

## SCHOOL MEAL/FEEDING PROGRAM(S)

School year: 2020–2021

These programs are recurring every year.

- School Meals Program
- School Fruit, Vegetables and Milk Scheme

**Lead Agency:** Responsibility shared by the state and the municipality/school governor

## NATIONAL LAWS, POLICIES, AND STANDARDS

- National school feeding policy
- Nutrition
- Food safety
- Health
- Agriculture
- Private sector involvement

Line item in the national budget...

- Yes  No  No response

## BUDGET

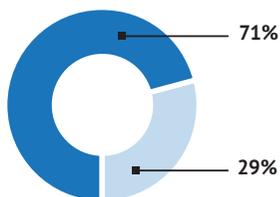
Total: USD 46,697,172

- Government: USD 33,221,273
- International donors\*: USD 13,475,899
- Private sector: USD 0
- Other donors: USD 0

Includes funding from the United States Department of Agriculture  Yes  No  No response

\*International donations by United Nations agencies or non-governmental organizations often represent funding from multiple donors.

This includes support from the European Union's school fruit, vegetables and milk scheme.



## INFRASTRUCTURE

Responsibility for providing adequate school infrastructure lies with local governments. All schools in Estonia have electricity, clean water, flush toilets, and dedicated eating spaces/cafeterias, and most have kitchens. School meals and snacks are either prepared on-site (on school grounds) or off-site in private facilities. Vegetables, fruits, and milk do not generally require any preparation before being distributed.

## SPECIAL NOTES

None

## MEALS/SNACKS/MODALITY

- Breakfast
- Lunch
- Dinner
- Snacks
- Take-home rations
- Other\*

\* During the distance learning period, in-school meals were often replaced with packages of food items provided free of charge to prepare food at home.

- Grains, cereals
- Roots, tubers
- Legumes, pulses, nuts
- Dairy products
- Eggs
- Meat
- Poultry
- Fish
- Green, leafy vegetables
- Other vegetables
- Fruits
- Oil
- Salt
- Sugar

- Dairy milk
- Yogurt drink
- Fruit juice
- Tea
- Water
- Other

Prohibited food items: None

## FOOD SOURCES

- Purchased (domestic)
- Purchased (foreign)
- In-kind (domestic)
- In-kind (foreign)

## COMPLEMENTARY ACTIVITIES

- Handwashing with soap
- Height measurement
- Weight measurement
- Testing for anemia
- Deworming treatment
- Eye testing/eyeglasses
- Hearing testing/treatment
- Dental cleaning/testing
- Menstrual hygiene
- Drinking water
- Water purification

## COMPLEMENTARY EDUCATION PROGRAMS

- Food and nutrition
- Agriculture
- School gardens
- Hygiene
- Health
- Reproductive health
- HIV prevention
- Physical education

The checked items were provided in most or all participating schools.



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# REPUBLIC OF Estonia



## SCHOOL MEAL PROGRAMS

### CHILDREN RECEIVING FOOD, 2020–2021

School level	Total	# Enrolled	# Receiving food
Pre-school	Unknown	66,375	66,375
Primary school	Unknown	88,981	88,981
Secondary school	Unknown	66,123	66,123
<b>Total</b>	Unknown	<b>221,479</b>	<b>221,479</b>



### COVERAGE: PRIMARY AND SECONDARY SCHOOL-AGE CHILDREN

Total number primary and secondary school-age children: Unknown

Receiving school food: **155,104**

While the percent coverage with respect to the total population of school-age children is not known, the coverage rate can be calculated with respect to the population of enrolled students. Among 155,104 enrolled primary and secondary students in Estonia, **100% receive school meals.**

Food was also provided to some students in...

- Pre-schools
- Vocational/trade schools
- Other

## NUTRITION

School feeding program(s) included/involved the following:

- Fortified foods
- Bio-fortified foods
- Micronutrient supplements
- Nutritionists involved**
- Special training for cooks/caterers in nutrition
- Objective to meet nutritional goals**
- Objective to reduce obesity**

### Food items fortified/biofortified:

Not applicable

### Micronutrients:

Not applicable

## ADDITIONAL INFORMATION

Nutrition, health, and food safety in school feeding are regulated by the Ministry of Social Affairs, which has put forth health protection requirements for meals in pre-school institutions and schools. Obesity is not considered a problem in Estonia.

## STUDIES CONDUCTED

None specified

## RESEARCH NEEDED

There is need for an update of the study conducted in 1996 regarding "Food habits and dietary intake of schoolchildren in Estonia," with attention to the benefits of school feeding.

