

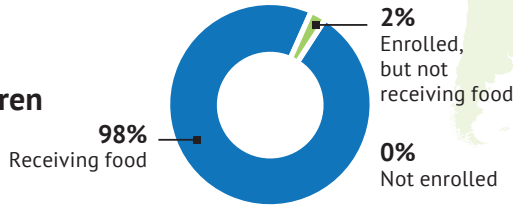


REPUBLIC OF Estonia

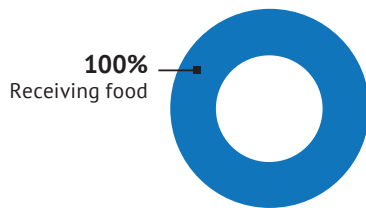


School Meal Coverage (2022-2023)

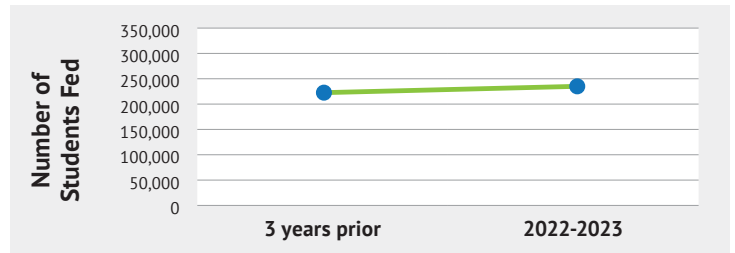
All Primary and Secondary School-age Children



Only Enrolled Primary Students



School Level	Total	# Enrolled	# Receiving Food
Preschool	57,523	66,979	63,504
Primary School	133,138	132,965	132,965
Secondary School	40,308	40,256	37,305
TOTAL	230,969	240,200	233,774



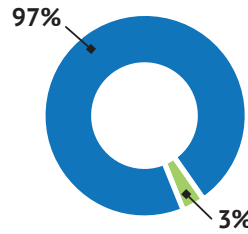
National Laws, Policies, and Standards

- National school feeding policy
- Nutrition
- Health
- Food safety
- Smallholder farms
- Agriculture (apart from smallholders)
- Climate/environment policy
- Private sector involvement
- Other policy

The country had ...

- Inter-sectoral coordination committee for school feeding
- National system for monitoring school feeding

Budget



Total: **USD 34,790,428**

- Government: 33,577,258
- International donors: 0
- Private sector: 0
- NGOs (domestic): 0
- Other donors: 1,213,169*

* Includes funding from the EU school fruit, vegetables and milk scheme

In addition to the amounts indicated above, local governments in Estonia also fund the School Meals Program. However, their exact expenditure is unknown. Therefore, the budget reported here should be regarded as a lower-bound estimate of funding for school meal programs in Estonia.

- Line item in the national budget for school feeding

School Foods and Beverages

- | | | |
|---|---|---|
| <input checked="" type="checkbox"/> Whole grains | <input checked="" type="checkbox"/> Fish and shellfish | <input checked="" type="checkbox"/> Liquid oils |
| <input checked="" type="checkbox"/> Refined/milled grains | <input checked="" type="checkbox"/> Deep orange vegetables and tubers | <input checked="" type="checkbox"/> Semi-solid and solid fats |
| <input type="checkbox"/> Blended grain-based products | <input checked="" type="checkbox"/> White roots and tubers | <input checked="" type="checkbox"/> Salt |
| <input checked="" type="checkbox"/> Legumes | <input checked="" type="checkbox"/> Fruits | <input checked="" type="checkbox"/> Dairy milk |
| <input checked="" type="checkbox"/> Nuts and seeds | <input checked="" type="checkbox"/> Dark green leafy vegetables | <input checked="" type="checkbox"/> Yogurt drink |
| <input checked="" type="checkbox"/> Eggs | <input checked="" type="checkbox"/> Cruciferous vegetables | <input checked="" type="checkbox"/> 100% fruit juice |
| <input checked="" type="checkbox"/> Dairy | <input checked="" type="checkbox"/> Other vegetables | <input checked="" type="checkbox"/> Other fruit drink |
| <input checked="" type="checkbox"/> Poultry and game meat | <input type="checkbox"/> Deep-fried foods | <input checked="" type="checkbox"/> Tea |
| <input checked="" type="checkbox"/> Red meat | <input type="checkbox"/> Sweets | <input type="checkbox"/> Other sugar-sweetened beverages |
| <input checked="" type="checkbox"/> Processed meat | | |

Prohibited food items

No foods prohibited, although products containing hydrogenated vegetable fats should be avoided.

