

## School year 2021/2022

Latvia successfully continues to operate the programme “School Milk and Fruit”. This is an opportunity for children and young people to receive dairy products as well as fruits and vegetables three times a week free of charge. Beneficiaries are children in the kindergarten and 1<sup>st</sup> – 9<sup>th</sup> grade students.

To promote the programme several educational and informative events were implemented: seminars for teachers, competitions, information in media etc.

### STATISTICS

Interesting facts about the programme, for example: more than 40.5 thousand tons of milk and milk products (since 2004) and more than 8.8 thousand tons of fruit and vegetables (since 2010) have been consumed in Latvia by 2021.



### VIDEOS

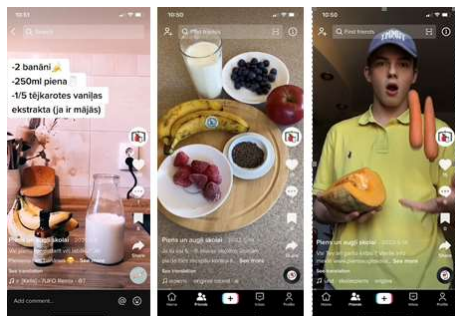
GET TO NOW THE WAY – FROM SEED TO VEGETABLE! In this video story everyone can find out how delicious and healthy vegetable – a cucumber – grows from a small seed! <https://youtu.be/eE6doiT3IOA>

WHERE DOES THE MILK COME? LET’S FIND THE ANSWERS TOGETHER! Video story shows daily life in the farm and reveals the way how milk is produced! <https://youtu.be/iUCcB0tI18M>

### CONTESTS

#veselsAUDZIS recipe competition was held in Spring 2022 to popularize the programme, as well as to promote the use of healthy food on a daily basis. Children individually prepared interesting recipes using milk or vegetables and fruits and published them on social networks, like TikTok, Instagram or Facebook.

<https://www.youtube.com/watch?v=a71fs59Mdul>



## SEMINARS FOR TEACHERS

In summer there was possibility for teachers to travel through Latvia and participate in seminars "BIOLOGICAL OR CLEAN FOOD FOR HUMANS AND THE ENVIRONMENT" - theoretical knowledge about organic farming, opportunities for fruit and vegetable processing as well as great opportunity to work practically together with farmers.



## PROGRAMME "SCHOOL MILK AND FRUIT" IN MAGAZINES!

Spring 2022 was very active – number of interesting and exploratory activities were launched within the programme:

Magazine "Pūcīte" - issue readers had a great opportunity to learn how milk is made and why it is so valuable to our body.

Magazine "Mans Mazais" offered to find out the answers and interesting facts about healthy eating.



Magazine "Ieva" has compiled interesting and useful information about the rules of healthy diet and provided tips on how to include more vegetables, fruits and berries in every day nutrition. The article also shows a family experience of what a healthy diet looks like on daily basis.