

THE CITY OF COPENHAGEN'S

FOOD STRATEGY



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PREFACE

For the past 18 years, the City of Copenhagen has prioritized the efforts to strengthen food and meals in the city. We have implemented an ambitious transition with the result, that today almost 90 per cent of the food served in public meals in the City of Copenhagen is organic. At the same time, we have improved the nutritional value, quality and taste for the benefit of all Copenhageners eating public meals, e.g. at schools, in day-care centres, at nursing homes, in social care services or in the city's clubs and leisure facilities. The City of Copenhagen's new Food Strategy continues to build on the ambition for healthy, tasty and climate-friendly food for all.

In recent decades, Copenhagen has developed into a gastronomic metropolis. At the same time, Copenhagen and Denmark have become a powerful voice when it comes to innovation and values that will carry our food culture into the future. However, far from all Copenhageners experience Copenhagen distinguishing itself as an international food city. Considering the health status in the city, the more prosperous Copenhageners, on average, enjoy significantly better health than the less prosperous residents. Quite literally speaking: Life expectancy rates are seven years shorter in the district of Nørrebro than in the city centre. Eating habits and diets are

contributory factors to this. Therefore, it is important that the strategic initiatives concerning food and meals involve all Copenhageners and contribute actively to strengthening the health of the community, as well as reduce the inequality in health.

The landscape for working with food and meals is undergoing a constant development. In recent years, the relationship between climate change and food has become evident. New research shows that food consumption represents 25 per cent of the overall carbon footprint – or more than the total impact from the average Dane's consumption of electricity, heating, petrol and diesel. This is the reason why we are introducing a significant climate focus in the new Food Strategy and why in the future, we will focus on reducing the carbon footprint from the meals in Copenhagen. For a long time, the City of Copenhagen has aimed at an objective of 90 per cent organic food in the public meals and this has accelerated a focused effort to increase the percentage of locally produced and plant-based food. In order to continue the positive development, it is now time to raise the level of ambition and initiate targeted actions to reduce the carbon footprint from food and meals.



THE CITY OF COPENHAGEN'S **FOOD STRATEGY**

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VISION

Copenhagen represents sustainable meals that combine health, taste and climate-responsibility. The City of Copenhagen wishes to promote food literacy, strengthen social communities and ensure that Copenhagen becomes a green, healthy and vital food city that is closely interlinked with its regional food system for the benefit of all its residents – and serves as an inspiration for the rest of the world.

THE SCOPE OF THE STRATEGY

With this strategy, we plan a new and ambitious direction for how food and meals of high culinary quality can contribute to a healthier and more climate-responsible city for all Copenhageners. The strategy comprises initiatives that help to promote Copenhagen as a food city and contribute to develop the local food system around the city.

The strategy sets a clear direction for the 70,000 meals that are being prepared in the City of Copenhagen each day in schools, day-care centres, nursing homes, social care services and residential accommodation, community centres, sports facilities, staff canteens etc. The work to ensure healthier, more tasteful and sustainable meals must be carried out together with citizens, the private food sector, organisations and local associations. The goal is for the strategy to have a widespread spill-over effect on the eating habits of Copenhageners in general.

With the transition to organic public meals, we have already taken the first important steps. We now need to develop this process further. The implementation of the strategy will be an ongoing process and in selected areas, sub-targets are set for a five-year period until the end of 2025.



TARGETS & INITIATIVES

The strategy is structured around five themes that will ensure a coherent effort with food and meals:

- *The food must provide correct nutrition and promote health*
- *Taste, quality and food appreciation must be in focus*
- *The meals must be sustainable and climate-responsible*
- *We must strengthen social communities, food culture and food literacy*
- *Copenhagen must be a healthy, green and vital food city*

Targets have been set for each theme and the targets will be supported by a number of key initiatives. These will be supplemented on an ongoing basis by other initiatives as part of the implementation of the strategy.