Food Sources

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

Special Notes: Population numbers from the UNESCO Institute of Statistics (UIS) were used to complete this report.

Nutrition

School feeding program(s) include/involve 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**

Limitations on food and beverage marketing...

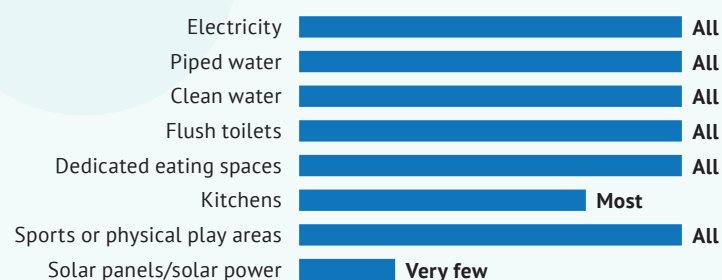
- On school grounds**
- To school age children**

Additional Information

In the School Meals Program, nutritionists, financed by both the government and implementing partners, were actively engaged. Strategies to combat obesity included setting nutritional standards for food baskets, enforcing restrictions on food and beverage availability around schools, regulating marketing aimed at children, and providing food, nutrition, health, and physical education. No beverages with non-nutritive or artificial sweeteners were available at school.

Infrastructure, Employment, and Complementary Features

Share of Schools with ...



Employment

Total number of cooks/caterers: **Unknown**

- Percent paid: Unknown
- Percent women: Unknown

There was a focus on creating job opportunities for...

- Women
- Youth
- Other Groups

Complementary Activities

- | | |
|---|---|
| <input checked="" type="checkbox"/> Handwashing with soap | <input type="checkbox"/> Hearing testing/treatment |
| <input checked="" type="checkbox"/> Height measurement | <input type="checkbox"/> Dental cleaning/testing |
| <input checked="" type="checkbox"/> Weight measurement | <input type="checkbox"/> Menstrual hygiene |
| <input type="checkbox"/> Testing for anemia | <input checked="" type="checkbox"/> Drinking water |
| <input type="checkbox"/> Deworming treatment | <input type="checkbox"/> Water purification |
| <input checked="" type="checkbox"/> Eye testing/eyeglasses | <input checked="" type="checkbox"/> School gardens |

Complementary Education Programs

- | | |
|---|--|
| <input checked="" type="checkbox"/> Food and nutrition | <input checked="" type="checkbox"/> Health |
| <input checked="" type="checkbox"/> Agriculture | <input checked="" type="checkbox"/> Reproductive health |
| <input checked="" type="checkbox"/> Environment/climate/sustainability | <input type="checkbox"/> HIV prevention |
| <input checked="" type="checkbox"/> Hygiene | <input checked="" type="checkbox"/> Physical education |
| | <input type="checkbox"/> Mental health |

Additional Information

Farmers were not directly involved in the School Meals Program and Organic Food program. However, farmers supplied dairy products, vegetables, and fruits for the School Fruit, Vegetables and Milk Scheme. Small-scale farmers were successful in competitive bidding as suppliers for the School Meals Program. The private sector handled food processing, transport, trade, and catering in Estonia's school meal programs. The School Fruit, Vegetables and Milk Scheme included complementary educational activities such as workshops, competitions, and theme days and also considered students' food preferences, especially for dairy and vegetables.

