



Södertälje Municipality, Sweden

**Sara Jervfors
Head of the Diet Unit**

Södertälje Municipality implements Diet for a Green Planet

Diet Unit responsible for

- Kindergartens
- Primary and Secondary schools
- Institutions for elderly people

24.000 portions/day

4,5 million portions/year



A process for change

- 2001 - Political decision
- 2004 - New head of the Diet Unit.
- 2006 - Diet policy and investing in complete kitchens.
- 2010 - Implementation of Diet for a Clean Baltic starts.

Diet for a Green Planet

- Tasty and healthy food.
- Organic products.
- Less meat, more vegetables, legumes and whole grain.
- Locally produced, according to season.
- Reducing leftover food.



No extra money in the budget!

How to reduce leftover food:

- Not buying readymade or semi-prepared food
- At least one graduated chef at each kitchen
- Training of all staff
- Complete kitchen at all units
- Get the pupils with you!

Implementing with no extra budget...

- Food according to season
= cheaper products.
- Less meat
= less quantity of expensive products.
- Whole grain and good vegetables
= better satisfaction.
- More organic = more expensive, but
compensated by the other measures.

Thank You

