

1<sup>st</sup> INTERNATIONAL  
CONGRESS  
  
eating<sup>at</sup>  
school

Barcelona, from May 31 to June 1, 2012

### Third Announcement

In recent decades, school cafeterias have become an increasingly important social and economic necessity. They play a vital element in the scholastic system and have drawn increasing attention to what occurs within them. In Spain, more than 14,000 educational centers provide lunch, the most important meal of the day, to approximately 2 million students. This statistic demonstrates the importance of school cafeterias and the multidimensionality of the service they provide and the space they create: a space of conviviality and socialization with food; to learn about taste, habits and values; to educate

about nutrition and hygiene; to detect and prevent possible food related diseases. Additionally, the school cafeteria is a privileged place for those fields interested in studying the habits of an important segment of our population, already within our educational system.

However, the increase in students who eat in cafeterias has created a progressive “delegation” of nutritional responsibilities on educational institutions. Nutrition experts have worked with schools to create menus that complete the nutritional requirements of school children. Yet, even if these menus are nutritionally

balanced it does not guarantee the actual consumption is effectively “balanced.” The behavior that determines the actual consumption of children and adolescents is considered by many complex variables, framed within the socio-cultural context of food and how they relate in the cafeteria space.

Given the complexity and multidimensionality of the school cafeteria, there are many topics that should be addressed in this conference in order to better understand the management and dynamics of alimentation in schools. Not only focusing on lunchtime but also looking at other nutritional and food related activities conducted throughout the school day: views on nutrition and health, socio-cultural perspectives, and multiple and diverse responsibilities of different pedagogical spheres.

This conference aims to provide a space for presentation and discussion of projects undertaken, either medium or long term, that help shape a more accurate characterization of actual food consumption practices of the school population, and the reasons for them. Not only to establish a better evaluation and development of food services offered in schools but also to improve the health and general well-being of children and adolescents.

We invite researchers from the social sciences, health sciences; educators, school teachers and administrators; cafeteria monitors, free time monitors, kitchen personnel; catering companies; parties from the different facets of the food industry; politicians from the fields of education and health; and finally to all persons interested in addressing

# PROVISIONAL PROGRAM

May 29, 2012

PRE-CONGRESS/VENUE FUNDACIÓ ALICIA

In the demonstrative kitchens at the Foundation Alicia headquarters (Mon Sant Benet, at Sant Fruitós de Bages) will be hosted a technical pre-congress oriented to cooks, catering managers, dietitians and others people involved in school canteens management or similar, and also culinary and dietetics students or others. The workshops, which will be developed with a practical approach, are:

**Workshop 1: Special Diets for school meals (intolerances, allergies, good practices guide / adapted recipes, etc.).** Simple tools to implement safely these diets and to give secure responses to the needs of users who require them.

**Workshop 2: Fried food (how many? of what kind? How?...):** A proposal for a hot kitchen with healthier fried process that absorbs less oil: How to treat fried food in a cold kitchen system? How to reheat them? How to use fried food to introduce students to more hardly accepted food like vegetables, blue fish...? What oils are suitable for frying? How to use them? How long can they last? How to preserve them? When to change them? What is used and what should be used?

**Workshop 3: Local produce / tasting varieties:** Introduction of local products in schools, opportunities, strategies and costs, introduction of traditional recipes, produce varieties, orchards, etc.

All sessions will take into account also the multiculturalism that is now present in the classroom and how this can be reflected in the products, processes and menus served in the school canteen.

May 30, 2012

Venue: Edificio La Pedrera, Barcelona

**Credentials and documentation collecting from 8:30 am.**

**10h-11h.: Inaugural Conference:**

*Food policies in schools* [Juan Manuel Ballesteros (Spanish Agency for Food Safety and Nutrition, AESAN)]

**11h-11h30: Coffee break.**

**14h-11h30: Round table: *Knowing, understanding and action: research and diagnostics of school canteens.***

Recently, there have been numerous studies on school canteens. Their main objective was to evaluate the quality of served meals and their degree of adaptation to nutritional recommendations due to students school age. In this round table will be presented some of these studies, as well as their resulting diagnostics. All this heading to a more precise characterization of school food and necessary and to find possible strategies for improvement.

