

**STRATEGY FOR THE IMPLEMENTATION OF THE SCHOOL SCHEME IN PORTUGAL
FROM 2017/2018 TO 2022/2023 SCHOOL YEAR**

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1. ADMINISTRATIVE LEVEL

Article 23(8) of Regulation (EU) No 1308/2013 as amended by Regulation (EU) 2016/791 (hereafter, the basic act) and Article 2(1)a of the Commission Implementing Regulation (EU) 2017/39 (hereafter, implementing regulation)

National	<input checked="" type="checkbox"/>	The specific geography and the Political and Administrative Statutes of the Autonomous Regions of the Azores and Madeira mean that the implementation of the School Scheme in those areas involves specific features with respect to the responsibilities involved, as explained in section 7.7 ' <i>Involvement of authorities and stakeholders</i> '.
Regional	<input type="checkbox"/>	

2. NEEDS AND RESULTS TO BE ACHIEVED

2.1. Identified needs

Article 23(8) of the basic act and Article 2(1)b of the implementing regulation

1) To combat/reverse obesity rates among children/adolescents

Over half the Portuguese population is overweight¹ (a situation already identified as a public health issue at the end of the last century). In terms of the EU, Portugal is one of the Member States with the highest levels of childhood obesity, and the situation is becoming a great cause for concern (approximately one third of children are affected²). Unless this situation is reversed, there is a risk that future generations of children will be even more overweight than the current one³.

2) To increase consumption of fruit/vegetable products and milk/milk products amongst Portuguese children and bring consumption closer to the recommended daily quantities

Despite the fact that Portugal's overall per capita average for fruit and vegetables is higher than the EU average⁴, research/studies show that Portuguese children still eat less fruit and vegetables than the recommended averages⁵. The World Health Organization (WHO) recommends eating at least 400 g of fruit and vegetables per day; however, several studies⁶ suggest that Portuguese children eat less than the recommended averages^(7, 8). Some studies also show that there is a social gradient in children's consumption of fruit and vegetables and suggest that families that are more vulnerable in socio-economic terms eat less fruit and vegetables⁹. As regards milk/milk products, given their nutritionally balanced and calcium-rich nature, the idea behind providing these foods is to help children to grow and develop properly and to make their diet more healthy/balanced, thus ensuring that they consume the quantities recommended by the WHO.

3) To change children's habits/dietary patterns

¹ Carmo *et al*, 2006. Prevalence of obesity in Portugal. *Obesity reviews*. 7 (2006) 233-237 <http://www.ncbi.nlm.nih.gov/pubmed/16866971>

² Cattaneo A, Monasta L, Stamatakis E, Lioret S, Castetbon K, Frenken F, Manios Y, Moschonis G, Savva S, Zaborskis A, Rito A, Nanu M, Vignerová J, Caroli M, Ludvigsson J, Koch FS, Serra-Majem L, Szponar L, van Lenthe F, Brug J (2009). Overweight and Obesity in infants and pre-school children in the European Union: a review of existing data. *Obesity Reviews*, 10 6).(published online: doi: 10.1111/j.1467-789X.2009.00639.x)

³ Rito A: "Estado Nutricional de Crianças e oferta alimentar do pré-escolar do Município de Coimbra" ['Nutritional status of children and pre-school food in the municipality of Coimbra']. In Carmo, I; Santos O; Camolas J, Vieira J (orgs) – *Obesidade em Portugal e no Mundo [Obesity in Portugal and the world]*. Lisbon: Lisbon Faculty of Medicine, 2008.

⁴ Prochildren: <http://www.prochildren.org/>

⁵ Directorate-General for Health, Directorate for Information and Analysis Services. *A Saude dos Portugueses. Perspetiva 2015 [The health of the Portuguese. 2015 overview]*. Lisbon: Directorate-General for Health; 2015.

⁶ World Health Organization. *Diet, nutrition and the prevention of chronic disease. Technical Report Series 916* Geneva; 2003.

⁷ Yngve A, Wolf A, Poortvliet E, Elmadfa I, Brug J, Ehrenblad B, et al. Fruit and vegetable intake in a sample of 11-year-old children in 9 European countries: The Pro Children Cross-sectional Survey. *Annals of nutrition & metabolism*. 2005; 49(4):236-45.

⁸ Mantziki K, Vassilopoulos A, Radulian G, Borys J-M, Plessis HD, Gregorio MJ, et al Inequities in energy-balance related behaviours and family environmental determinants in European children: baseline results of the prospective EPHE evaluation study. *BMC Public Health*; 2015.

This objective is in response to the gradual loss of traditional values with respect to Mediterranean food/the Mediterranean diet. This has led to children developing their current eating habits, which typically involve consuming lower quantities of soup, fruit, vegetables, milk and milk products.

