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Towards healthy and sustainable eating at workplaces

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Outline:

- Background
- Nutritional quality
- Environmental issues
- Couple of examples
- Summary and challenges



Background:

- ❑ A Finn eats on average of 165 meals outside home per year – about half of these offered by public catering services (2011)
 - ❑ 70 million meals are served only at worksite canteens yearly
 - ❑ Public sector makes about 419 million meals per year, which means about 350 million euros of purchased raw material
- ➔ Public food procurement significant for the national economy and for nutrition and health



Nutritional quality of canteen meals:

- ❑ National nutrition *recommendations* for catering services (National Nutrition Council 2014)
- ❑ No monitoring by authorities
- ❑ Only few acquisition units has used nutritional quality as purchasing criteria (Ministry of Social Affairs and Health 2010) in the procurement and tendering of catering services (Vikstedt et al. 2011)
- ❑ Instrument concerning nutritional quality for tendering catering services published in 2014



Meals eaten at canteen contribute to better diet in Finland

(Lallukka et al. 2001; Roos et al. 2004, Raulio et. al 2009)

ORIGINAL ARTICLE

Scandinavian Journal of Nutrition/Näringsforskning Vol 45:120-126, 2001

Vegetable and fruit consumption and its determinants in young Finnish adults

By Tea Lallukka, Marjaana Lahti-Koski and Marja-Leena Ovaskainen

Received: February 12, 2001; Revised: May 21, August 22, 2001; Accepted: September 4, 2001

Public Health Nutrition: 7(1), 53–61

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Having lunch at a staff canteen is associated with recommended food habits

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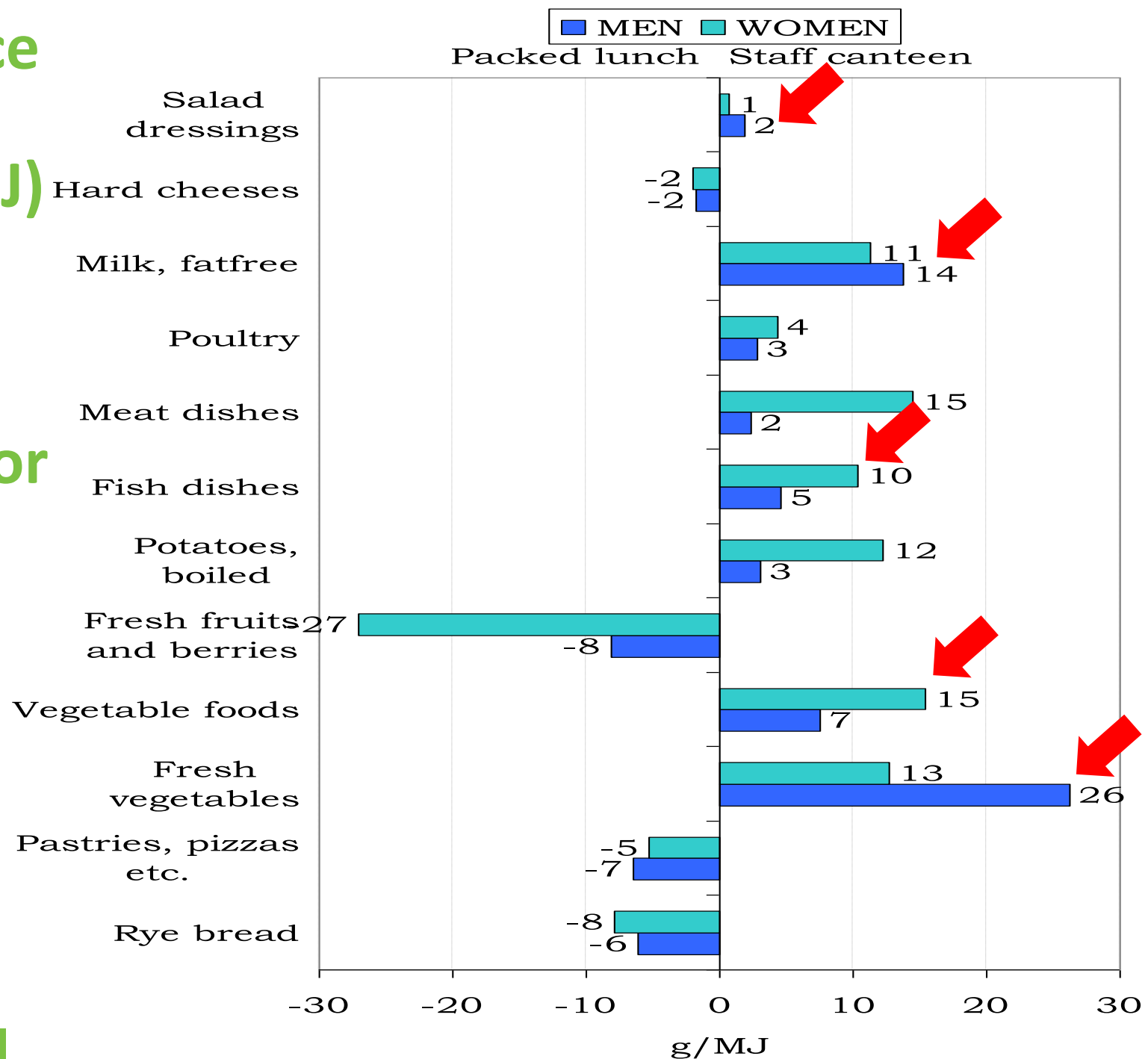
Research article

Food use and nutrient intake at worksite canteen or in packed lunches at work among Finnish employees

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Difference in food use (g/MJ) in lunch eaten at worksite canteen or as a packed lunch



Environmental factors:

- ❑ Professional kitchens provide over 890 million meals per year
- ❑ Important role in the whole chain of groceries
- ❑ Menu planning and planning of procurement ways to improve sustainable development
- ❑ Vegetable-based, season-related and natural raw materials
- ❑ Environmental questions must be considered in other processes as well
- ❑ Primary production, waste, energy/water, sustainable choices



More organic! Government Program to 2020

- ❑ Objectives:
 - ❑ to promote organic production and products
 - ❑ to increase the organic production to 20 %
 - ❑ to diversify the range of organic products
 - ❑ to improve the supply of and access to organic food in retail stores and professional kitchens
 - ❑ the objective: 10 % of the food served in public kitchens is organic by 2015 and 20 % by 2020



Local Food – But of Course! Government Program on Local Food and development objectives for the local food sector to 2020

Objectives:

- diversifying and increasing local food production
- improving the opportunities of small-scale food processing and sale
- increasing the share of local food in public procurement
- improving the opportunities in primary production
- closer cooperation between actors in the local food sector
- raising the appreciation of food and actors in the food chain



Summary:

- ❑ Sustainable choices...
 - ❑ More vegetables, fruits and berries, season taken into account
 - ❑ Less meat
 - ➔ Game, plant based proteins, fish
 - ❑ Rapeseed oil vs. butter
 - ❑ Wholegrain rye, barley and oat products

➔ ... are also healthy choices



Challenges:

Know-how concerning *nutritional* and *environmental* factors must be strengthened

