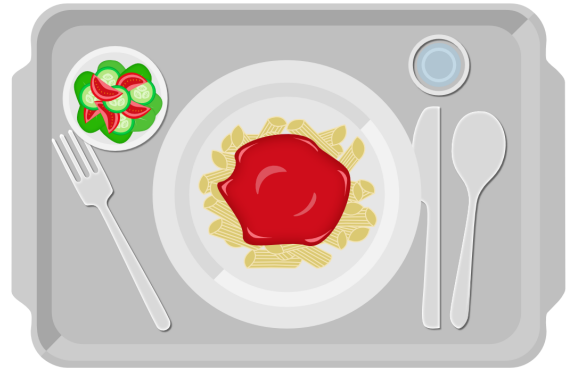


# GOOD TO KNOW



## What is a good and tasty school meal?

A school meal should taste good, fill you up and give you energy. It should also be climate-friendly. Because what we eat not only affects our own health, it also affects the health of the planet.

## What does such a meal look like?

In a nutshell: more vegetables, less meat. Vegetables, either cooked or raw, become the main part of the meal. Vegetables contain vitamins, minerals and fibre, which give you energy.

## Who came up with this?

We all care about our children's health, which is why Thuringia's law stipulates that school meals must meet current nutritional quality standards. Specifically, this refers to **the school meal quality standard set by the German Nutrition Society (DGE)**, which was developed on behalf of the German Federal Ministry of Food and Agriculture. The standard specifies, among other things, how often a food should be served and how it should be prepared.



## Why do the meals contain less meat?

What we eat has to change. Every meal makes a difference. Much more greenhouse gases are emitted in the production of meat and meat products compared with the production of vegetables. Less greenhouse gases is better for our climate. Less meat also benefits our health.

Explanatory video of the DGE  
(in German)



## Who can I ask if I have questions?

The "Vernetzungsstelle Schulverpflegung Thüringen" is a network centre in Thuringia that helps the people involved in school meals to implement the quality standard of the DGE. We provide information, advice and support for the school meal quality development processes.

vernetzungsstelle  
schulverpflegung  
thüringen

