.

After a lunch at Milano Ristorazione, we focused on the pedagogical and educational purpose of eating meals at school. Two teachers highlighted the social aspects of school meals, how to create a right atmosphere for both teachers and kids and how a healthy school lunch is related to developing different competences. Examples were shared about education at school, for example about composting, school gardens or other examples from the SchoolFood4Change project.

In a final research workshop with mentor and mentee city we reviewed the overview with all factors provided by local stakeholders and looked for overall themes or relationships between factors. In each mentor city an overview of factors will be created and will be input for the research performed by Erasmus MC during the Healthy Wave project.

We ended the second day with a group discussion about lessons learned and next steps in Milano and adjusting the benchmarks that will be used in the Healthy Wave toolkit. Both mentor and mentee city were asked to separately rank the key factors of the Whole School Food Approach to level of importance (not important, neutral, important). Additional benchmarks and comments could be added. Afterwards we compared the ranking from mentor and mentee and discussed the benchmarks. This session was performed in each study visit and will be used as input for toolkit development.



### Key activities:

- Field visit
- Research workshop
- Food education and school meals
- Adjusting the benchmarks

**Dinner:** The participants gathered for a project dinner at Soul Green, facilitating informal networking and discussions

## Day 3: Next steps

**Date:** June 26, 2024 **Location:** Milan Food Policy Area headquarter, via Sile 8, 20139 Milano **Target group:** Healthy Wave consortium **Actual number of participants:** 17

### Summary:

The last day of the study visit started with a presentation regarding engagement of stakeholders, especially regarding communication and education. Milano Ristorazione showed their communication system with parents for menu's, general information and educational activities. Furthermore, they mentioned the collaboration between the municipality and the provider in most activities and materials provided regarding healthy school meals. The remaining part of the last day was about the next steps for Rotterdam, the mentee city. In the workshop led by Erasmus MC, the mentee had to think about their goals. During the workshop, one goal was chosen to further develop by identifying relevant stakeholders and actions to be taken. A timeline was drafted for this first goal. At the same time, the mentor city was asked to reflect on the goals of the mentee city and describe how they could help out and shared their experiences regarding the different topics. In the end, both mentee and mentor city shared their output of this workshop with each other.



### Key activities:

- How to engage stakeholders
- Workshop Composing the roadmap

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**Conclusions:** The Healthy Wave study visit Milano successfully launched the cooperation between the Rotterdam partners and the Milano Food Policy department, facilitated collaboration among the partners, and provided valuable insights into the Milano Food strategy on school meals. The event was well organised, with engaging sessions and productive discussions that set a solid foundation for the future mentoring activities.