



Well-being through nutrition

A guide for municipal decision-makers



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Introduction

This guide is intended for elected councillors, managers and employees of municipalities and municipal federations in Finland. Its goal is to improve the nutrition and general awareness of the effects of a healthy diet among the Finnish population.

The guide provides several examples of municipal promotion of good nutrition specific to certain age groups. The attending questions (with Yes/No answers) are meant to serve as an advisory checklist of specific measures for promoting the healthy diet of municipal residents. Examples of public service activities and projects and procurements with an emphasis on nutrition are presented by population group accordingly.

Municipal councils decide on municipal policies and approve municipal strategies and key priorities. Municipalities are also responsible for promoting the well-being and health of the residents and supporting their healthy choices, in addition to fostering sustainable development⁽¹⁾.

Development and administration of municipal policy entails determining objectives for health and well-being promotion, defining the measures necessary to support these goals, assigning the responsible actors and generating collaborative efforts to make them a reality⁽²⁾. Promoting health with good nutrition and physical activity is more affordable than caring for illnesses due to unhealthy lifestyles⁽³⁾.

The Government Programme for 2011-2015 underlines that the promotion of the welfare of the nation should be taken into consideration in all local community decisions and incorporated into all administrative sector activities. The best practices recommended in the government policy promoting health are worth utilizing. The priorities for the development and goals for health promotion in the various arenas are laid out in a Finnish Government Resolution⁽⁴⁾.

This guide describes concrete measures by which municipal decision-makers can promote municipal resident well-being through good nutrition.

1. Municipality Act 365/1995

2. Health Care Act 1326/2010

3. Kiiskinen U, Vehko T, Matikainen K, et.al. Evaluation of health promotion opportunities – effectiveness and cost-effectiveness. Helsinki 2008:112 pp. Publications of the Ministry of Social Affairs and Health, Finland.(In Finnish, English abstract)

4. Government resolution on development guidelines for health-enhancing physical activity and nutrition. Brochures of the Ministry of Social Affairs and Health 2008:10eng.

Nutrition in municipal welfare policy

Good nutrition boosts the well-being of municipal residents. A healthy diet is an essential part of not only physical and psychological health, but also social well-being, community spirit, cultural and behavioural education, sustainable development, quality of life, and life management skills. Arranging for healthy food for children at daycare and in schools is an investment in the future. Taking care to monitor the food intake and nutritional state of the elderly helps maintain functional capacity and health. Health promotion for municipal residents should be a permanent component of municipal welfare policy throughout its lifecycle. Municipalities can not only support the healthy choices of its residents, e.g. via maternity and child care clinics and occupational health services, but also influence the creation of a local environment that supports healthy living. Good nutrition also supports the wellness of employees working in the different municipal sectors.

There are many ways to promote nutrition among the local population. It is important that current and future municipal and service structures ensure that nutrition issues are a fundamental part of social and health promotion efforts and cross-sector collaboration. As the responsibility for nutritional matters is distributed across several administrative sectors, the development of collaboration and health management that transgresses administrative borders must be a primary objective.

Communications targeting municipal residents should encourage the implementation of good nutrition habits⁽⁵⁾. Recommendations for a healthy diet and better nutrition have been developed for different population groups to support this work on a practical level. In addition, nutrition guidelines have also been drawn up to aid in the procurement of food and food services⁽⁶⁾. It is not just a matter of money; it is also about having the insight to take advantage of opportunities to promote good nutrition in every administrative sector of local and regional government. It is possible to plan meals that fulfil nutrition recommendations without incurring added expense. It is also worth noting that a diet that follows nutrition recommendations is delicious, leaves one feeling good, and better preserves the environment.

5: Finnish nutrition recommendations – balancing energy intake and energy expenditure, National Nutrition Council (VRN) 2005; School meal recommendations, VRN 2008; The Child, Family and Food: Nutritional recommendations for infants and young children as well as pregnant and breastfeeding mothers, Publication of the Ministry of Social Affairs and Health 2004:11; Nutrition recommendations for the elderly, VRN 2010; Recommended principles of student meal programmes in higher education, The Social Insurance Institution of Finland (Kela) and the National Nutritional Council (VRN) 2011; Nutrition care, VRN 2010.

6. Developing mass catering services in Finland: Guidelines by the working group to monitor and develop mass catering services. Evaluation of the Ministry of Social Affairs and Health 2010:11 (In Finnish, English abstract)

5.