4) To correct poor eating habits, which includes promoting products with greater nutritional value

This objective is in response to the strong evidence linking poor eating habits to the high prevalence of obesity and other chronic illnesses such as heart disease, cancer and diabetes. In light of this, there is a need to encourage the consumption of foods that have a lower energy density and contain more nutrients, as opposed to foods that are high in calories/not very nutritious, which can cause obesity as a result of the significant energy imbalance they bring about.

5) To change/improve the availability of certain foods

This objective will be achieved by promoting the consumption of more appropriate foods in schools and also, indirectly, in the home.

2.2. Objectives and indicators

Article 23(8) of the basic act and Article 2(1)c of the implementing regulation

General objective(s)	Impact indicator(s)	Specific objective(s)	Result Indicator(s)	Output Indicator(s)
To help children and their families to develop healthy eating habits, thereby increasing the consumption of fruit/vegetable products and milk/milk products by the pupils involved ⁹	Change in the pupils' direct and indirect consumption of fruit, vegetable products, milk and milk products after implementation of the 2017-2023 strategy: <i>target 1% of increase each school year, for an aggregate total of 6% after the 6 year strategy period</i>	To increase the consumption of fruit, vegetable products, milk and milk products in schools	+1% of children who participated in the School Scheme per school year (out of the total number of children in the target group)	% of children who participated in the School Scheme per school year
			+1% of schools that participated in the School Scheme per school year (out of the total number of schools that could potentially participate)	% of schools that participated per school year in the School Scheme
			Average consumption per pupil per school year (quantity or portions)	Total amount of products distributed (quantity or portions)
			Implementation rate (annual amount of support paid as a % of the final allocation between school years 2017-18 and 2022-23)	Annual amount of support paid between school years 2017-18 and 2022-23
			+1% of	%Number of

⁹ As regards the educational component of the scheme, the result is referred only as participation on educational complementary initiatives, as it is the final purpose of this measure. A final evaluation will be made at the end of the strategy to evaluate the what the children should know better or more as a result of participation of the scheme.

			municipalities involved/applicants per school year (distribution of fruit and vegetable products)	municipalities participating in fruit and vegetable distribution per school year between school years 2017-18 and 2022-23
		To increase the indirect consumption of fruit, vegetable products, milk and milk products	% of children that consumed more at home	Number of children that consumed more at home
		To reinforce the acquisition of skills in the area of food education and health, within the school environment + To bring children closer to the rural environment and teach them about where food comes from, in order to establish/maintain healthy eating habits	% of children involved in accompanying educational measures per school year, out of the total number of children in the target group	Number of children involved in accompanying educational measures per school year, out of the total number of children in the target group
			Number of accompanying educational measures per school	Total number of accompanying educational measures implemented
			Number of accompanying educational measures per pupil	Total number of accompanying educational measures implemented
			% of the allocated funding used for accompanying educational measures	Amount of support disbursed for accompanying educational measures

2.3. Baseline

Article 23(8) of the basic act and Article 2(1)d of the implementing regulation

Childhood obesity has reached a worrying level in Portugal¹⁰, which is one of the EU Member States where it is most prevalent (approximately one third of children are affected¹¹). Unless this situation is reversed, there is a risk that future generations of children will be even more overweight than the current one¹². It is estimated that 36.2 % of boys and 34.8 % of girls aged between 2 and 5 are overweight ('pre-obese' and

¹⁰ PORTUGAL Alimentação Saudável em números – 2014 - Programa Nacional para a Promoção da Alimentação Saudável [PORTUGAL Healthy eating in figures – 2014 - National programme for the promotion of healthy eating]

http://www.ordemosnutricionistas.pt/documentos/biblioteca/i021010_2.pdf

¹¹ Cattaneo A, Monasta L, Stamatakis E, Lioret S, Castetbon K, Frenken F, Manios Y, Moschonis G, Savva S, Zaborskis A, Rito A, Nanu M, Vignerová J, Caroli M, Ludvigsson J, Koch FS, Serra-Majem L, Szponar L, van Lenthe F, Brug J (2009). Overweight and Obesity in infants and pre-school children in the European Union: a review of existing data. *Obesity Reviews*, 10 (6).(published online: doi: 10.1111/j.1467-789X.2009.00639.x)

¹² Rito A: “Estado Nutricional de Crianças e oferta alimentar do pré-escolar do Município de Coimbra” [‘Nutritional status of children and pre-school food in the municipality of Coimbra’]. In Carmo, I; Santos O; Camolas J, Vieira J (orgs) – *Obesidade em Portugal e no Mundo [Obesity in Portugal and the world]*. Lisbon: Lisbon Faculty of Medicine, 2008.

obese). The data in the 2010 COSI Portugal study¹³ revealed that, in the 6- to 9-year-old age group, 34 % of boys and 30.3 % of girls were overweight (15.6 % of boys and 13.5 % of girls were obese). In the case of adolescents (ages 11 to 15), 35.3 % of boys and 32.7 % of girls were also overweight. The epidemiological studies carried out within the framework of the *Plataforma contra a Obesidade* (Platform against obesity) confirmed that 32 % of 7- to 9-year-olds are overweight, 18.1 % of them being ‘pre-obese’, and 13.9 % of them being obese¹⁴.

