



Our 8 pillars of holistic school catering

What could really good, sustainable school catering look like? This question kept my husband Paul and me busy during summer 2015 - and as we realized, we were full of ideas and motivation, we decided to found the company echt.im.biss. Our vision: School catering, that is healthy, of high quality, spiced with love, made of ingredients from regional producers, free of child labour, palm oil and plastic and as organic as possible. With that we serve awareness raising. The school cafeteria shall be a place to rest, have fun and refuel.

Since 2015, we supply roughly 900 pupils at Ingeborg-Bachmann grammar school in Klagenfurt with delicious snacks, which are freshly prepared in sight of the pupils in our display kitchen. 16 regional producers supply us with ingredients of high quality. Additionally, we organize cooking classes, film screenings, workshops for pupils and parents, a school farmers' market and offer excursions to all of our suppliers. We have always been convinced, that the pupils would cherish our dedication. And they proved us right! Self-praise stinks, so let me finish with a citation from Mia, 1b: "I just love EVERYTHING you cook!".

Holistic catering as we offer it is based on eight pillars, that are described in the chart below. They are our points of orientation and goals. Certain strategies have already been fully implemented (bold letters), the others are currently being implemented or will be implemented in the near future.

Aim	Strategy (bold = fully implemented, normal = soon to be implemented)
HEALTH: Encourage healthy eating habits	→ alignment with the standards of the Austrian Ministry of Health guidelines for healthy school catering (Certificate „Our School Canteen“) → over 50% organic ingredients (organic certificate in 2018) → supporting the school in implementing a health focus (certificate: „Healthy School“) → consider certain dietary needs (lactose, pork, wheat, etc.) → graduation of prices according to health aspects, first school cafeteria with "sugar and fat tax" → workshops, film screenings and panel discussions around the topic of a healthy diet (with external experts) → slow shift of focus to vegetarian products, slow increase of whole grain → constant increase in the share of organic ingredients
PARTIZIPATION: collectively designing the food offer	→ wish box for pupils, pupils are encouraged to give critical feedback and contribute their ideas, criticism is taken seriously, if a pupil designs a new snack, he / she gets to name it → cooperation with teachers, parents' association,

	<p>headmaster and pupils</p> <p>→ introduction of our company and our mission in all classes when opening a new school canteen</p> <p>→ aim for 2018/19: expand the pedagogical work with school classes, establish direct contact between pupils and producers (school farmers' market, excursions)</p>
<p>EDUCATION:</p> <p>pedagogical work and raising awareness for a healthy, sustainable diet</p>	<p>→ big network of external experts offering workshops, film screenings and lectures for schools</p> <p>→ criteria for becoming an echt.im.biss supplier: all producers have to be „school farms“, which welcome school classes and give them a guided tour on their site</p> <p>→ aim for 2018/19: establish a personal connection between pupils and suppliers, give information on regional, seasonal products and producers (notice board, facebook, instagram, snapchat)</p> <p>→ apply for subsidies for our pedagogical work</p>
<p>ECOLOGY:</p> <p>preserving the environment, responsible use of resources</p>	<p>→ no plastic dishes, wrapping and cutlery, glass deposit system</p> <p>→ avoid waste and food waste, free giving away of leftovers after cafeteria closes</p> <p>→ reduction of meals containing meat (max. 50%) and reduction of meat portions in favour of vegetables and fruit</p> <p>→ support of small scaled agriculture in our surrounding</p> <p>→ cooperation in obtaining the ÖKOLOG certificate for schools</p> <p>→ at least 50% of ingredients directly from Carinthian farmers, at least 80% from Austrian origin</p> <p>→ aim for 2018: be the first Austrian communal school caterer with more than 50% organic ingredients</p>
<p>REGIONAL, SEASONAL:</p> <p>cooperation with Carinthian producers</p>	<p>→ Meat products: 100% Nockfleisch from Carinthia</p> <p>→ Milk and cheese: approx. 60% organic from Carinthia, the other 40% from Austria</p> <p>→ Bread: 100% from regional bakery made from Carinthian grain</p> <p>→ Fruit and Vegetables: regional organic producers, seasonal offer, in winter we sometimes have to buy vegetables from Italy</p> <p>→ Honey & Eggs: 100% organic from Carinthia</p> <p>→ Tea, Coffee, Syrups, Spices: 100% organic and fair / direct trade from Austrian companies</p> <p>→ aim for 2018/19: expand the regional cooperation even further</p>

<p>LOGISTICS: efficient food provisioning during the breaks and during lunch time and after 2 pm.</p>	<p>→ daily warm and cold snacks, also vegetarian and if required vegan</p> <p>→ money-back guarantee, if pupils don't like something they bought</p> <p>→ vending machines for milk, organic hot drinks, organic lemonades, water and snacks, open 24/7</p> <p>→ aim till 2021: upgrading our display kitchen (exhaust air, high voltage current, gastronomic appliances) for lunchtime catering, high investment costs!</p>
<p>TASTE: snacks and meals, that pupils and teachers enjoy</p>	<p>→ use of fresh high quality ingredients</p> <p>→ fresh preparation of snacks and meals</p> <p>→ recipes are being developed with a cook and a nutritionist</p> <p>→ the majority of the food is home-made</p> <p>→ we make sure to vary our offer</p>
<p>SOCIAL ASPECTS: fair prices for everyone, cooperation with other social organizations</p>	<p>→ fair prices for our local producers</p> <p>→ fair prices for our pupils</p> <p>→ fair wages for our employees and us</p> <p>→ support of fair and direct trade</p> <p>→ preference of employees with school children, as the working schedule is very family friendly</p> <p>→ cooperation with a social institution (social psychological centre Pro Mente, Spittal, Carinthia)</p> <p>→ boycott of products from big corporations (e.g. Mars, Nestlé, Coca Cola, etc.)</p> <p>→ aim 2018/19: cooperation with refugees and Klimabündnis (inter cultural cooking at the school canteen)</p>