Environmental Sustainability

Targeted climate-friendly foods

- Yes No

Steps taken to limit food waste

- Sealed food storage
- Fumigation/pest control in storage area
- Use of hermetic bags or larger hermetic storage system
- Routine testing/monitoring of dry food storage
- Use of nearly-expired food
- Use of usable but “imperfect” commodities or produce
- Campaign to reduce how much food students throw away

Steps taken to limit package waste

- Re-use of bags/containers
- Recycling
- Use of compostable materials
- Use of “bulk serve” containers
- Prohibiting specific types of packaging

Additional Information

Efforts to reduce the distance between where the school food was produced and the school focused on increased local procurement (in the School Fruit, Vegetables and Milk Scheme program), as well as increased local production and processing capacity (in the School Meals Program). Vegetables in the School Fruit, Vegetables and Milk Scheme were prepared on-site for school lunches, fruits were distributed in their unprocessed form (except for off-season frozen berries), and milk was provided in both processed and unprocessed forms. To minimize food waste, children served themselves the desired amount of milk, and continuous monitoring of their eating habits prevented excess food ordering. Produce from school gardens was consumed by students.

Emergencies

Experienced disruptions to school feeding due to emergencies

- Yes No

Strategies to address the impact of emergencies

- Seek alternative food sources or suppliers
- Changes in numbers of students fed
- Negotiate better prices with existing suppliers
- Establish alternative supply routes or transportation methods
- Source different or alternative food
- Release of food reserves
- Increase funding or budget allocation for school feeding
- Collaborate with local producers or suppliers to reduce dependence on global supply chains
- Changes in delivery method
- Changes in feeding modality
- Changes in feeding frequency
- No particular strategy was used

Additional Information

Extreme food price inflation impacted the School Meals Program, leading to a significant rise in costs. Strategies to mitigate this emergency’s effects included exploring alternative food sources and suppliers, negotiating better prices with existing suppliers, sourcing different or substitute foods, and increasing the funding or budget allocation.

Successes and Challenges

Successes

1. Estonia’s rapid development in organic production resulted in the increased provision of eco-labeled organic food in school meals.
2. Nearly all school lunch expenses were covered by national/local support.
3. In select municipalities, breakfast and afternoon snack provision was extended to those in need.

Challenges

1. Extreme food price inflation

School Meals Program

Management

- Lead implementer(s): Shared responsibility (state + municipality/school governor)
- Local governments managed the program (Decentralized decision-making).
- Local government procured the food

How Many Students Received Food

School Level	# of Students	% Girls	% Boys
Preschool	Unknown	–	–
Primary School	Unknown	–	–
Secondary School	Unknown	–	–
TOTAL	170,270	–	–

Foods and Beverages

- | | |
|---|---|
| <input checked="" type="checkbox"/> Whole grains | <input checked="" type="checkbox"/> Fruits |
| <input checked="" type="checkbox"/> Refined/milled grains | <input checked="" type="checkbox"/> Dark green leafy vegetables |
| <input checked="" type="checkbox"/> Legumes | <input checked="" type="checkbox"/> Cruciferous vegetables |
| <input checked="" type="checkbox"/> Nuts and seeds | <input checked="" type="checkbox"/> Other vegetables |
| <input checked="" type="checkbox"/> Eggs | <input checked="" type="checkbox"/> Liquid oils |
| <input checked="" type="checkbox"/> Dairy | <input checked="" type="checkbox"/> Semi-solid and solid fats |
| <input checked="" type="checkbox"/> Poultry and game meat | <input checked="" type="checkbox"/> Salt |
| <input checked="" type="checkbox"/> Red meat | <input checked="" type="checkbox"/> Dairy milk |
| <input checked="" type="checkbox"/> Processed meat | <input checked="" type="checkbox"/> Yogurt drink |
| <input checked="" type="checkbox"/> Fish and shellfish | <input checked="" type="checkbox"/> 100% fruit juice |
| <input checked="" type="checkbox"/> Deep orange vegetables and tubers | <input checked="" type="checkbox"/> Other fruit drink |
| <input checked="" type="checkbox"/> White roots and tubers | <input checked="" type="checkbox"/> Tea |