## AGRICULTURE, EMPLOYMENT, AND COMMUNITY PARTICIPATION

### Jobs created by school feeding programs\*

- Cooks and food preparers
- Transporters
- Off-site processors
- Food packagers and handlers
- Monitoring
- Food service management
- Safety and quality inspectors
- Other

*\*If blank, no response was provided.*

### Farmers were involved with the school feeding program(s)...

- Yes  No  No response

### Other private sector (for profit) actors were involved...

- Yes  No  No response

### There was a focus on creating jobs or leadership or income-generating opportunities for...

- Women  Other groups  
 Youth  No response

### There was community engagement (by parents or others) in the school feeding program(s)...

- Yes  No  No response

### Were there links between food banks and the school feeding program(s)?

- Yes  No  There are no food banks in this country.

## ADDITIONAL INFORMATION

Due to the decentralized nature of school feeding in Estonia, information on employment is not available at the national level.

## CONTACTS: ESTONIA

**Agency:** Ministry of Education and Research

**Website:** <https://www.hm.ee/en>

## SUCCESSES AND CHALLENGES

Successes related to school feeding in Estonia include the increased provision of organic (and eco-labeled) foods in school meals. The national and local funding covers almost 100% of school lunch expenses, and some municipalities have begun to provide breakfast and afternoon snacks for those in need. The COVID-19 pandemic presented the greatest recent challenge for school feeding, through Estonia was able to find new ways to reach pupils.

## EMERGENCIES/COVID-19 PANDEMIC

For several months of the 2020-2021 school year, at least some schools in Estonia operated remotely. This prompted a change in the modality through which students received food, as meals were alternately made available to be picked up at school or delivered to students' homes. While there was a temporary pause in the School Fruit, Vegetables and Milk Scheme, the School Meals Program was maintained without interruption as parents became more involved in collecting/preparing the meals at home.

## SCHOOL MEALS PROGRAM

**Lead implementer(s):** Responsibility shared by the state and the municipality/school governor

### OBJECTIVES:

- To meet educational goals
- To provide a social safety net
- To meet nutritional and/or health goals
- To prevent or mitigate obesity
- To meet agricultural goals

### MODALITIES OF PROVIDING STUDENTS WITH FOOD:

- In-school meals
- Other
- Take-home rations

### FREQUENCY AND DURATION:

- 5 times per week during the school year

### TARGETING:

Universal

### HOW MANY STUDENTS RECEIVED SCHOOL FOOD IN 2020–2021 SCHOOL YEAR?

School level	# Students	% Girls	% Boys
Pre-school	66,375	–	–
Primary school	88,981	–	–
Secondary school	66,123	–	–
<b>Total</b>	<b>221,479</b>	–	–

### FOOD AND BEVERAGE ITEMS:

Grains, cereals	Poultry	Salt
Roots, tubers	Fish	Sugar
Legumes, pulses, nuts	Green, leafy vegetables	Dairy milk
Dairy products	Other vegetables	Yogurt drink
Eggs	Fruits	Water
Meat	Oil	
* fortified		

### FOOD SOURCES:

- Purchased (domestic)
  In-kind (domestic)
- Purchased (foreign)
  In-kind (foreign)

If blank, no response was provided.

### ADDITIONAL INFORMATION:

This program, begun in 2002, is highly decentralized, and each municipality is responsible for its own procurement process and for determining the local budget. A plan is now being drafted to limit food waste.



## SCHOOL FRUIT, VEGETABLES AND MILK SCHEME

**Lead implementer(s):** Estonian Agricultural Registers and Information Board (ARIB)

### OBJECTIVES:

- To meet educational goals
- To provide a social safety net
- To meet nutritional and/or health goals
- To meet agricultural goals

### MODALITIES OF PROVIDING STUDENTS WITH FOOD:

- In-school snacks

### FREQUENCY AND DURATION:

- 5 times per week during the school year

### TARGETING:

Universal (Less than 100% of schools were reached due to logistical reasons)

### HOW MANY STUDENTS RECEIVED SCHOOL FOOD IN 2020–2021 SCHOOL YEAR?

School level	# Students	% Girls	% Boys
Pre-school	61,224	–	–
Primary school	119,296	–	–
Secondary school	32,293	–	–
<b>Total</b>	<b>212,813</b>	–	–

The number of students that receive food in each school level through the School Fruit, Vegetables and Milk Scheme does not align with the official enrolled student population. This is likely due to differences in the methodology used to count students and educational institutions (e.g., whether "hobby schools" are counted as primary schools).

### FOOD AND BEVERAGE ITEMS:

Dairy products	Fruits	Fruit juice
Green, leafy vegetables	Dairy milk	Water
Other vegetables	Yogurt drink	
* fortified		

### FOOD SOURCES:

- Purchased (domestic)
  In-kind (domestic)
- Purchased (foreign)
  In-kind (foreign)

If blank, no response was provided.

### ADDITIONAL INFORMATION:

This scheme has been in place since 2017. Local farms of all sizes provide vegetables, fruits, and dairy products for school snacks.