

EU SCHOOL SCHEME: FRUIT, VEGETABLES AND MILK

ENCOURAGING HEALTHIER EATING HABITS

The EU School Scheme supports the distribution of fruit, vegetables and milk to schools across the European Union as part of a wider programme of education about European agriculture and the benefits of healthy eating.

Seasonality, variety, availability, health and environmental aspects underpin the choice of products. EU countries may encourage local, short-supply chain, organic and [quality scheme](#) products.

The scheme also supports educational measures, covering topics such as local food chains, organic farming, sustainable production and food waste.

The EU School Scheme aims to reconnect children to agriculture and teach them about healthy eating habits.

THE NUMBERS

€250
million EU budget
per school year

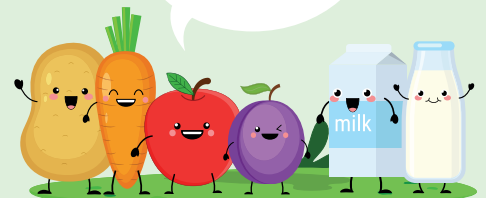
Around **€145 million**
for fruit and vegetables and
€105 million for milk and milk products
to schoolchildren, together with educational
measures to reconnect children with agriculture
and learn healthy eating habits.

over
20
million schoolchildren
per school year



received more than

71
million kilos
of fruit and
vegetables



167
million litres
of milk

EDUCATIONAL MEASURES

Agriculture - Healthy eating habits - Local food chains -
Organic - Sustainable production - Food waste

1.4 million

schoolchildren set up or
maintained school gardens

1.3 million

schoolchildren visited farms,
dairies, farmers' markets and
similar activities

6.7 million

schoolchildren were involved in other activities:
competitions, games, themed days or periods

Agriculture
and rural
development

8.4 million

schoolchildren par-
ticipated in tasting
classes, cooking
workshops, other

7 million

schoolchildren had lessons,
lectures, workshops

EU SCHOOL SCHEME STORIES

GREECE

Healthy foods and physical activity are the themes of this pedagogical pyramid that schoolchildren can prepare. It is a creative and engaging way for young children to learn about the importance of healthy eating habits and an active lifestyle. Fun physical activities and sports feature in the daily routine to encourage children to be active and stay healthy.



LITHUANIA

Lithuanian children had several fun events in 2018/2019. They learned about healthy eating habits, made delicious dishes together and played some sport. Three moderators, dressed as a carrot, an apple and an evil gummy bear, kept spirits high!

www.pienasvaisiai.lt

CROATIA

Students of the Antun Horvat Vocational High School in Đakovo ran an organic, anti-stress garden to relax and enjoy the sights and scents of nature. Biodiversity also benefitted thanks to a dedicated hotel for insects! In addition, students studying nutrition prepared healthy meals as part of the 'Drop of Goodness' project. Recognised as an international Eco-School since 2003, Antun Horvat Vocational High School's motto is: "the future of our planet is in our hands".

www.youtube.com/watch?v=RUBkXbCqIDE



SCENARIUSZE



POLAND

A teachers' toolkit was produced in Poland, helping to teach schoolchildren about healthy eating, our connection with agriculture and how to fight food waste. The pedagogical aid contains scenarios and tutorials for teachers, giving step-by-step instructions for activities such as how to set up a school garden, host a cooking workshop or organise farm visits. Extra education materials are also made available to children and their parents. For example, a blog by a cartoon pig called Chromas!

www.kowr.gov.pl



Learn more about
the EU school scheme

<https://ec.europa.eu/agriculture/school-scheme>

