SCHOOL MEAL/FEEDING PROGRAM(S)
School year: 2020–2021
- School Cafeterias (Refeitórios Escolares)
- School Milk Program (Programa Leite Escolar)

Lead Agency: Ministry of Education through the General Directorate of Education

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 58,592,340
Government: USD 52,462,936
International donors*: USD 6,129,404
Private sector: USD 0
Other donors: USD 0

These budget numbers reflect school feeding activities for students of ages 9 to 18. Costs for younger children, which are covered by regional governments, are not known. International funding refers to support from the European Union.

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.

INFRASTrUCTURE
All schools in Portugal have electricity, clean and piped water, flush toilets, dedicated eating spaces/cafeterias, and kitchens. The kitchens are equipped with refrigeration, storage facilities, and gas or electric stoves.

SPECIAL NOTES
None

MEALS/SNACKS/MODALITY
- Breakfast
- Lunch
- Dinner
- Snacks
- Take-home rations
- Other

Grains, cereals
- Green, leafy vegetables
- Other vegetables
- Fruits
- Oil
- Salt
- Sugar

Prohibited food items: Pastries, biscuits, sweets, bread with sweet filling, savory snacks (such as french fries), fast food (such as hamburgers), soft drinks, alcohol.

FOOD SOURCES
- Purchased (domestic)
- In-kind (domestic)
- Purchased (foreign)
- 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.

SCHOOL MEAL PROGRAMS

CHILDREN RECEIVING FOOD, 2020–2021

<table>
<thead>
<tr>
<th>School level</th>
<th>Total</th>
<th># Enrolled</th>
<th># Receiving food</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pre-school</td>
<td>123,290</td>
<td>123,290</td>
<td>123,290</td>
</tr>
<tr>
<td>Primary school</td>
<td>303,810</td>
<td>303,810</td>
<td>303,810</td>
</tr>
<tr>
<td>Secondary school</td>
<td>708,642</td>
<td>708,642</td>
<td>708,642</td>
</tr>
<tr>
<td>Total</td>
<td>1,135,742</td>
<td>1,135,742</td>
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</tr>
</tbody>
</table>

NUMBER STUDENTS RECEIVING FOOD

<table>
<thead>
<tr>
<th>Years</th>
<th>Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 years prior</td>
<td>1,600,000</td>
</tr>
<tr>
<td>1 year prior</td>
<td>1,400,000</td>
</tr>
<tr>
<td>2020–2021</td>
<td>1,200,000</td>
</tr>
</tbody>
</table>

COVERAGE: PRIMARY AND SECONDARY SCHOOL-AGE CHILDREN
Total number primary and secondary school-age children: 1,012,452
Receiving school food: 1,012,452

Food was also provided to some students in...
- Pre-schools
- Vocational/trade schools
- Other

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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**
At least three nutritionists are engaged in school feeding in Portugal, and efforts to prevent or mitigate overweight/obesity include nutritional guidelines for the school meal menu, food restrictions on or near school grounds, and various educational programs, such as food and nutrition education, health education, and physical education. Products from the school gardens are consumed by the students.

**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**
Two private catering companies are engaged in the school lunch program. Students’ families pay a partial price for school lunches, depending on their income level, and students’ families also monitor the quality of the meals served.

**CONTACTS: PORTUGAL**
Agency: Ministry of Education through the General Directorate of Education
Website: https://www.portugal.gov.pt/pt/gc21/area-de-governo/educacao

**SUCCESSES AND CHALLENGES**
Recent successes related to school feeding in Portugal include the introduction of vegetarian meals to the school lunch menu, efforts to combat food waste, and the elaboration of a national strategy for the promotion of healthy eating. There are no concerns about mismanagement of the program. However, there remains a need to more clearly link the school feeding program to the school curriculum.

**EMERGENCIES/COVID-19 PANDEMIC**
The COVID-19 pandemic caused the school lunch program to temporarily cease operating, and it prompted a shift from in-school meals to meals that were made available to students or their families to pick up and eat at home. NGOs and charities, along with regional and local governments, worked in partnership with the Refeitórios Escolares program to reach children during this time.
SCHOOL CAFETERIAS
REFEITÓRIOS ESCOLARES

Lead implementer(s): Institute of School Social Action (Instituto de Ação Social Escolar – IASE)

OBJECTIVES:
• To meet educational goals
• To meet nutritional and/or health goals
• To provide a social safety net
• To prevent or mitigate obesity

MODALITIES OF PROVIDING STUDENTS WITH FOOD:
• In-school meals
• Take-home rations

FREQUENCY AND DURATION:
• 5 days per week during the school year

TARGETING:
School lunches are universal; take-home rations are targeted at students from low-income households.

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

<table>
<thead>
<tr>
<th>School level</th>
<th># Students</th>
<th>% Girls</th>
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FOOD AND BEVERAGE ITEMS:
- Grains, cereals
- Roots, tubers
- Legumes, pulses, nuts
- Dairy products
- Eggs
- Meat
- Poultry
- Fish
- Green, leafy vegetables
- Other vegetables
- Oil
- Salt
- Sugar
- Water
- * fortified

FOOD SOURCES:
- 100% Purchased (domestic)
- 0% Purchased (foreign)
- 0% In-kind (domestic)
- 0% In-kind (foreign)

ADDITIONAL INFORMATION:
The school lunch program began operating in 1971. Take-home rations were made available to students of lower income for several months in early 2021 in response to the COVID-19 pandemic.

SCHOOL MILK PROGRAM
PROGRAMA LEITE ESCOLAR

Lead implementer(s): Institute of School Social Action (Instituto de Ação Social Escolar – IASE)

OBJECTIVES:
• To meet educational goals
• To provide a social safety net
• To meet nutritional and/or health goals
• Objective to prevent or mitigate obesity

MODALITIES OF PROVIDING STUDENTS WITH FOOD:
• In-school snacks

FREQUENCY AND DURATION:
• 5 days per week during the school year

TARGETING:
Universal

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

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<td>Secondary school</td>
<td>0</td>
<td>—</td>
<td>—</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>427,100</td>
<td>—</td>
<td>—</td>
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</tbody>
</table>

FOOD AND BEVERAGE ITEMS:
- Dairy milk
  * fortified

FOOD SOURCES:
- 100% Purchased (domestic)
- 0% Purchased (foreign)
- 0% In-kind (domestic)
- 0% In-kind (foreign)

ADDITIONAL INFORMATION:
The school milk program has been active since 1990 and provides all pre-school and primary school students with milk packages (0.2L) each day, at no cost to the students’ families. The COVID-19 pandemic caused a decrease in the funding made available by the European Union for this program, and the pandemic also presented obstacles to getting milk to the children when schools were operating remotely in February, March, and April 2021.