Elements of Home-Grown School Feeding

- Objective for small-scale farmers to benefit from access to a stable market
- Local food sourcing
- Small-scale farmers involved by selling directly (or through their farmer organization) to the program or the schools
- Additional support provided to small-scale farmers
- Country had a law/policy/standard related to small-scale farmers and school feeding programs
- Preferential treatment for small-scale farmers/small farmer organizations/small companies in tendering procedures
- Effort is made to reduce food miles

Objectives

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

Modalities of Providing Students With Food

- In-school meals

Frequency and Duration

- 5 times per week
- During the school year

Targeting

- Targeting by school type (primary and secondary public schools)

Food Sources

Yes - Purchased (domestic)

0% In-kind (domestic)

Yes - Purchased (foreign)

0% In-kind (foreign)

Additional Information

The School Meals Program started in 2002.

School Fruit, Vegetables and Milk Scheme

(Koolikava)

Management

- Lead implementer(s): Estonian Agricultural Registers and Information Board (ARIB)
- Local governments managed the program (Decentralized decision-making).

How Many Students Received Food

School Level	# of Students	% Girls	% Boys
Preschool	63,504	–	–
Primary School	121,780	–	–
Secondary School	37,305	–	–
TOTAL	222,589	–	–

Foods and Beverages

- Dairy
- Dairy milk
- Fruits
- Yogurt drink
- Dark green leafy vegetables
- 100% fruit juice
- Other vegetables

Elements of Home-Grown School Feeding

- Objective for small-scale farmers to benefit from access to a stable market
- Local food sourcing
- Small-scale farmers involved by selling directly (or through their farmer organization) to the program or the schools**
- Additional support provided to small-scale farmers
- Country had a law/policy/standard related to small-scale farmers and school feeding programs
- Preferential treatment for small-scale farmers/small farmer organizations/small companies in tendering procedures
- Effort is made to reduce food miles**

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

Food Sources

Yes - Purchased (domestic) 0% In-kind (domestic)
0% Purchased (foreign) 0% In-kind (foreign)

Additional Information

Since August 2017, the School Fruit, Vegetables and Milk Scheme (Koolikava) has combined two previous schemes (the school fruit and vegetables scheme and the school milk scheme) under a single legal framework. The aim is to increase children's consumption of fruits and vegetables and dairy products. The school milk scheme started in 2004, and the fruit and vegetables scheme has operated since 2009.

Support for the provision of organic food and food containing organic ingredients in educational institutions

Management

- Lead implementer(s): Agricultural Registers and Information Board
- Local governments managed the program (Decentralized decision-making).
- Local government procured the food

How Many Students Received Food

School Level	# of Students	% Girls	% Boys
Preschool	Unknown	–	–
Primary School	Unknown	–	–
Secondary School	Unknown	–	–
TOTAL	36,688	–	–

Foods and Beverages

N/A

Elements of Home-Grown School Feeding

- Objective for small-scale farmers to benefit from access to a stable market**
- Local food sourcing
- Small-scale farmers involved by selling directly (or through their farmer organization) to the program or the schools
- Additional support provided to small-scale farmers
- Country had a law/policy/standard related to small-scale farmers and school feeding programs
- Preferential treatment for small-scale farmers/small farmer organizations/small companies in tendering procedures
- Effort is made to reduce food miles

Objectives

- To meet educational goals
- To meet nutritional and/or health goals
- To meet agricultural goals

Modalities of Providing Students With Food

- In-school meals

Frequency and Duration

- 5 times per week
- During the school year

Targeting

- Universal (kindergartens and general education schools)

Food Sources

Yes - Purchased (domestic) 0% In-kind (domestic)
0% Purchased (foreign) 0% In-kind (foreign)

Additional Information

The program started in 2022.

The Global Survey of School Meal Programs® collects data from government sources and is funded, in part, by the United States Department of Agriculture. Contact info@gcnf.org for more information.

Citation: Global Child Nutrition Foundation (GCNF). 2024. Global Survey of School Meal Programs Country Report, Estonia.

<https://gcnf.org/country-reports/>