Despite the fact that Portugal’s overall per capita average (cf. section 2.1) for fruit and vegetables is higher than the EU average¹⁵, research/studies show that Portuguese children eat less fruit and vegetables than the recommended averages^(16,17,18 and 19).

The target group for the distribution of fruit and vegetable products was pupils in the first cycle of primary education at state schools (estimated number according to 2016 data²⁰: 357.232). This target group was selected on the basis of health priorities (namely the prevalence of childhood obesity in Portugal and the scientific evidence with regard to changing eating habits), the characteristics of the Portuguese education system and children’s cognitive predisposition towards adopting new patterns of behaviour, as well as budgetary allocations. Applying the principle of fairness means ensuring that all pupils in those schools have access to the scheme; the approved suppliers must therefore include every school in each region.

As regards the distribution of milk and milk products, the defined target group is broader, given that it includes state-school pupils in pre-school education (137.573 pupils enrolled at 3.702 schools in 2016²¹) and the first cycle of primary education (357.232 pupils enrolled at 3.796 schools in 2016). The sums involved are intended to ensure that milk is distributed free of charge on a daily basis. They are supplemented with funds from the national budget in order to ensure that the entire target group receives milk free of charge (cf. section 3.3 ‘Existing national scheme’).

It will also be possible to integrate the accompanying educational measures for pre-school pupils into this scheme.

The baseline for the assessment of the outputs and results in the table in the previous section will refer to data in the *Inquérito Alimentar Nacional e da atividade física (IAN AF) 2015-2016*, published in March 2017.

¹³ [Childhood Obesity Surveillance Initiative: COSI Portugal 2010](#)

¹⁴ Rito A, Breda J. WHO European Childhood Obesity Surveillance Initiative – Portugal. <http://www.plataformacontraaobesidade.dgs.pt>

¹⁵ Prochildren: <http://www.prochildren.org/>

¹⁶ Directorate-General for Health, Directorate for Information and Analysis Services. A Saude dos Portugueses. Perspetiva 2015 [The health of the Portuguese. 2015 overview]. Lisbon: Directorate-General for Health; 2015.

¹⁷ World Health Organization. Diet, nutrition and the prevention of chronic disease. Technical Report Series 916 Geneva; 2003.

¹⁸ Yngve A, Wolf A, Poortvliet E, Elmadfa I, Brug J, Ehrenblad B, et al. Fruit and vegetable intake in a sample of 11-year-old children in 9 European countries: The Pro Children Cross-sectional Survey. *Annals of nutrition & metabolism*. 2005; 49(4):236-45.

¹⁹ Mantziki K, Vassilopoulos A, Radulian G, Borys J-M, Plessis HD, Gregorio MJ, et al Inequities in energy-balance related behaviours and family environmental determinants in European children: baseline results of the prospective EPHE evaluation study. *BMC Public Health*; 2015.

²⁰ [PORDATA: database on contemporary Portugal](#) (pupils enrolled in state schools: total and by teaching level)

²¹ [PORDATA: database on contemporary Portugal \(state-run establishments providing pre-school, primary and secondary education: total and by teaching level\)](#)

3. BUDGET

3.1. Union aid for the school scheme

Article 23a of the basic act and Article 2(1)e of the implementing regulation

EU aid for the school scheme (in EUR)	Period 1/8/2017 to 31/7/2023		
	School fruit and vegetables	School milk	Common elements if applicable
Distribution of school fruit and vegetables/school milk*	17.237.834,25	11.660.150,25	
Accompanying educational measures			3.302.626,80
Monitoring, evaluation, publicity			825.656,70
Total	17.237.834,25	11.660.150,25	4.128.283,50
Overall total	33.026.268		

The EU budget for the milk part of the scheme is envisaged to be used to distribute once a week to all students in pre-school and in 1st cycle primary education for 30 weeks in the course of the school year. Should the EU budget not prove sufficient, additional source of funding will be considered through transfer from the fruit and vegetables' component and/or requesting additional resources that would be available due to unrequested amounts from other Member States.

As regards accompanying educational measures and monitoring, evaluation and publicity, we decided to take a joint (horizontal) approach with regard to the two kinds of distribution, adopting a proportional approach for each of them:

- Accompanying educational measures – 10% of the total allocation is earmarked for all types of product over the six years;
- Monitoring, evaluation and publicity – the following amounts are earmarked for all types of product: 1% of the total allocation over five of the years, and 10% thereof in the year in which the five-year evaluation is carried out.