THE FOOD MUST PROVIDE CORRECT NUTRITION AND PROMOTE HEALTH

The right nutrition which contributes to ensuring the health and well-being of the individual is a basic precondition of public meals. It is therefore essential that healthy food and eating habits constitute elements in the promotion of and contribution to life-long good health. At a national level, the Danish Health Authority assesses that up to 60 per cent of senior citizens in care homes are undernourished or at risk of becoming undernourished, and many citizens in social care services are malnourished. The City of Copenhagen's dignity policy states that food must appeal to the senses and stimulate the appetite – not least when a person has poor appetite. Of course, it is not just a matter of how the food tastes but also how it looks and smells and whether it is served in an appetising way. It should be possible to eat meals in a good physical and social environment whether you live in a residential care facility or in your own home. This also applies when the diet is adapted to individual considerations and nutritional requirements.

In general, there is great social inequality in health among Copenhageners. For example, almost three times as many Copenhageners with short formal education suffer from obesity as residents with higher-level education. In addition, the highest occurrence of excess weight and obesity can be seen in particular with children and young people with parents who have a short formal education. The work with food and meals in the City of Copenhagen must support public health as a whole and must be organised in a way that we can actively reduce social inequality in health and reduce obesity. We are aiming to ensure that all citizens share the positive developments in the area of food and meals.

TARGETS FOR HEALTH AND NUTRITION

- Fewer undernourished and malnourished residents in the City of Copenhagen.
- Food and meals in the City of Copenhagen contribute to reducing social inequality in health.
- Implementation of the transition to more climate-friendly meals is based on the official recommendations and takes into consideration the nutritional requirements of citizens.

INITIATIVES

- ***Better food in schools:*** As many children as possible should have access to healthy school meals. This may for example include transitioning more schools in Copenhagen into Food Schools.
- ***Healthy snacks:*** Food in leisure facilities and clubs should be given higher priority so that children have good, healthy snacks.
- ***Upgrading of skills and support:*** A greener approach to procurement must be supported by an upgrade in the skills of kitchen staff so that a green and nutritionally balanced diet can go hand in hand for all target groups.



THERE MUST BE FOCUS ON TASTE, QUALITY AND FOOD APPRECIATION

Meals in nursing homes, accommodation centres and other social care services, in day-care centres, schools and leisure facilities play an important role for many Copenhageners – not least for the weakest citizens. Food appreciation is a target in itself, seeing as good food experiences and meals that people look forward to creates better well-being and quality of life for citizens. At the same time, this is an important element in promoting health, as tasty meals make it easier to maintain healthy habits. Where there is culinary quality, it will also be easier to motivate more people to make sustainable choices. In other words, taste and food enjoyment are targets and important means to creating change in the food area. In recent years, a radical improvement in culinary quality has been made in the City of Copenhagen's municipal kitchens through a number of initiatives. However, there is still potential for further improvement and good food techniques are essential for realising climate and health ambitions.

TARGETS FOR FOOD APPRECIATION AND CULINARY QUALITY

- The meals must have a high culinary quality and be eaten in a favourable and welcoming setting. The aim is to ensure satisfaction and food appreciation for all citizens who eat some or all their meals under the auspices of the City of Copenhagen.
- The food must, wherever possible, be produced at the institutions, schools or social care services where the citizens live or spend their time. This will ensure closeness, sensory experiences, quality and the opportunity to participate in and influence the meals.

INITIATIVES

- ***Upgrading of skills and support:*** Skills in menu planning, food preparation and tasting in institutional kitchens will be upgraded through further education and supporting actions that ensure the right level of skills in the kitchens.
- ***Physical facilities:*** Kitchens in institutions will be maintained, renovated and upgraded to make them suitable for producing high-quality sustainable food in keeping with the allocation of resources.

THE MEALS MUST BE SUSTAINABLE AND CLIMATE-RESPONSIBLE

An effort to reduce the climate impact of meals is a natural next step in the strong environmental focus that has been fundamental in the food area in the City of Copenhagen. Many new research results are illuminating the link between food systems and the climate. These provide some indicators to pursue in assuming climate responsibility¹: The most effective action will be to reduce the amount of meat in favour of other protein sources, in particular plant-based ones². A positive climate change outcome will also be achieved by replacing specific food products with less climate-impacting food products in the same category, e.g. switching from beef to poultry and fish as well as from greenhouse-produced vegetables to free-range seasonal vegetables.

