

## Report for Healthy Wave Study Visit Gothenburg

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

**Dates:** 6-7 November 2024

**Location:** Gothenburg

### Day 1: Introduction & working session

**Date:** November 6, 2024 **Location:** Gothenburg school administration Valthornsgatan 27 **Target group:** Healthy Wave consortium **Actual number of participants: 14**

#### Highlights:

*The first day of the kick-off event focused on interchange between both cities and workshops to foster the project. The day started with a warm welcome by the Gothenburg team after which we immediately went to a preschool nearby where we visited the kitchen and saw how even the smallest toddlers were involved in cooking. Afterwards, mentee city Varna presented the context of school meals in Varna and shared what they want to learn from the mentor city and the actors involved.*

*For lunch, we went to the Sannaskolan high school where we experienced how tasty, healthy, varied and attractive a school canteen can be. 'As a desert' guest speaker Christina Linnerhag explained everything about the Gothenburg's food waste programs. After an interesting Q&A, our hosts, Sabina, Christoffer & Joakim talked about how the meal organizations in Gothenburg works towards healthy food. They highlighted the process behind the menu and the organisation of primary school administrations.*

*After a Swedish Fika, the Rikolto facilitators facilitated a workshop about the needs for and effects of healthy school lunches. The input from a broad group of stakeholders will be used to make a final causal loop diagram and is part of the research done by EMC.*

*The day concluded with a wrap up and conclusions of day 1 and a forecast to day 2.*



#### Key activities:

- Welcome and introduction
- Site visits: kindergarden & high school
- Inspirational talks and insights from GTB
- Insight in the current situation and needs of Varna
- Research workshop

**Dinner:** The participants gathered for a project dinner at Heaven 23, facilitating informal networking and discussions.

## Day 2: Field Visits

**Date:** November 7, 2024 **Location** Sandklevsskolan – Kvadrantsgatan 86 **Target group:** Healthy Wave consortium **Actual number of participants: 12**

### Highlights:

The day started in the Sandklevsskolan where we joined the student food council, a biannual meeting at which one student from each class is delegated to discuss the menu and canteen experience with the chefs. Afterwards Rikolto facilitated a second workshop about the benchmarks in the WSFA framework. The result of this exercise will feed the Healthy Wave toolbox.

Then it was time for a second guest speaker, Erik from the purchase- and procurement administration, who talked about the importance of good procurement to achieve goals in the city of Gothenburg.

To finish the morning, our hosts prepared a talk about 'training programs for chefs and meal assistants regarding healthy food in the city of Gothenburg'.

We enjoyed lunch in the school, together with the principal for an interesting Q&A and a visit to the kitchen.

After the delicious lunch Rikolto facilitated a workshop specifically for Varna, called 'Composing the plan/next steps for City of Varna. This workshop was the starting point of their action plan. After the workshop the first ideas and actions were presented to the mentor city for feedback. At the end of the day there was a final site visit of the

We finished the day by a guided tour through the centre of GTB and a connecting dinner at an authentic Swedish restaurant.

### Key activities:

- Field visits
- Inspirational talks
- Workshop: action planning

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**Conclusions:** The Healthy Wave study visit to Gothenburg was a dip in a pool full of good examples regarding school meals. It launched the cooperation between the partners from GTB and Varna. The visit gave both cities a deep insights in the current strengths and weaknesses. The event was well organised, with engaging sessions and productive discussions that set a solid foundation for the future mentoring activities.