Objective

Good nutrition and its development are part of the municipal policy to promote well-being. Each administrative sector does its part to promote the good nutrition of municipal residents.

- Yes No Is your municipality making use of National Nutrition Council recommendations and dietary guidelines?
- Yes No Has your municipality named someone to serve as the municipal well-being coordinator or equivalent?
- Yes No Does your municipality have an authorised nutritionist at its disposal that contributes to the development of nutritional policy and can instruct municipal employees in nutrition matters?
- Yes No Does your municipality prioritize nutritional quality in its procurement processes?
- Yes No Has your municipality agreed on how to inform its residents about good nutrition?

Pirkanmaa regional nutrition programme already in action

The Pirkanmaa hospital district in Finland has drawn up a regional programme for health promotion that includes a regional nutritional programme. The programme presents the central objectives and concrete measures by which nutrition can be utilized to promote the general health and well-being of the population. The programme also outlines the parties responsible for implementation of each of the different measures necessary. The nutrition programme is meant to serve as a tool for both municipal health care and the other municipal administrative sectors, in addition to representatives of the third and private sector, decision-makers and employees.

The programme's objective is to assist Pirkanmaa municipalities in successfully completing the tasks assigned to them by Finland's new Health Care Act. Good management of nutritional matters helps municipalities to reduce expenses arising from the nutritional deficiencies of municipal residents.

The structures, goals and measures presented in the regional nutrition programme of the Pirkanmaa hospital district enable the introduction and development of new operating methods in the execution of nutritional services and care. The objective is also to single out nutrition as a promoter of health and well-being in municipalities as one of their most important strategic priorities.

Further information (in Finnish only): www.pshp.fi

Pregnant and breastfeeding women, small children

The foundation for life-long health is laid before birth. Good nutrition maintains the mother's health, safeguards foetal growth, hastens recovery after birth, and contributes to breastfeeding success. The time when a woman is pregnant is an ideal time to influence the dietary habits of the entire family. We learn healthy eating habits easily as children. The relation between nutritional need and weight is much greater for children than for adults⁽⁷⁾.

The Finnish Government Decree on maternity and child care clinic operations⁽⁸⁾ states that nutrition and weight management must be addressed in all health counselling. Nutrition guidance should be based on client need, support the practical application of data, and promote client willingness to assume personal responsibility for his or her own health. The guidance should target the entire family. Professionals working in the field of health care must possess a command of the latest data, skills and methods associated with nutritional guidance. Numerous instructions and tools have been developed to support proper guidance and good nutrition⁽⁹⁾.

Children in daycare must be provided with sufficient nutrition⁽¹⁰⁾. Food is an integral part of children's basic care, rearing and education. An excellent opportunity exists in daycare to guide the development of children's dietary habits and contribute to the general nutritional education of the family. A diverse array of healthy, high-quality food in the daily diet is important, as are learning social skills, preserving culinary cultures, developing food-related skills and knowledge, enhancing environmental awareness and promoting self-expression.

It is paramount that the significance of a good diet and the nutritional value of the food being served are emphasized in all young people's living environments, from the planning of children's clubs and playgrounds to the procurement and sales of snack foods in sports facilities, for example.

7. The Child, Family and Food: Nutritional recommendations for infants and young children as well as pregnant and breastfeeding mothers, Publications of the Ministry of Social Affairs and Health 2004:11

8. Government Decree on maternity and child welfare clinics, school and student health care, and preventive oral health care 338/2011, Chapter 3

9. Maternity and child welfare clinics, school and student health care, and preventive oral health care: Decree 380/2009 preamble and application directives, Brochure of the Ministry of Social Affairs and Health 2009:20; National action programme on breastfeeding promotion 2009–2012, THL report 32/2009. (In Finnish, English abstract)

10. Act on Children's Daycare 36/1973, Section 2b



Objective

The municipal early education programme includes guidelines for providing meals and nutrition guidance to preschool children.

- Yes No Do professionals in maternity and child care clinics in your municipality possess the latest data, skills and methods associated with nutrition guidance?
- Yes No Is it possible in your municipality to receive personal nutrition guidance and support in maternity and child care clinics?
- Yes No Does the food provided in your municipal daycare centres fulfil nutritional quality criteria?
- Yes No Are meals provided in your municipal daycare centres adjusted appropriately for the children's ages?

A Resourceful Family -programme

Intended for use in maternity and child care clinics and school health care, 'Neuvokas' (Resourceful) is a programme developed by the Finnish Heart Association for family-specific exercise and nutrition guidance. The programme addresses not only nutrition and physical activity, but also issues such as the tobacco and alcohol use of the parents.

The programme provides an 'A Resourceful Family' card and folders with information and illustrations. The card guides parents and their children in the assessment of their physical activity and dietary habits. It also allows advising professionals the possibility to match potential physical activity promotion and nutrition guidance to the specific needs and abilities of the individuals. The programme emphasizes the family-specific nature of the card, and encourages participants to enter concrete and realistic goals. During health care check-ups, the card is useful for broaching discussion of areas the family has chosen to work on.

The programme is already in use in several municipalities throughout Finland. The Finnish Heart Association arranges in-service training for implementing the programme along with the tools and methods for staying up-to-date with exercise and nutrition recommendations. Training was provided to over one thousand health care professionals in Finland in 2011, mostly public health nurses.

Further information (in Finnish only): www.sydanliitto.fi/neuvokas-perhe

Sapere method, in use in 40 Finnish municipalities

The City of Jyväskylä daycare organization has developed an operations model based on the French Sapere method designed to introduce children to varied diets and develop mass catering.

The Sapere method is a child-oriented mode of operation in which children are introduced to a variety of foods and their origins. The leading principle of the method is to provide sensory experiences with hands-on "taste classes" associated with food and the dining experience as a part of a child's everyday life. The method can be applied to creative experiments, games, self-expression, physical activity, trips and food preparation. Pedagogic benefits include learning table manners and hygiene as well as an increased awareness of the environment. Children learn to appreciate their food and their ability to sit down to a meal, and become curious about the source of the food they eat and the path it took to reach the plate. The method requires collaboration between education professionals and food services personnel. The principles and content of the method comply with the National Curriculum Guidelines on Early Childhood Education and Care in Finland (Vasu) and the principle of child-focused pedagogy in early childhood education. Sapare can be adopted by education professionals, food service professionals and parents alike.

The Sapere method and the child-oriented menu designed to support it are in use in several municipalities throughout Finland. Localities representing the Central Finland hospital district include: Jyväskylä, Hankasalmi, Keuruu, Laukaa, Viitasaari, Pihlajavesi, Äänekoski, Jämsä, Karstula, Kannonkoski, Saarijärvi, Kyyjärvi, Toivakka, Konnevesi, Urainen, Joutsa, Luhanka, Kuhmoinen, Petäjävesi, Multia, Kivijärvi and Kinnula, (the last municipality in the district, Muurame, will join in 2013) and areas in the Pirkanmaa hospital district include: Tampere, Ylöjärvi, Akaa, Valkeakoski, Hämeenkyrö, kaalinen, Lempäälä, Juupajoki and Nokia. Partner municipalities that participate actively include Turku, Uusikaupunki, Kouvolan, Joensuu, Kuopio, Oulu and Kurikka. Seven others have introduced the method of their own accord, using materials and expert support the project provides.

Further information: www.peda.net/veraja/projekti/saperemenetelma/english

Students in basic and upper secondary education

For over 60 years, Finland has had a one-of-a-kind school meal system protected by law⁽¹¹⁾ and provided by the municipality and the school. School meals are a part of the school's core curriculum instruction and rearing and school meals are offered to give pupils the required energy for their school work and reduce restlessness during class⁽¹²⁾. Eating regularly maintains pupils' well-being and contributes to their healthy growth and development. Investing in school meals also creates savings later, for example, by lessening the risk of children contracting diabetes as adults. The fact that Finland provides free school meals also earns the country accolades internationally. Vendng machines selling sweets and soda have no place in schools, not even those maintained by student councils.

The Basic Education Act states that pupils attending school must be provided with a properly organized and supervised balanced meal, free of charge every school day. The Upper Secondary School Act and the Vocational Education and Training Act state that students who are studying full-time are entitled to a free school meal on those days on which the student's presence is required on the school premises. The nutritional content of school meals is determined by the School meal recommendations drawn up by Finland's National Nutrition Council⁽¹³⁾. The teachers' role at statutorily-enforced meal times is important. Teachers are expected to partake of the school meal together with their students and therefore serve as an example.