3.2. National aid granted, in addition to Union aid, to finance the school scheme			
Article 23a(6) of the basic act and Article 2(2)d of the implementing regulation			
No		<input checked="" type="checkbox"/>	
Yes		<input type="checkbox"/>	
If yes, amount (in national currency)	Fruit/vegetables	Milk/milk products	
		Milk/milk products other than Annex V	Annex V products
Supply/distribution			
Accompanying educational measures			
Monitoring, evaluation, publicity			
Total			
Comment/explanatory text (eg. name of the national aid, legal basis, duration).			

3.3. Existing national schemes		
Article 23a(5) of the basic act and Article 2(2)e of the implementing regulation		
No		<input type="checkbox"/>
Yes		<input checked="" type="checkbox"/>
– Extension of the target group		<input checked="" type="checkbox"/>
– Extension of the range of products		<input checked="" type="checkbox"/>
– Increased frequency or duration of distribution of products		<input checked="" type="checkbox"/>
– Enhanced educational measures (increased number or frequency or duration or target group of those measures)		<input type="checkbox"/>
– Other: please specify (eg. if products originally not free of charge and that are provided free of charge)		<input type="checkbox"/>
<p>A national School Milk Programme is in place, funded nationally, as part of a wider set of support measures in the context of social action in schools. It provides drinking UHT milk and its lactose free version, and also Category I (milk component $\geq 90\%$), namely Milk-based drinks with cocoa. National funding will continue to be provided with the aim of having children continue to receive milk and milk products on a daily basis and free of charge. For consistency with the EU school scheme, priority is given to drinking milk, with orientation produced by education directorate, and educational and information measures will only target drinking milk.</p>		

4. TARGET GROUP/S

Article 23(8) of the basic act and Article 2(1)f of the implementing regulation

School level	Age range of children	School fruit and vegetables	School milk
Nurseries		<input type="checkbox"/>	<input type="checkbox"/>
Pre-schools	4-5	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Primary	6-9	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Secondary	10-18	<input type="checkbox"/>	<input type="checkbox"/>

In the case of fruit and vegetable products, bearing in mind the explanation set out in section 2.3, the scheme will be implemented in public schools and will target pupils in the first cycle of primary education. In the case of milk and milk products, the scheme will target pupils in regular attendance at establishments providing pre-school education and the first cycle of primary education.

5. LIST OF PRODUCTS DISTRIBUTED UNDER THE SCHOOL SCHEME

Article 23(9) of the basic act and Article 2(1)g of the implementing regulation

5.1. Fruit and vegetables

5.1.1. Fresh fruit and vegetables - Article 23(3)a of Regulation (EU) No 1308/2013

Apricots, cherries, peaches, nectarines, plums	<input checked="" type="checkbox"/>	Carrots, turnips, salad beetroot, salsify, celeriac, radishes and other edible roots	<input checked="" type="checkbox"/>
Apples, pears, quinces	<input checked="" type="checkbox"/>	Cabbages, cauliflowers and other edible brassicas	<input type="checkbox"/>
Bananas	<input checked="" type="checkbox"/>		
Berries	<input type="checkbox"/>	Cucumbers, gherkins	
Figs	<input type="checkbox"/>	Lettuces, chicory and other leaf vegetables	<input type="checkbox"/>
Grapes	<input checked="" type="checkbox"/>	Lentils, peas, other pulses	<input type="checkbox"/>
Melons, watermelons	<input type="checkbox"/>	Tomatoes	<input checked="" type="checkbox"/>
Citrus fruit	<input checked="" type="checkbox"/>	Other vegetables: please specify	<input type="checkbox"/>
Tropical fruit	<input type="checkbox"/>	
Other fruit: please specify (eg. kiwis, persimmons, nuts)	<input type="checkbox"/>		

This list was approved on the basis of a favourable opinion by the Directorate-General for Health [*Direção Geral de Saúde – DGS*], which is the national health authority. The products were selected with a view to ensuring a variety of products and on the basis of their appeal to children, as well as nutritional and health-related criteria. The Directorate-General for Health also helped draw up the rules on distributing the products (cf. section

7.2), particularly with regard to packaging and size, the timetable for distributing products and product rotation.

5.1.2. Processed fruit and vegetables – Article 23(4)a of Regulation (EU) No 1308/2013

Products distributed under the school scheme		Added salt			Added fat			Comments (optional)
		No	Yes		No	Yes		
Fruit juices	<input type="checkbox"/>							
Fruit purées, compotes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<i>If yes, please indicate the limited quantity</i>	<input type="checkbox"/>	<input type="checkbox"/>	<i>If yes, please indicate the limited quantity</i>	
Jams, marmalades	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>			
Dried fruits	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>			
Vegetable juices	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>			
Vegetable soups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>			
Other: please specify	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>			

5.2. Milk and milk products

5.2.1. Milk - Article 23(3)b of Regulation (EU) No 1308/2013

Drinking milk and lactose-free versions	<input checked="" type="checkbox"/>
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5.2.2. Milk products - Article 23(4)b of Regulation (EU) No 1308/2013

