

SCHOOL MEAL/FEEDING PROGRAM(S)

School year: 2020–2021

- School Cafeterias (*Refeitórios Escolares*)
- School Milk Program (*Programa Leite Escolar*)

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

NATIONAL LAWS, POLICIES, AND STANDARDS

- National school feeding policy
- Nutrition
- Food safety
- Health
- Agriculture
- Private sector involvement

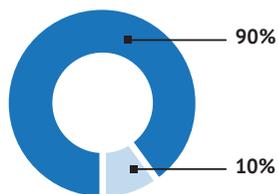
Line item in the national budget...

- Yes No No response

BUDGET

Total: USD 58,592,340

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



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

Includes funding from the United States Department of Agriculture Yes No No response

**International donations by United Nations agencies or non-governmental organizations often represent funding from multiple donors.*

INFRASTRUCTURE

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

SPECIAL NOTES

None

MEALS/SNACKS/MODALITY

- Breakfast
- Lunch
- Dinner
- Snacks
- Take-home rations
- Other

- Grains, cereals
- Roots, tubers
- Legumes, pulses, nuts
- Dairy products
- Eggs
- Meat
- Poultry
- Fish
- Green, leafy vegetables
- Other vegetables
- Fruits
- Oil
- Salt
- Sugar

- Dairy milk
- Yogurt drink
- Fruit juice
- Tea
- Water
- Other

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

FOOD SOURCES

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

COMPLEMENTARY ACTIVITIES

- Handwashing with soap
- Height measurement
- Weight measurement
- Testing for anemia
- Deworming treatment
- Eye testing/eyeglasses
- Hearing testing/treatment
- Dental cleaning/testing
- Menstrual hygiene
- Drinking water
- Water purification

COMPLEMENTARY EDUCATION PROGRAMS

- Food and nutrition
- Agriculture
- School gardens
- Hygiene
- Health
- Reproductive health
- HIV prevention
- Physical education

The checked items were provided in most or all participating schools.



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Portuguese Republic



SCHOOL MEAL PROGRAMS

CHILDREN RECEIVING FOOD, 2020–2021

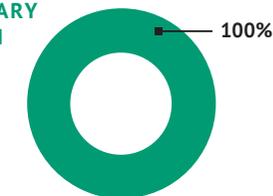
School level	Total	# Enrolled	# Receiving food
Pre-school	123,290	123,290	123,290
Primary school	303,810	303,810	303,810
Secondary school	708,642	708,642	708,642
Total	1,135,742	1,135,742	1,135,742



COVERAGE: PRIMARY AND SECONDARY SCHOOL-AGE CHILDREN

Total number primary and secondary school-age children: 1,012,452

Receiving school food: 1,012,452



Food was also provided to some students in...

- Pre-schools
- Vocational/trade schools
- Other

NUTRITION

School feeding program(s) included/involved the following:

- Fortified foods
- Bio-fortified foods
- Micronutrient supplements
- Nutritionists involved**
- Special training for cooks/caterers in nutrition**
- Objective to meet nutritional goals**
- Objective to reduce obesity**

Food items fortified/biofortified:

Not applicable

Micronutrients:

Not applicable

ADDITIONAL INFORMATION

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

STUDIES CONDUCTED

None

RESEARCH NEEDED

Research on the impact of school feeding on family habits and behaviors, and on the future (i.e., the long term outlook) of the children targeted.

AGRICULTURE, EMPLOYMENT, AND COMMUNITY PARTICIPATION

Jobs created by school feeding programs*

Cooks and food preparers
Transporters
Off-site processors
Food packagers and handlers
Monitoring
Food service management
Safety and quality inspectors
Other

**If blank, no response was provided.*

Farmers were involved with the school feeding program(s)...

- Yes No No response

Other private sector (for profit) actors were involved...

- Yes No No response

There was a focus on creating jobs or leadership or income-generating opportunities for...

- Women Other groups
 Youth No response

There was community engagement (by parents or others) in the school feeding program(s)...

- Yes No No response

Were there links between food banks and the school feeding program(s)?

- Yes No There are no food banks in this country.

ADDITIONAL INFORMATION

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

CONTACTS: PORTUGAL

Agency: Ministry of Education through the General Directorate of Education

Website: <https://www.portugal.gov.pt/pt/gc21/area-de-governo/educacao>

SUCCESSES AND CHALLENGES

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

EMERGENCIES/COVID-19 PANDEMIC

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

SCHOOL CAFETERIAS REFEITÓRIOS ESCOLARES

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

OBJECTIVES:

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

MODALITIES OF PROVIDING STUDENTS WITH FOOD:

- In-school meals
- Take-home rations

FREQUENCY AND DURATION:

- 5 days per week during the school year

TARGETING:

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

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

School level	# Students	% Girls	% Boys
Pre-school	123,290	–	–
Primary school	303,810	–	–
Secondary school	708,642	–	–
Total	1,135,742	–	–

FOOD AND BEVERAGE ITEMS:

Grains, cereals	Meat	Fruits
Roots, tubers	Poultry	Oil
Legumes, pulses, nuts	Fish	Salt
Dairy products	Green, leafy vegetables	Sugar
Eggs	Other vegetables	Water
* <i>fortified</i>		

FOOD SOURCES:

100% Purchased (domestic)	0% In-kind (domestic)
0% Purchased (foreign)	0% In-kind (foreign)

If blank, no response was provided.

ADDITIONAL INFORMATION:

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



SCHOOL MILK PROGRAM PROGRAMA LEITE ESCOLAR

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

OBJECTIVES:

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

MODALITIES OF PROVIDING STUDENTS WITH FOOD:

- In-school snacks

FREQUENCY AND DURATION:

- 5 days per week during the school year

TARGETING:

Universal

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

School level	# Students	% Girls	% Boys
Pre-school	123,290	–	–
Primary school	303,810	–	–
Secondary school	0	–	–
Total	427,100	–	–

FOOD AND BEVERAGE ITEMS:

Dairy milk
* *fortified*

FOOD SOURCES:

100% Purchased (domestic)	0% In-kind (domestic)
0% Purchased (foreign)	0% In-kind (foreign)

If blank, no response was provided.

ADDITIONAL INFORMATION:

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