School health care is also available to support both the children and the family in nutrition matters⁽¹⁴⁾. A national school health survey compiles information about the school meals, snack foods and other dietary habits. The information is then used by the school systems to develop their activities. Home economics courses provide young people with the knowledge and skills to create their own healthy meals after they move away from home. The integration of nutrition into each of the other school subjects teaches young municipal residents to be responsible citizens in terms of their environment, well-being and sustainable development.

If the municipality arranges morning or afternoon activities in compliance with the Basic Education Act, children in attendance must be offered a versatile and varying snack. A quality snack includes vegetables, fruit or berries as well as a grain product and fat-free or low-fat milk products. Nutritional instruction can be linked to snack time, encouraging children to adhere to a proper eating schedule and table manners as they enjoy balanced food in an unhurried environment. The nutritional quality of snack foods must also be observed in the food and drink selections of school clubs and sport facilities.

11. Basic Education Act 628/1998, Section 31; Upper Secondary Schools Act 629/1998, Section 28; Vocational Education and Training Act 630/1998, Section 37

12. Amendments and additions to national core curriculum basic education 2010, The Finnish Board of Education.

13. School meal recommendations, National Nutrition Council (VRN) 2008.

14. Maternity and child welfare clinics, school and student health care, and preventive oral health care: Decree 380/2009 preamble and application directives, Brochure of the Ministry of Social Affairs and Health 2009:20. (In Finnish, English abstract)

13.



Objective

School environments promote a healthy diet and good table manners.

- Yes No Do school meals in your municipality comply with national school meal recommendations and meet the criteria for nutritional quality?
- Yes No Do teachers in your municipality eat the school meal with the students?
- Yes No Is a healthy snack available in your municipality during morning and afternoon activities at schools?
- Yes No Does the municipal council make use of the information on school meals and nutrition that is gathered in school health surveys?
- Yes No Does your municipality make use of school milk subsidies?
- Yes No Does your municipality forbid vending machines selling sweets and soda in schools and sport facilities?

Nutritional quality of school meals in Kotka

The City of Kotka signed a partnership agreement with catering service provider Kymijoki Ravintopalvelut Oy in which the city stipulated that all meals follow the national nutrition recommendations.

Co-owned by the City of Kotka and the Kymenlaakso hospital and social services municipal federation, Kymijoen Ravintopalvelut Oy launched a system of meals in autumn 2010 that comply with the nutritional quality criteria for mass catering in all of its student restaurants and cafeterias. The system encourages students to choose a healthy nutritious meal that meets recommendations and also serves as a model for eating habits at home. Two main dishes are served every day, making meals that meet nutritional criteria available four to six times a week. Beginning in the autumn of 2011, the second main dish alternative has been vegetarian.

Implementation of the new system did not require any major new investments because the food service already had a list of selected recipes that met the nutrition recommendations. Ascribing due consideration to nutrition quality also did not add to the expense of providing school meals. Both the students and the school personnel embraced the new nutritional recommendation-compliant meals: the latest customer satisfaction survey found that 53% of respondents preferred the healthier alternative.

Further information (in Finnish only): www.makunne.fi

People of working age

As part of the efforts to promote health and well-being and prevent illness among its residents, municipalities are obliged to arrange appropriate health guidance. Everyone should have the possibility to eat a healthy meal outside the home. Workplace lunches should meet nutritional quality criteria⁽¹⁵⁾. Providers of occupational health care and nutritional services can carry out collaborative campaigns that call attention to factors that revitalize daily work capacity and improve work well-being, as well as instruction in the preparation of healthy snacks. Healthy food is no more expensive than unhealthy food. It is often simply a matter of thinking of nutrition in a holistic way.

Health guidance and health check-ups must also be arranged for those young people and adults outside the sphere of occupational and student health care. Health guidance and health check-ups should be combined with the other services provided by the municipalities to create an operative package⁽¹⁶⁾. Some localities (Oulu for example) have experimented with the possibility of offering school meals to the unemployed. Municipalities can also provide facilities for subsidized meals for the unemployed, as arranged by the third sector. This type of efforts have been successful in cities like Tampere and Joensuu, for instance. Preventing illness with good nutrition is less cost-intensive than the long-term care of the chronically ill.

15. Developing mass catering services in Finland: Guidelines by the working group to monitor and develop mass catering services. Evaluation of the Ministry of Social Affairs and Health 2010:11

16. Health Care Act 1326/2010, Ministry of Employment and the Economy guidelines for assessing the working ability of the unemployed and Ministry bulletin 3.3.2011



Objective

Municipality provides food and health care services for its residents and employees in accordance with the municipal welfare policy.