**Lunch Break**

Venue: Universidad de Barcelona

**16h-18h: Communications**

**Session:** *Food and menus: tastes, practices and perceptions of school diners (1).*

**Session:** *Eating at school: multiple approaches to a complex and multidimensional fact*

**Session:** *The place of the agro-ecology and local produce in schools and canteens (1).*

**18h-18h15: Break**

**18h15-20h15 Communications**

**Session:** *Food and menus: tastes, practices and perceptions of school diners (1).*

**Session:** *School feeding: rights and responsibilities*

**Session:** *The place of the agro-ecology and local produce in schools and canteens (2).*

**May 31, 2012**

Venue: Edificio La Pedrera, Barcelona

**9h-11h: Round Table: The school as a place of food learning**

Do we learn while we eat? What should be learned, exactly? Do we educate through eating? What food habits models are proposed? Who conveys them? How? for what purpose? In this round table will be presented various experiences related to multiple dimensions of food learning, both from the field of school canteen itself and from the school as a whole.

**11h-11h30: Coffee break**

**11h30-14h: Round table: School canteen and the variety of factors involved: shared or delegated responsibilities?**

"Eating well" and "feed good" is an individual and collective responsibility bound to ethical, moral, health and economic implications. Factors such as parents, teachers, responsible for planning and implementing menus, suppliers, health and education authorities, and so on, participate directly or indirectly during the functioning and fulfilling of objectives of a School canteen. What are the responsibilities of each and all of them? How are these exercised? What convergences and divergences do appear? How to resolve them in favor

of a better attainment of the various objectives that the school canteen has to fulfill?

### **Lunch break**

Venue: Universidad de Barcelona

### **16h-18h: Communications**

**Session:** *The schedules of school meals: guides, and follow-up initiatives (1).*

**Session:** *Nutrition programs for schools: evaluation, monitoring and diagnostics.*

**Session:** *Promoting nutrition and health at school (1).*

### **18h-18h15: Break**

### **18h15-20h15: Communications**

**Session:** *The schedules of school meals: guides, and follow-up initiatives (2).*

**Session:** *The role of culinary professionals in school feeding and health.*

**Session:** *Promoting nutrition and school health (2).*

**June 1th, 2012**

Venue: Edificio La Pedrera, Barcelona

**9h-11h: Round table: The school and its canteen: experiences and various alternatives.**

The interest and general concern for a healthier diet, more ethical and sustainable is giving rise to multiple and various alternative proposals that move to schools and their canteens. Different experiences will be presented in this round table, regarding ways to manage the school canteen, the food source (organic, local, school gardens, etc.), as well as different ways of preparing and serving the menus.

**11h-11h30: Coffee break**

**14h-11h30: Round Table: The agribusiness and social responsibility in school feeding.**

Concern about general and scholars particular health (the treatment of obesity, for example) has recently led to mixed reviews on various aspects of our food chain. All links in this chain are involved in one way or another, with a greater or lesser degree. All of them developed their individual responses to show their involvement and social responsibility in relation to public health goals. In this round table, several companies will present some of their actions in relation to the required social commitment.

**Lunch break**

**16h-18h: Round table: Special circumstances, particular foods.**

Our society is increasingly showing greater awareness and greater sensitivity to the physiological and cultural particularities (motor difficulties, celiac disease, intolerances, allergies, ethnic and / or religious particularities, etc.). The recognition of these issues moves to school canteens and attending to them is a challenge. What are the

problems? What solutions have been or should be adopted? How does or should the school manage them?

**18h-18h30: Break**

**18h30-20h: Conference closing and closing ceremony**

Eating at school: the way forward

<b>REGISTRATION AND FEES SCHEDULE</b>		
	<b>Untill the 15th of April</b>	<b>After the 16th of April</b>
<b>PRE-CONGRESS*</b>		
<b>Educational community (teachers, parents associations, students, etc.).</b>	100 euros	150 euros
<b>Enterprises</b>	350 euros	450 euros
<b>CONGRESS</b>		
<b>Educational community (teachers, parents associations, students, etc.).</b>	200 euros	300 euros
<b>Institutions and entities</b>	250 euros	350 euros
<b>Professionals y enterprises</b>	350 euros	450 euros
<b>TOTAL</b>		
Registration entitles attendance at all sessions of the congress, documentation, coffee breaks and lunches..		
* The number of places for pre-congress workshops is 60. The allocation of places will be made by order of registration.		

**For further information:**

[info@congresocomerenlaescuela.com](mailto:info@congresocomerenlaescuela.com)

Observatorio de la Alimentación (Odela)

(+34) 93 403 45 59

(+34) 93 403 45 60

[odela@odela-ub.com](mailto:odela@odela-ub.com)

With the collaboration of:

