



# Stadt Ingolstadt

Amt für Kinderbetreuung  
und -bildung

## Lunchtime nutritional concept for day care centres and primary schools in the city of Ingolstadt (short version)

### Food and drink as a hallmark of quality

#### Introduction and objective

Lunchtime at a daycare or school is not simply a time to eat, but also a time for social interaction, as well as a cultural asset offering many learning opportunities.

The following concept sets forth uniform principles and determines how lunchtime meals should be structured for daycare centres and primary schools. It is intended to provide a professional foundation for staff members, and to promote consistent and ongoing quality assurance. The concept is intended to help ensure each child in city daycare centres and primary schools can receive a wholesome and warm lunch. This concept is based on the DGE Quality Standard for Daycare Centres and Primary Schools, as well as the Bavarian Nutritional Guidelines for Daycare Centres and Primary Schools. The goal is for this meal planning concept to be implemented in all of our facilities, to ensure the ongoing development and improvement of lunchtime meals. The contents of this concept will be re-evaluated and revised if necessary at regular intervals.

#### 1 Framework conditions

Meal service system: City institutions operate mixed kitchens, where frozen or refrigerated dishes are delivered and reheated, and where fresh ingredients, known as the fresh food portion, are added. Unprocessed foods and regional products are used whenever possible.

Space and time: A pleasant atmosphere is created by providing plenty of space, age-appropriate furnishings, a comfortable noise level, an appealing cafeteria design, and sufficient time to eat (30-45 minutes).

Participating personnel: Different professional groups (managers, teaching staff, kitchen staff, ...) work together closely and communicate regularly to ensure high-quality meal service.

Dishes & tableware: Using neutral porcelain dishes, glasses, and stainless steel tableware allows children to learn to use proper tableware.

Suppliers: Suppliers of frozen and refrigerated dishes are chosen via a tender process. The institutions themselves decide where to purchase foods for the fresh foods portion, and take the criteria of regionality and seasonality into account whenever possible.

## **2 Dishes served**

DGE quality standard: The dishes served are determined based on the quality standards of the Deutsche Gesellschaft für Ernährung (German Nutritional Society), and ensure balanced and healthy lunchtime choices. Offer frequencies for different food groups are defined in these standards, to ensure children can learn about the widest possible range of available foods. While vegetable and grain products are available daily, fruit and dairy products are on the menu at least twice a week and meat and fish are offered only once a week.

Drink selection: Free drinks such as water and unsweetened tea are offered each day at lunch.

Special requirements: Lunch choices take the special needs of children into account whenever possible, such as with regard to food intolerances and religious dietary requirements.

## **3 Pedagogical aspects**

Promoting good health: Eating together offers opportunities to teach about healthy habits. Children learn about different foods with the help of their teachers, and can learn to perceive when they are hungry and full as the foundation for healthy eating.

Food culture: Food is an important cultural asset, and a time to experience togetherness and social belonging. Teaching staff and support staff help children learn to handle tableware, and how to behave and communicate appropriately at the table.

## **4 Participation by children: Basic principles**

We value children's involvement in helping to determine what they eat for lunch. They can use the menus provided to them to learn what will be available, and to decide for themselves what and how much they want to eat. Children should also take responsibility for setting and clearing the table. Feedback from children helps us to continuously improve our lunchtime offerings.

## **5 Sustainability**

Organic foods: 60 percent of frozen foods served in all institutions must be organic. Whenever possible, all meat should be organic.

Regional and seasonal foods: Most of the fresh foods portion should be regional and seasonal, to avoid transporting foods over long distances and to help strengthen the regional economy.

Reduction of food waste and packaging waste: In order to save resources, our goal is to reduce food waste by planning quantities based on needs, adjusting portion sizes, and maintaining good communication with children at the table and at the service window. We also work to reduce packaging waste.

## **6 Collaboration with parents**

Transparency and participation: Parents receive the best possible information about available meals. Opportunities to give feedback, as well as parent's evenings to talk about lunch menus if necessary, should be used to foster collaboration.

## **7 Quality management**

Training: Regular training sessions for kitchen, teaching and support staff on the contents of the nutritional concept help ensure food service quality.

Hygiene: A hygiene concept in each institution, and training for kitchen staff in line with legal requirements, protects available foods from harmful influences.

Nutritional committee: A nutritional committee made up of different personnel involved in lunch service ensures regular discussions and development of the food options available at individual institutions.