Products distributed under the school scheme		Added salt			Added fat			Comments (optional)
		No	Yes		No	Yes		
Cheese and curd	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>	<i>If yes, please indicate the limited quantity</i>	
Plain yoghourt	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>		
Fermented or acidified milk products without added sugar, flavouring, fruits, nuts or cocoa	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>			

5.2.3. Milk products - Annex V to Regulation (EU) No 1308/2013

Products to be distributed under the school scheme		Added salt			Added fat			Added sugar
		No	Yes		No	Yes		
Category I (milk)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<i>If yes,</i>	<input type="checkbox"/>	<input type="checkbox"/>	<i>If yes,</i>	

component $\geq 90\%$). Fermented milk products without fruit juice, naturally flavoured				<i>please indicate the limited quantity</i>			<i>please indicate the limited quantity</i>	
Category I (milk component $\geq 90\%$). Fermented milk products with fruit juice, naturally flavoured or non- flavoured	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>		
Category I (milk component $\geq 90\%$). Milk- based drinks with cocoa, with fruit juice or naturally flavoured	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>		
Category II (milk component $\geq 75\%$). Fermented or non- fermented milk products with fruit, naturally flavoured or non- flavoured	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>		<input type="checkbox"/>	<input type="checkbox"/>		

5.2.4. Prioritisation of fresh fruit and vegetables and drinking milk

Article 23(3) of the basic act

In view of falling consumption rates, priority should be given to distributing fresh fruit and vegetable products and milk under the School Scheme. For instance, in the case of fruit and vegetable products, we ensure that priority is given to these products by opting exclusively for fresh products which are easy to eat as they are, as explained in section 5.1. In the case of milk, the prioritisation approach is intended to meet the objectives of the School Scheme and the goals set. It is also intended to ensure compliance with nutritional recommendations regarding calcium absorption and promote the consumption of specific products or meet children's specific nutritional needs. Bearing in mind the growing problems linked to lactose intolerance, we will only distribute semi-skimmed UHT milk and lactose free.

Other agricultural products in the educational measures

Article 23(7) of the basic act and Article 2(1)g of the implementing regulation

Yes		No
<input type="checkbox"/>	Please list the products	<input checked="" type="checkbox"/>

5.3. Criteria for the choice of products distributed under the school scheme and any priorities for the choice of those products

Article 23(11) of the basic act and Article 2(2)a of the implementing regulation

Health considerations	<input checked="" type="checkbox"/>
Environmental considerations	<input type="checkbox"/>
Seasonality	<input checked="" type="checkbox"/>
Variety of products	<input checked="" type="checkbox"/>
Availability of local or regional produce	<input checked="" type="checkbox"/>
<p>The choice of products was based on the following:</p> <ul style="list-style-type: none"> Concerns regarding variety and availability, thus opening the way for a wide range of products which are easy for children to eat and are not allergens. Nutritional balance. Seasonality, in order to give preference to products that are in season. Although some eligible products are not subject to seasonality criteria, since they can be preserved, others must be consumed in the season in which they are produced, such as, for example, cherries, grapes, plums and peaches. <p>Elaborating on the criteria laid down, the eligible products are apples, pears, clementines, tangerines, oranges, bananas, cherries, grapes, plums, peaches, carrots and tomatoes, and they should preferably be made available with the following in mind:</p> <ul style="list-style-type: none"> all products should be distributed at least once a year, meaning that each child has the chance to consume each eligible product at least once in every school year, and at least five eligible products should be made available each year, two of which must be carrots and tomatoes; it is preferable for none of the products to be included in more than 50 % of the distributions, which means that, assuming that there are no changes in the budget, and on the basis of the distribution of two products per week for 30 weeks, no product may be distributed more than 30 times per year. <p>As regards milk and milk, we opted for the most widely consumed products, namely liquid milk, and its lactose free version for nutritional and health purposes.</p>	
Any priority/ies for the choice of products:	
Local or regional purchasing	<input type="checkbox"/>
Organic products	<input checked="" type="checkbox"/>
Short supply chains	<input type="checkbox"/>
Environmental benefits (please specify: <i>eg. food miles, packaging ...</i>)	<input type="checkbox"/>
Products recognised under the quality schemes established by Regulation (EU) No 1151/2012	<input type="checkbox"/>
Fair-trade	<input type="checkbox"/>
Other: please specify	
We suggest purchasing organic products in view of the environmental and	

social sustainability of this method of production and in order to ensure the quality of the products to be distributed.

