



Finnish School Meal System - Health and Well-being for Children since 1948

Every Finnish child is entitled to a free daily school meal in both primary and secondary schools. Finland began providing free school meals 70 years ago, and it has been a success story ever since. The Finnish school meal system both encourages children to attend school and helps them to learn. School meals are free for every child between 6-16 years.

Finland was the first country in the world to serve free school meals, and it is a world leader in nutritional expertise. Providing free school meals became mandatory for municipalities in 1948. In Finland, health and well-being are built through qualitative food education. The free school lunches, as well as lessons in home economics, encourage children to follow a balanced diet. The knowledge on food gained as a child helps one to make good nutritional decisions also later. Global challenges in food production calls for growing consideration on environmental and ethical issues.

Finnish food education is integrated into the early childhood education plan. During the comprehensive school children learn the basics about the Finnish food culture and food education. School meals and food education are defined in the comprehensive school curriculum. Every school makes an action plan for food education individually taking into account health, nutrition and behavioural education.

Two-day intensive programme for the developers of the school meal system

JAMK University of Applied Sciences offers a two-day intensive programme for the developers of the school meal system. The aim of the programme is to familiarize the participants with Finnish school meal system and learn to build healthy and sustainable school meal system promoting children's health.

Content of the programme

- Key actors and school meal funding in Finland
- National food education programme, regulation and curriculum
- Nutritional recommendations for the Finnish school meals
- Impact on health and learning results
- Home economics education in Finland
- Research on food education
- School meal system and obesity control
- Finnish school lunch model
- Application of the principles in the target country

After completing the intensive programme you have a possibility to continue with our three-week consulting programme, during which you can develop the concept for school meal system in your organisation.

Our experts at your service



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JAMK University of Applied Sciences is an international higher education institution situated in the Central Finland, Jyväskylä. JAMK has 8500 student from over 70 countries.

www.jamk.fi/finnishschoolmealsystem



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