Since 2001, we have implemented the most ambitious change to organic production in municipal meals in the world. Based on a target of 90 per cent organic food in the City of Copenhagen, a transition to

87 per cent has been achieved so far³. The transition has proceeded hand in hand with a skills upgrade in kitchens. This has also resulted in a higher culinary quality, as today we produce far more food from scratch rather than using expensive semi-processed and fully processed products. In particular, in day-care centres and in the school dinner scheme EAT we are already seeing greener, and hence more climate-friendly, cuisine as an effect of this⁴. Focusing on organic food products provides a broad perspective on sustainability, since ecology helps to preserve biodiversity, protect ground water against pesticides and increase animal welfare. The City of Copenhagen will therefore continue to give high priority to organic food products and climate action.

Reducing food waste

Reducing food waste is also a significant initiative. If food is not eaten, the climate impact throughout the chain has been in vain.

¹ Internationally, the research team the EAT-Lancet Commission in January 2019 issued a report that outlines a sustainable and healthy diet. In Denmark, the Technical University of Denmark (DTU) is currently translating this into a Danish context. In April 2019, the green think tank Concito issued a report that assesses the climate potential of the food sector.

² Denmark is one of the countries in the world that eats most meat per capita and far more than recommended by our national dietary guidelines (DTU 2019). However, many meals under the auspices of the City of Copenhagen are already significantly greener than the average Danish diet.

³ The measurement, performed in 2017, was based on reports from the kitchens and is subject to uncertainty. Up to the end of 2019, the kitchens are switching to registration with the Organic Food Mark of the Danish Veterinary and Food Administration, which will provide more reliable figures on organic food. The measurement from 2018 is currently being prepared.

⁴ Since organic meat is considerably more expensive compared to conventional meat, the change to organic food products constitutes an incentive to reducing the amount of meat. DTU points out that ecology can be considered as climate neutral as some factors in organic farming are beneficial and others are negative for the climate (DTU 2019). There is no consensus as to the total impact of ecology in a climate context. om økologiens samlede betydning i en klimasammenhæng.

We therefore get a direct positive climate change outcome when we limit food waste – an outcome that will increase when we avoid wasting food products with the greatest climate impact. Food waste is expensive and undesirable in every way. Limiting food waste must therefore be given high priority in our efforts to create environmentally responsible and climate-responsible meals.

Future efforts will also build on the work to reduce food waste that has been a part of the organic transition. Today, reducing food waste is a focus of the advisory initiative “Madliv København” that will be implemented by 313 institutions in Copenhagen over an 18-months period. Here, the institutions receive advice about reducing food waste from planning menus to procurement, production and presentation of food etc. The effort is being supported by courses focusing on reducing food waste. Food waste has also been the focus of the advisory initiative “Køkkenløftet” that has been implemented by more than 150 institutions. Københavns Madhus has carried out a number of quantitative food waste surveys and analyses in the major production kitchens in the City of Copenhagen, and subsequently advised on how to avoid food waste when procuring, producing and serving food. Food waste is also a focus when some kitchens use products from the Danish Food Bank and/or make agreements with local shops, e.g. bakeries, to take surplus produce. The above are steps in the right direction but there is still much potential. Keeping food waste at a minimum is an ongoing challenge in most kitchens and institutions. There is a

particular need to instigate a new effort around communication and ordering processes etc. and in the work to reduce food waste from meals themselves.

Greener food in overall terms – health, nutrition and food culture

A greener diet will have a positive effect on the health of the majority of citizens if the diet is planned in a nutritionally correct manner, as on average Danes do not eat enough fruit and vegetables. However, there are also citizens with special nutritional requirements. In particular, children under the age of two, senior citizens, and sick and frail people for whom meat and other animal food products are good sources of essential nutrients.

A climate action concerning food and meals must take this into account⁵.

A change in our dietary habits must also be seen in a cultural context. Denmark is an agricultural country where livestock farming with grazing animals has shaped our food culture through centuries. We are also a fishing nation, with fish and shellfish from the oceans around us helping to define our history and cuisine. This is especially seen in recent developments in Danish and Nordic gastronomy, where the values relating to seasonality, proximity and responsibility have had an international impact. We must be aware of this cultural framework so that we continue with the valuable aspects of our food culture and agricultural output while at the same time developing a more sustainable food culture.

⁵ An analysis of dietary habits, health behavior and weight in people from 55 to 75 indicates that there should be focus on ensuring a sufficient protein intake in this age group (DTU Fødevareinstituttet, 2017)

TARGETS FOR THE CLIMATE AND ENVIRONMENT

- Meals in the City of Copenhagen must be sustainable and climate-friendly. Our target is to implement a reduction in the carbon footprint of minimum 25 per cent per capita by 2025. The target is for public meals in the City of Copenhagen as a whole. Read more about the target on page 20.
- The City of Copenhagen's kitchens use at least a total of 90 per cent organic raw products (cf. the existing organic objective) and the City of Copenhagen's kitchens are also registered with the Gold Organic Food Mark of the Danish Veterinary and Food Administration in 2025 with a few exceptions⁶.
- With its ambitious climate and environmental targets, the City of Copenhagen must lead the way and change how food products are produced today in Denmark and in the rest of the world.
- The City of Copenhagen must reduce its food waste in municipal kitchens and institutions. The UN Global Development Goal no. 12 recommends a 50 per cent reduction in global food waste per capita⁷.

INITIATIVES

- *Greener menus in the municipal kitchens:* As part of the development of greener and more climate-friendly meals, the composition and carbon footprint of the present food consumption in the City of Copenhagen are being examined. Based on this, indicators are being prepared for greener and more climate-friendly food for the various target groups. This will be based on the latest knowledge and take into account nutritional requirements and considerations, as well as food culture and the right to self-determination for citizens who receive all their meals from the municipality. More citizens who are interested in eating plant-based meals must be inspired to make this choice. In general, the following actions are expected to be key for most target groups:
 - *The procurement of meat with a high CO2 impact, such as beef, is being reduced in favour of low CO2-impact meats such as poultry and fish.*
 - *The total amount of animal food products is being reduced in favour of more plant-based raw products, in particular plant-based protein sources such as legumes.*

⁶ Kitchens that use large amounts of surplus produce from the Danish Food Bank may due to technical reasons have difficulties in achieving the Gold Food Mark. Furthermore, kitchens that only produce hot meals for senior citizens with special nutritional requirements (with a need for a high animal protein content) may have difficulties in achieving the Gold Food Mark but must as a minimum retain the Silver Food Mark.

⁷ The baseline calculation and reduction targets are implemented at the adoption of the project in the budget negotiations for 2020.

- *A targeted effort is being made to ensure that as many green raw products as possible are in season and produced free-range, and that seasonal fish can be procured. This is a direct extension of the work on organic food of recent years and will also support the aim to achieve a closer relationship between Copenhagen and its hinterland.*
- **Upgrading of skills and support:** When the indicators for the composition of meals change, this must be supported by an upgrading of the skills of the kitchen staff with a focus on climate-friendly, tasty, nutritionally balanced and organic food. Recipe resources must support this work.
- **Reducing food waste:** A targeted effort is being made to reduce food waste in procurement and production. It is vital that procurement practices are in line with efforts to reduce food waste and that kitchen staff are aware of how to use raw products in order to minimise food waste. Inventory and production control, knowledge and handling of raw products are important parameters.
- **Reducing food waste:** A targeted effort is being made to reduce food waste that occurs after the production of food, e.g. in the ordering processes and serving methods. Optimised communication between kitchens, meal hosts and the citizens eating the food are important factors as well as serving methods and processes for using leftovers (for example through an unbroken refrigeration chain) can contribute significantly to reducing food waste.
- **Food waste baseline:** It is relevant to map areas with a high degree of food waste in order to identify where the City of Copenhagen needs to act. When calculating the baseline, emphasis must be given to ensuring that the method for follow-up can be realistically implemented in kitchens.
- **Procurement must have an impact on the food supply chain:** The City of Copenhagen's procurement must support sustainable food production.

2025 TARGETS

A 25 per cent reduction per capita in the carbon footprint is not a random figure. The World Resources Institute (WRI), which is the world's largest climate think tank, has challenged companies, organisations and cities all over the world to reduce their carbon footprint with 25 per cent by 2030 under the headline "Cool Food Pledge". This reduction is considered by WRI to be consistent with the targets of the Paris Climate Agreement.

WRI has calculated the City of Copenhagen's carbon footprint and assesses that the City of Copenhagen will be able to achieve this reduction by 2030.

There will be ongoing cooperation with WRI on the development of the City of Copenhagen's carbon footprint. In the City of Copenhagen, we are ambitious and will strive to achieve the 25 per cent reduction by as early as 2025. The action plan for achieving this target will be prepared in collaboration with the Danish Technical University (DTU)

in order to adapt WRI's recommendation to Danish standards and citizens' nutritional requirements.

The target of a 25 per cent reduction should be seen in light of the fact that we are already working purposefully with responsible and sustainable food production in the City of Copenhagen. The kitchens in the City of Copenhagen have long focused on reducing food waste and many kitchens are also using less meat and more seasonal green ingredients by virtue of the organic transition. Today, there are therefore not many low-hanging fruits left. At the same time, some of the target groups for municipal meals, e.g. children under the age of two, senior citizens, sick and frail citizens, have special nutritional requirements that must be paid special attention to. The implementation will therefore take administration-specific matters into account. It will also be necessary to concentrate the effort on many areas at the same time and work in parallel with food waste, composition of meals, packaging, transport etc.





WE MUST STRENGTHEN SOCIAL COMMUNITIES, FOOD CULTURE AND FOOD LITERACY

Meals and cooking have great potential for creating and strengthening relationships, well-being, counteracting loneliness, contributing to food literacy and promoting public health. Citizens who receive some or all their meals from municipal kitchens must feel that they are included and able to participate actively in choosing their own food. Participation in day-to-day matters, the possibility of making requests and being heard as well as participating in the creation of the food and the meal, if they are willing and able, are today fundamental values in the work with food and meals in the City of Copenhagen. This must be maintained and strengthened in the future. The setting for the meals, physically and socially, is an important element with regards to well-being, health and the citizens' development.

STRONG FOOD LITERACY FOR CHILDREN AND YOUNG PEOPLE

For several years, we have focused on food literacy for the youngest Copenhageners. There are currently 15 food schools with production kitchens and staff who prepares food each day for the children, and where the children participate in the food preparation and serving. More are in the pipeline. The City of Copenhagen offers food education to children in day-care centres and elementary schools at all age levels and other food-education activities in e.g. Copenhagen's seven school gardens etc. The effort to achieve broad and lively food literacy for children and young people in Copenhagen must still be given high priority in order to equip the children and young people of the municipality with skills to live healthy and sustainable lives.

TARGETS FOR SOCIAL COMMUNITIES AND FOOD CULTURE

- There should be good physical and social settings for food and meals as well as sufficient time to enjoy the food, participate and socialise so that we create rewarding and stimulating communities for all citizens who make use of Copenhagen's facilities and institutions.
- The food must, wherever possible, be produced at the institutions, schools or social care services where the citizens live or spend time. This will ensure closeness, sensory experiences, quality and the opportunity to participate in and influence the meals.

INITIATIVES

- ***Upgrading of skills and support:*** Skills to ensure good hosting and positive socialising with a focus on food and meals are being supported and upgraded among educators and health & social care personnel as well as staff in community centres and sports centres. Tools for actively involving residents in food preparation are being promoted among educators and kitchen personnel.
- ***Food education of children and young people:*** Food education is being offered to children in day-care centres and schools at all age levels.
- ***New food communities:*** Work is being undertaken to use public institutions as the setting for new food communities. E.g. communal eating at schools and in care homes with the use of local production kitchens.

COPENHAGEN MUST BE A HEALTHY, GREEN AND VITAL FOOD CITY

Copenhagen is part of a local food system where the journey from field to fork is shorter than in most other cities. In Zealand, the rest of Denmark and in Scania, the conditions exist for producing a wide variety of food products that can support sustainable meals in Copenhagen – and this is already the case today to a large extent. However, we need to develop even closer cooperation with the producers in our local neighbourhoods to ensure the production and network between the countryside and city that are necessary for long-term sustainable development of food and meals in Copenhagen. This will also provide Copenhagen with a unique opportunity to strengthen citizens' and visitors' understanding of the overall food system, the importance of the seasons, and the effect of food production on the climate and environment.

Growing food products within the city boundary is also a new and interesting phenomenon that will contribute to Copenhagen's status as a food city in the form of e.g. honey production on rooftops, insect farms, greenhouses, mushroom cultivation, 'vertical farming' and maritime kitchen gardens.

The Food Strategy must contribute to the development of Copenhagen as a food city for all residents in partnership with citizens and stakeholders in retail, production, communication, entrepreneurship, and the restaurant and events sector. This will ensure a thriving and inspiring food environment that can benefit as many Copenhageners as possible.