6. ACCOMPANYING EDUCATIONAL MEASURES

Article 23(10) of the basic act and Article 2(1)j of the implementing regulation

Title	Objective	Content
Tasting classes, food preparation/handling classes *	To promote healthy eating habits	Organising small workshops complementing the distribution of the products
School gardens *	To bring children closer to/increase their awareness of agriculture and agri-food production	Putting together groups within the classes that will be responsible for planting and tending to different types of crops.
Study visits *	To bring children closer to/increase their awareness of agriculture and agri-food production	Organising visits, particularly to farms/agricultural holdings, markets, fairs, and fruit and vegetable centres, with the appropriate, pre-established background information/guide
Teaching materials **	To educate children about agriculture, healthy eating habits and environmental issues	Providing teaching kits relating to the School Scheme and the advantages of consuming the products in question
Web page**	To bring children closer to/increase their awareness of agriculture and agri-food production	Creating, updating and maintaining a web page on the School Scheme
Talks/workshops*	To educate children about agriculture, healthy eating habits and environmental issues	Inviting/hiring expert speakers to talk about topics relating to the School Scheme
Best-practice campaign **	To present best practices in the context of the School Scheme	Organising a national event
Image of the School Scheme**	To publicise and promote awareness of scheme through the image created.	We recommend launching a public procurement procedure for companies specialising in this area.

* Implementation at municipal/school level

** Implementation at national level

7. ARRANGEMENTS FOR IMPLEMENTATION

7.1. Price of school fruit and vegetables/milk

Article 24(6) of the basic act and Article 2(1)h of the implementing regulation

All products will be distributed free of charge.

7.2. Frequency and duration of distribution of school fruit and vegetables/milk and of accompanying educational measures

Article 23(8) of the basic act and Article 2(2)b of the implementing regulation

Envisaged frequency of distribution:

	School fruit and vegetables	School milk
Once per week	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Twice per week	<input type="checkbox"/>	<input type="checkbox"/>
Three times per week	<input type="checkbox"/>	<input type="checkbox"/>
Four times per week	<input type="checkbox"/>	<input type="checkbox"/>
Daily	<input type="checkbox"/>	<input type="checkbox"/>
Other: please specify ²²	<input checked="" type="checkbox"/>	<input type="checkbox"/>

Distribution of fruit and vegetables in quantities corresponding to two distributions per week for thirty weeks per school year. In order to make it viable for all pupils to participate, and in view of the asymmetrical distribution of pupils by school and schools by municipality, as well as the fact that they are spread out across the country, which is likely to hinder logistical operations because of the relative costs of distributing small quantities, the following alternatives to the distribution model may be allowed in exceptional and duly justified cases:

- i) Concentration of the total number of portions for each school year in a specific consecutive period;
- ii) Joint applications by municipalities based on common logistical operations for all or some of the schools involved.

As regards the form in which fruit and vegetable products are presented, only fresh products which are easy to eat as they are and which are properly packaged and washed so as to comply with the principles of health and hygiene are chosen. An example of this would be the procedure used by Portuguese producer organisations, which make products available pre-packaged in bags of around 10 to 12 units, hygienically prepared and ready to eat.

As regards milk and milk products, these will be supplied in 0.2- to 0.25-litre cartons, distribution will be made once a week during thirty weeks in the course of the school year.

Envisaged duration of distribution:

	School fruit and vegetables	School milk
≤ 2 weeks	<input type="checkbox"/>	<input type="checkbox"/>

²² Eg. Distribution once every two weeks

> 2 and ≤ 4 weeks	<input type="checkbox"/>	<input type="checkbox"/>
> 4 and ≤ 12 weeks	<input type="checkbox"/>	<input type="checkbox"/>
> 12 and ≤ 24 weeks	<input type="checkbox"/>	<input type="checkbox"/>
> 24 and ≤ 36 weeks	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Entire school year	<input type="checkbox"/>	<input type="checkbox"/>
Any comment:		

Envisaged duration of accompanying educational measures during the school year:

(please indicate the number of hours or shortly explain/comment)

They will be applied throughout the entire school year.

7.3. Timing of distribution of school fruit and vegetables/milk

Article 23(8) – and 23a(8) if supply in relation to the provision of other meals – of the basic act and Article 2(2)b of the implementing regulation

Envisaged timing of distribution during the day (*please tick one or more of the checkboxes below*):

	School fruit and vegetables	School milk
Morning/morning break(s)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Lunchtime	<input type="checkbox"/>	<input type="checkbox"/>
Afternoon/afternoon break(s)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

Distribution may not take place at the same time as any other meal, be used to replace products in any other meal or coincide with the delivery (where applicable) of the fruit/vegetables or milk.

In schools teaching first-cycle classes in double periods, we suggest fruit/vegetable to be distributed at a time that does not collide with distribution of school milk.

7.4. Distribution of milk products in Annex V to Regulation (EU) No 1308/2013

Article 23(5) of the basic act, Article 5(3) of the fixing regulation (No 1370/2013), Article 2(2)f of the implementing regulation

No

Yes

7.5. Selection of suppliers

Article 23(8) of the basic act and Article 2(1)l of the implementing regulation

The following bodies may apply for support:

a) Fruit and vegetable products

- Municipalities (bodies responsible for providing meals to pupils in the first cycle of primary education), for the provision and making available of products, as well as for accompanying measures. They are responsible for making the decision to apply for support, upon which they assume responsibility for selecting suppliers and for purchasing fruit and vegetables and distributing them to the schools under their authority. Upon joining the scheme, they are responsible for managing the distribution of fruit and vegetable products locally, ensuring that all pupils in all schools teaching the first cycle of primary education in their area receive the eligible products as defined under this strategy. When acquiring the products, municipalities must ensure that logistical needs are met, as well as ensuring compliance with the product selection criteria referred to in section 5.4.
- So as to make the scheme more flexible and ensure that it covers all pupils, bearing in mind that not all municipalities have joined the scheme, the education authorities may also apply on behalf of school groupings/schools that have not been included in applications submitted by municipalities.
- In the autonomous regions of Madeira and the Azores, the model is applied in the same manner, except that the role of the local authorities is performed by the competent regional authorities (units of the regional education system), which may apply for support for providing and distributing products, as well as for accompanying measures.
- These bodies require the approval of the Institute for the Financing of Agriculture and Fisheries [*Instituto de Financiamento da Agricultura e Pescas, I.P. – IFAP*], a body within the Ministry of Agriculture, Forestry and Rural Development, which is tasked with validating and making the payments resulting from the implementation of measures defined at national and EU level for agriculture, rural development, fisheries and related sectors. This approval is dependent on applicants fulfilling the following commitments:
 - Ensuring that products financed through the School Scheme are consumed by children at schools covered by support applications;
 - Managing the funds allocated to them in such a way as to ensure the availability of products under the scheme for the target group, in accordance with the defined frequency and timing;

- Reimbursing unduly paid aid when it has been established that the products in question have not been distributed to children who are beneficiaries of the School Scheme or when the aid has been paid for products that are not eligible under the School Scheme;
- Paying, in the event of fraud or serious negligence, an amount equal to the difference between the amount initially paid and the amount to which the applicant is entitled;
- Making supporting documents available to the competent authorities when requested;
- Undergoing any checks decided on by the competent authorities, particularly checks involving the scrutiny of records and physical inspections;
- Keeping records of the names and addresses of schools, the products and quantities supplied to those schools, and the products and quantities actually consumed, per pupil;
- Adjusting the frequency of the deliveries and the quantities to be distributed if the available budget for the scheme changes;
- Liaising with parties to be designated by schools in order to enable the schools to comply with their obligation to actually make the products available.

The municipalities launch specific public procurement procedures for the supply of products funded through the scheme. These procedures must be published on the public procurement portal at www.base.gov.pt (information concerning the establishment and implementation of all public procurement procedures must be published on the portal from the start of the procedure until the end of implementation).

b) Milk and milk products

The following bodies may apply for support:

- The directorates from the Ministry of Education, on the mainland, for expenditure at schools under their authority;
- Municipalities or the school groupings;
- Regional authorities in the autonomous region of the Azores;
- Regional authorities in the autonomous region of Madeira.

These bodies also require the approval of the Institute for the Financing of Agriculture and Fisheries, and have to make a written commitment to:

- Ensure that the products are consumed exclusively by pupils at their school or the schools covered by the support application;
- Reimburse aid that was paid unduly either because the quantities concerned were not provided to beneficiaries or because the aid was paid for quantities exceeding the maximum permissible quantity;
- Make supporting documents available to the competent authorities upon request;
- Allow records to be checked and inspections to be carried out on site.

Moreover, legal requirements in the field of public procurement must be complied with, wherever they apply. In this regard, schools promote tenders for supplying school milk.

c) Common arrangements:

- Beneficiaries of support for the free distribution of fruit/vegetables and milk and service providers accepted following national tenders, for expenditure on accompanying measures;
- The bodies defined by the education authorities, for expenditure on communication;

- For the purpose of monitoring and evaluating the School Scheme, the Directorate-General for Health on the mainland (in coordination with the other public bodies involved) and the Directorate-General for Education of the Government of the Azores in the autonomous region of the Azores.

7.6. Eligible costs

7.6.1. Reimbursement rules

Article 23(8) of the basic act and Article 2(1)i of the implementing regulation

We have opted for a system of fixed costs per pupil and year, taking into consideration, in respect of the last three-year period, the consumption levels, the number of pupils targeted and the allocated funds. On this basis, the following costs have been established:

- A maximum amount of EUR 6,73 per pupil per year for the distribution of fruit and vegetable products (coming entirely from the EU budget).
- A maximum amount of EUR 4 per pupil per year for the distribution of milk and milk products (an amount calculated on the basis of the previous funding from the EU budget).