- Yes No Do municipal employees have the possibility to enjoy a delicious healthy workplace meal that fulfils nutritional quality criteria?
- Yes No Do the unemployed have the opportunity to enjoy a meal in municipal facilities?
- Yes No Does your municipality arrange lifestyle counselling opportunities that are available to everyone?
- Yes No Is it possible to receive professional nutritional guidance in your municipality?

Man 40 project

In autumn 2008 the Kirkkonummi district health centres launched the Man 40 (Mies 40) project for health evaluation. The project is a continuation of health services promoting male well-being developed in Pirkanmaa and other areas. The project attempts to discover hidden illnesses at an early stage and provide guidance to male clients in order to reduce their risk of illness. The project is supported by the national heart programme of the Finnish Heart Association and the Uusimaa Heart District's MBO project designed to develop practices to prevent metabolic syndrome risk factors.

Kirkkonummi men between the ages of 35 and 45 were invited to participate in the project by taking part in a free health assessment. The assessment involved filling out a 'Chart your Situation' survey online or at a 'Tune-Up point' at the local health centre. The survey established the current state of several health indicators and was supplemented with laboratory tests.

If the 'tune-up' shows that servicing is needed, the client is offered a service package: a one-hour consultation with a health care professional, a dental appointment, and a one and a half hour dietary consultation with a nutritional therapist. In addition, the client receives guidance with regard to the health effects of diet, physical activity, alcohol use, tobacco use, and sufficient sleep.

Project participants are invited to an evening meeting four times a year and spouses are welcome. A drawing from among the participants presents free swimming hall tickets to the winner. All of the Man 40 project services are provided at no charge.

Further information (in Finnish and Swedish only): www.kirkkonummi.fi/prime160.aspx/

Elderly people

The proportion of elderly people among municipal residents will grow quickly in Finland in the next few years. To reflect this future demographic change, the new Health Care Act for the first time now requires local authorities to arrange guidance services for the elderly aimed at advocating healthy lifestyles and preventing illnesses and accidental injuries⁽¹⁷⁾.

Good nutrition maintains the health, functional ability and quality of life of the aging population and hastens post-illness or accident recovery. The possibilities for older people to continue to live at home are also better if they enjoy a nutritious diet. Efficient meal services support autonomous living. Food and mealtimes also have an important psychosocial significance.

Nutrition recommendations for the elderly⁽¹⁸⁾ provide dietary guidelines for both older people of good health who are living at home and those in residential homes. The National Development Programme for Social Welfare and Health Care in Finland (Kaste) stresses intensified adherence to these recommendations and regular assessment of the elderly's nutritional state⁽¹⁹⁾.

Older people and their relations need guidance about matters associated with aging, health and social issues. They also need guidance as to what kinds of support and services are available and where and how it can be found. To meet this need, municipalities have compiled service guides and websites and founded guidance centres in collaboration with several partners. Home visits promoting well-being were arranged in approximately two-thirds of all municipalities responding to a municipal survey in 2010⁽²⁰⁾.

17. Health Care Act 1326/2010, Section 20

18. Nutrition recommendations for the elderly, National Nutrition Council 2010

19. The Kaste Programme 2012–2015, Brochure of the Ministry of Social Affairs and Health 2012:1 (In Finnish, English abstract)

20. National Institute for Health and Welfare Statistics Report 36/2011: Care and services for older people 2010 – municipal survey report (In Finnish only)



Objective

Services are provided for elderly municipal residents to support their adherence to a healthy diet and monitor their nutritional state.

- Yes No Does your municipality have a model for assessing the nutritional state of residents over 65 and plans to care for and monitor elderly people with nutritional deficiencies and prevent these deficiencies from occurring?
- Yes No Does your municipality provide nutrition guidance for the elderly?
- Yes No Does your municipality arrange need-based meal services for the elderly?
- Yes No Do home visits in your municipality monitor the nutritional state of older people by, for example, weighing the clients regularly?

The Ruori project in the City of Joensuu

This project creates a new operations model for promoting health and well-being and guidance services for the elderly. The broad-based Ruori concept includes such themes as a grat fying daily life, personal relationships, physical activity, sexuality, alcohol use, sleep and rest, and nutrition.

