

01 ZURRIOLA IKASTOLA

School Dining hall

Type: Eating healthier at school
Country: Spain, The Basque Country Donostia
 – San Sebastián



Why it is a good practice?

This project is transforming school meals. Uniquely, meals served have been preplanned and adapted to pupils' nutritional requirements, dietary allergies and any other special needs the students may have. Although, the school caters for large groups, all pupils receive meals that provide them with adequate nutrition and while simultaneously instilling healthy eating habits. Thus, this establishment's Healthy eating ethos prevails, and they ensure that scaling-up in quantities doesn't affect their quality and nutritional content.

About

Zurriola Ikastola is an educational co-operative of primary and secondary schools in the Basque Autonomous Community, where pupils are taught either entirely or predominantly in their native Basque language. The organisation is made up of parents, students and workers and was formed to provide quality education in Basque based on improved teaching methods. Zurriola Ikastola has several campuses and caters for education at all levels: infants, primary, compulsory secondary and Bachillerato (the Spanish equivalent of English A-level exams). Pupils of all levels may lunch in the dining hall at each campus and sittings are organised according to age. Hurra is one of the three campuses with a dining hall: it caters for pupils from primary grades 1 and 2, the four secondary forms and the two years of Bachillerato. The dining hall, is staffed by a team of three professional chefs, headed up by manager Junkal Manterola. The dining hall provides approximately six hundred and seventy pupils with lunch every week from Monday to Friday.

Problem

One of the main difficulties when planning school menus is that more and more pupils are presenting with allergies and intolerances. The most common are milk, nut and egg allergies. Gluten intolerance otherwise known as celiac disease also presents itself frequently. In severe cases these allergies can have major health implications, and therefore it is essential that they be considered when menu planning.

Action

In order to take the dietary requirements of each and every pupil into account, the cooking staff take this information and create menus around it. They then submit these menus to Itsas Natura, a company that provides comprehensive consultancy on food safety & food hygiene for all food handlers in the industry. A nutritionist also checks the menus to ensure they provide pupils with a balanced diet.

Result

Every attempt is made to meet general dietary requirements; pupils with allergies or other conditions receive special adapted meals, while a balanced diet is obtained simultaneously for all students. The school also distributes a copy of the menu, which contains advice on planning balanced evening meals that provide children and adolescents with adequate nutrition during their growth spurts. The school ethos is that it is not enough just to feed pupils; it is essential to teach them how to feed themselves.

Healthy

Meals are designed to meet the nutritional requirements of each stage of pupils' schooling. They provide them with a balanced diet and ensure they obtain sufficient amounts of; carbohydrates, lipids, proteins, vitamins and minerals.

Sustainable

All meals are good of quality and responsibly made, setting an example for the students. By planning meals ahead of time and taking students individual requirements into account the kitchen avoids excess preparation and plate waste.

Ethical

The school instills in pupils the importance of healthy eating habits and responsible consumption. The school endeavours to cater for pupils with special dietary requirements without alienating them.

Dietary requirements

Dishes are adapted to children's dietary requirements. The school makes special arrangements for those suffering from allergies, intolerances and other conditions.

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