If the funding required by the beneficiaries exceeds the amount available, an allocation coefficient will be set for the unit costs indicated above.

In order to accomplish this criteria were used beneficiaries' historical data of individual beneficiaries, based in prior experience by the competent authorities on previous school years.

7.6.2. Eligibility of certain costs

Article 23(8) of the basic act and Article 2(2)b of the implementing regulation

Not applicable.

7.7. Involvement of authorities and stakeholders

Article 23(6) and (9) of the basic act and Article 2(1)k of the implementing regulation

Implementing the scheme requires the involvement of the agriculture, education and health sectors through their representatives at central, regional and local level. Therefore, the scheme is jointly coordinated at national level by the Ministry of Agriculture, Forestry and Rural Development (*MAFDR*), the Ministry of Health (*MS*), and the Ministry of Education (*ME*), represented, respectively, by the Office for Planning, Policy and General Administration (*GPP*), the Directorate-General for Health (*DGS*) and the bodies designated by the Ministry of Education. The ministries involved (*MAFDR/MS/ME*) and their representatives have links with decentralised bodies at regional level, namely the regional health administrations and the regional departments of the Ministry of Education, as well as with the local authorities and with schools/school groupings.

In order to draw up this strategy, the Office for Planning, Policy and General Administration collected the contributions of the bodies designated by the above

ministries and the bodies of the regional governments of the Azores and Madeira involved in implementing the School Scheme.

Civil society participants include, in particular, the National Association of Municipalities, producers' associations, and bodies active in the field of education and health.

In order to ensure the implementation and operation of the scheme, a monitoring group comprising members of the ministries involved will be formally established. This monitoring group, will meet at least once per year and will be responsible for making sure that each ministry meets its obligations.

7.8. Information and publicity.

Article 23a(8) of the basic act and Article 2(1)m of the implementing regulation

- Schools that distribute products are required to produce or have produced a poster, which must be permanently displayed at a place in the school where it can be clearly seen and read.
- We plan to create an official web page for the scheme containing information and educational material, namely books, teaching material, activities carried out by schools and information about the municipalities involved. Two websites of the Directorate-General for Health deserve particular mention: the *Plataforma Contra a Obesidade* [Platform against obesity] and, from 2012, the *Programa Nacional para a Promoção da Alimentação Saudável* [National programme for the promotion of healthy eating], which succeeded it. Through these sites, the now merged schemes were publicised and information about food and nutrition was published.
- Publication of newsletters, drawn up by the Directorate-General for Health and aimed, in particular, at the parties responsible for implementing the scheme in the municipalities.
- With the aim of extending the target group, especially to teachers and parents, the blog www.nutrimento.pt was created in October 2014 in order to disseminate information and promote discussion about all topics relating to food.

7.9. Administrative and on-the-spot checks

Article 2(2)g of the implementing regulation

The Institute for the Financing of Agriculture and Fisheries (*IFAP*) is the body responsible for management and monitoring, particularly with regard to approving beneficiaries and expenditure presented in payment applications, carrying out monitoring (administrative and 'on-the-spot'), paying support, and submitting accounts to the EU. The types of check carried out in respect of this scheme include administrative checks (carried out on all payment applications) and 'on-the-spot' checks carried out on the basis of sampling/risk analysis. As the paying agency, the Institute for the Financing of Agriculture and Fisheries establishes the risk criteria, procedures and monitoring report forms in accordance with the legislation in force.

7.10. Monitoring and evaluation

Article 2(2)g of the implementing regulation

The Ministry of Health is responsible, through the Directorate-General for Health, for monitoring (annually) and evaluating (in the fifth year of implementation) the School Scheme, in coordination with the Office for Planning, Policy and General Administration, the Institute for the Financing of Agriculture and Fisheries, and the bodies of the Ministry of Education. The evaluation process will include case studies/local surveys designed to obtain qualitative and quantitative (e.g. consumption of fruit) indicators of a local situation that is replicated in other regions. This will enable us to reflect on the impact that the scheme has had on children's consumption of the products involved.

Following the Evaluation report posted in the Europe school fruit/vegetables and the fifth year of implementation evaluation report accomplished by Portuguese Directorate-General for Health, as general goals for this renewed National Strategy it will be reinforced the involvement of local community and parents, it will reduced administrative burden/bureaucracy and a better dissemination of the benefits of the scheme is intended. With this strategy it is also intended to achieve:

- Better definition of objectives and outcome indicators;
- Higher rationale for selection / prioritization criteria for the products to be distributed;
- Improvement of accompanying educational measures, with a view to increasing the impact of the Scheme;
- Simplification of criteria for acquisition of products and the timing of their distribution, (without jeopardizing the effectiveness of the Scheme);
- Change to cost / student system based on the recent history of implementation of the schemes, which is expected to ease the administrative burden of the scheme without jeopardizing its effectiveness and regularity;
- Improved monitoring and evaluation procedures.