Key components of the model are the self-directed care and service points known as "Ankkurin napit" (Anchor buttons), through which the services can be conveyed to sparsely populated areas in the countryside. The project arranges a diverse array of events and services promoting health and well-be ng designed spec fically for the elderly. Many elements of the Ruori project further the implementation of early intervention and support and preventive work. Municipal residents take part in working groups which plan concrete goals for promot ng health and the measures to achieve them. The Ruori project was presented with the National Institute for Health and Welfare's TERVE SOS Award in 2010.

Further information (in Finnish):

www.jns.fi/Resource.phx/sivut/sivut-ruori/index.htm

www.kunnat.net/fi/asiantuntijapalvelut/soster/sosiaalipalvelut/ikaantyneet/neuvontapalvelut/Sivut/default.aspx

Health centre wards, hospitals and residential homes

Nutritional care is always a fundamental part of good patient care and requires the varied professional competencies and cooperation of doctors, the nursing staff, and food services. Keeping patients well-nourished reduces treatment expense, as it promotes recovery and lessens the number of days that patients require care. It also lowers the risk of other illnesses⁽²¹⁾.

Malnutrition is a significant clinical and financial problem for patients and elderly persons in long-term care. It is important to identify malnutrition when patients begin treatment or at check-ups held at regular intervals during long-term care. Up to one-half of all hospital patients are malnourished. Good nutritional care significantly improves the functional capacity of patients and lessens the time they have to spend in hospital. Screening for the risk of malnutrition is an easy and quick method that should be adopted.

Support for maintaining a nutritious diet is also needed when patients are transferred to new care facilities or as they make the transition from a care facility back home. This requires that municipalities provide sufficient nutritional competency in every stage of the public health services chain. Employee proficiency in nutrition matters must be maintained and supplemented with continued education and training.

²¹. Nutrition care: Recommendations for hospitals, health centers, residential homes and rehabilitation centers, National Nutrition Council, 2010.

25.



Objective

Nutrition is an important part of patient care in health centre wards, hospitals and residential homes, where the food being served follows nutritional recommendations and fulfils nutritional quality criteria.

- Yes No Do health care facilities in your municipality comply with the suggested meal times outlined in the national nutrition recommendations?
- Yes No Do health care facilities in your municipality assess the malnutrition risk of patients in the care at the beginning of the treatment or at regular intervals in the case of long-term care?
- Yes No Is the weight of long-term patients monitored regularly?
- Yes No Are the services of a nutrition expert available to municipal food services when they are, for example, procuring food, planning menus or developing special diets?

City of Lappeenranta hospital and care facilities development project for the application of practices compliant with nutritional recommendations.

A selection of health-promoting diets was taken into use in the hospitals and care facilities of Lappeenranta in 2010, the same year when the new nutritional care recommendations were published. The local food service organization took an active role in the dissemination of information and as organizer of the associated training. The chosen strategy proved successful in the subsequent implementation of the new operational model practices.

Simultaneous with the campaign to introduce a selection of health-promoting food, a planning system for a new meal time schedule compliant with nutritional recommendations was introduced in care facility wards and kitchens. Implementation of the new meal times led to re-evaluation of existing care routines and working shifts in care facilities. Seamless cooperation and information sharing between the kitchen, the care facility maintenance personnel and the nursing staff proved critical in the practical implementation of the new operations model.

The establishment of a new social and health care district in Southern Karelia (Eksote) for its part ensures that the new meal times are implemented in tandem in six other municipalities in addition to Lappeenranta.

NUTRITION RECOMMENDATIONS

Finnish Nutrition Recommendations 2005 – a balance between energy intake and exercise

The National Nutrition Council's Nutrition Recommendations for Finland aims to promote and support the positive development of the nutrition and health of the country's entire population. The Finnish recommendations are based on the new Nordic Nutrition Recommendations drawn up on the basis of the results of extensive scientific research. The Nordic Nutrition Recommendations will be updated next in 2012, after which the Finnish Nutrition Recommendations will be updated as well. (In Finnish and Swedish only) www.ravitsemusneuvottelukunta.fi/portal/fi/ravitsemussuositukset/

The Child, Family and Food: Nutritional recommendations for infants and young children as well as pregnant and breastfeeding mothers. Publications of the Ministry of Social Affairs and Health 2004:II

This book contains the latest nutritional recommendations for the whole family. It serves as an ideal handbook, textbook or source of information for those professions who work with children, pregnant and breastfeeding mothers and families. These recommendations will be updated next in 2013-14. (In Finnish only, English summary on page 7-8)

www.stm.fi/c/document_library/get_file?folderId=28707&name=DLFE-3555.pdf&title=Lapsi_perhe_ja_ruoka_fi.pdf

School meal recommendations 2008

School meal recommendations are meant to serve as guidelines for municipal decision-makers, school administrators responsible for food services and for the provision of school meals to school-aged children. When implemented, the recommendations assure that the nutritional needs of students are fulfilled during the school day, which promotes the healthy growth and development of the pupils and gives them energy for their school work throughout the day. The recommendations contain recommendations regarding morning and afternoon snacks as well. The recommendations for school meals are written only in Finnish and Swedish, but the Finnish National Board of Education has made a brochure about the school meal system in Finland. The recommendations are shortly referenced in the publication. www.ravitsemusneuvottelukunta.fi/attachments/vrn/school_meals_in_finland.pdf

See also the National Board of Education's publication of 29 October 2010: "Amendments and Additions to the National Core Curriculum Basic Education (in particular the sections on instruction, support for learning and schooling, and pupil welfare)"

www.oph.fi/download/I32551_Amendments_and_additions_to_national_core_curriculum_basic_education.pdf

Nutrition recommendations for the elderly 2010

Nutrition recommendations for the elderly seeks to inform professionals working in home care, senior homes, hospitals and health care how to recognize weakening or malnutrition and implement a nutritious diet as part of attentive everyday care. An additional goal is to standardize best practices and increase general awareness of the special dietary needs of older people. (In Finnish only)

www.ravitsemusneuvottelukunta.fi/portal/fi/ravitsemussuositukset/

Nutrition care: Recommendations for hospitals, health centres, residential homes and rehabilitation centres 2010

The nutrition care recommendations seek to standardize nutrition care practices in the care and rehabilitation of patients, residents and clients.

Recommendations are intended for use by everyone working in hospitals, health centres, residential homes and rehabilitation centres - from decision-makers to employees. (In Finnish only) www.ravitsemusneuvottelukunta.fi/portal/fi/ravitsemussuositukset/

Developing mass catering services in Finland: Guidelines by the working group to monitor and develop mass catering services. Evaluation of the Ministry of Social Affairs and Health 2010:II

Recommended guidelines contain practical tools for procurement of institutional food services and food purchasing criteria.

(In Finnish only, English summary on page 6) www.stm.fi/c/document_library/get_file?folderId=1082856&name=DLFE-1147I.pdf

The website of the Public Procurement Advisory Unit contains model forms, for example, for purchasing catering services that fulfil nutritional quality criteria. (In Finnish and Swedish only) www.hankinnat.fi

Recommended principles of student meal programmes in higher education. The Social Insurance Institution of Finland (Kela) and the National Nutritional Council 2011

The recommendations state the principles behind arranging student meal catering in higher education. The recommendation is a tool for assisting with the planning and implementation of student cafeterias that fulfil the criteria for student meal subsidies. (In Finnish and Swedish only, English summary)

[www.kela.fi>students>mealsubsidy](http://www.kela.fi/students>mealsubsidy) and www.ravitsemusneuvottelukunta.fi/portal/fi/ravitsemussuositukset/

Other useful links:

Diabetes care recommendations and development of the quality of diabetes care (In Finnish and Swedish only): www.diabetes.fi/fi/files/969/I

School Health Promotion Study: info.stakes.fi/kouluterveyskysely/EN/index.htm

Government resolution on development guidelines for health-enhancing physical activity and nutrition:

www.stm.fi/c/document_library/get_file?folderId=39503&name=DLFE-64I2.pdf

The 'TEA-viisari' is a health promotion activity indicator illustrating the activity level of municipalities in promoting the health of municipal residents. The online service developed by Finland's National Institute for Health and Welfare supports the planning and administration of municipal and regional health promotion (In Finnish and Swedish only): www.thl.fi/fi_FI/web/fi/tutkimustarviket/teaviisari

Report on the cost of school meals in Finland (In Finnish and Swedish only): www.oph.fi/rahoitus/valtionosuudet/raportit



“Promoting health with good nutrition and physical activity is more affordable than caring for illnesses due to unhealthy lifestyles”



www.ravitsemusneuvottelukunta.fi
www.localfinland.fi