In the last 15 years or so, Copenhagen has achieved international fame as a food city. Visitors travel to Copenhagen in order to experience everything from top restaurants to street food and food markets. Copenhagen's many food offerings have the potential to inspire and develop the residents' eating habits and food culture and should therefore play a role in the development of healthier and more sustainable dietary habits for the many residents who do not eat municipal meals. This must happen in a way that can benefit as many residents as possible in all areas of the city.

TARGETS FOR COPENHAGEN AS A FOOD CITY

- Copenhagen must be a vital, strong and differentiated food city where new and inspiring initiatives are encouraged and can provide good food experiences for all Copenhageners and offer new solutions to our current challenges.
- Copenhagen must support a sustainable food industry in and around the city and stronger links between the city's consumption and the regional production of sustainable food products.

INITIATIVES

- **Stronger links between the countryside and the city:** We are working to establish strong local partnerships with food operators and producers in the Copenhagen hinterland and in the city. This is being done to support a sustainable transition in Danish food production with farmers on supply reliability for the seasonal and locally produced raw products required for sustainable meals.
- **Food and culture:** A stronger link between food and the city's cultural programmes and major events. This includes the development and implementation of indicators for green and healthy food and beverage offerings at festivals and events supported or funded by the City of Copenhagen.
- **Sustainable growth:** In partnerships, we are working to support the development of a sustainable food industry in and around Copenhagen with a focus on education and workforce, entrepreneurship, tourism and events.
- **Local partnerships:** We are seeking to establish local partnerships in the city with associations, restaurants and retail shops in order to make healthy and sustainable raw products accessible to all Copenhageners.
- **Innovative procurement:** We are working to strengthen the City of Copenhagen's procurement of food and meals so that public procurement processes become accessible to small and medium-sized enterprises, where this is possible, taking into consideration the operation of the kitchens.
- **More edible urban spaces:** We are working to establish more urban gardens with edible raw products on street corners, in parks and on rooftops where all citizens have access and can be involved in running them. Furthermore, other initiatives will provide better living space for wild bees and insects in the city.



FOLLOW-UP & IMPLEMENTATION

A task force across the administrations will be responsible for implementing the Food Strategy. Furthermore, the task force will report every two years to the City Council on roadmaps of targets, initiatives and any new actions in support of the vision and the achievement of targets. Based on new knowledge about what will promote the development of Copenhagen as a green and healthy food city, the resources will be focused and prioritised across the municipality.

BACKGROUND INFORMATION

INTERFACES WITH OTHER STRATEGIES

The UN Global Development Goals

The Food Strategy contributes to the City of Copenhagen's work with the UN Global Development Goals, with particular focus on no. 3 'Good Health and Well-Being', no. 11 'Sustainable Cities and Communities', no. 12 'Responsible Consumption and Production' and no. 13 'Climate Action'. In addition, the strategy affects goal no. 4 'Quality Education' as well as the sub-goals for nutrition described under goal no. 2 'Zero Hunger'.

The C40 Network

The C40 is a network comprising 94 cities around the world seeking to achieve stronger climate actions. The Food Strategy plays a role in this network by introducing a food declaration at the C40 summit in Copenhagen in October 2019 for the cities to sign.

KBH 2025, the Climate Plan

The Food Strategy follows the initiative to make Copenhagen a sustainable and CO₂-neutral city launched with the Climate Plan 2012. In particular, the Climate Plan focuses on transition of energy and transport, while the Food Strategy provides guidelines for reducing the climate impact from food and meals.

The healthcare policy "Enjoy Life, Copenhageners"

The healthcare policy provides a common framework and direction for the health of Copenhageners. The vision is that by 2025, Copenhageners will be among those citizens in the world with the best quality of life – and this should apply to all Copenhageners. The Healthcare Policy has three long-term indicators for the health of Copenhageners. The indicators are that the life expectancy of Copenhageners will increase, that Copenhageners will have more healthy living years, and that social inequality in health will be reduced. The vision and indicators will be realised through action plans with specific initiatives and actions targeting the major challenges for the health of Copenhageners.

A strategy for children and young people in Copenhagen, "Our Children – A Shared Responsibility"

With this strategy, the Danish Child and Youth Committee (Børne- og Ungdomsudvalget) sets targets within five areas, including support for disadvantaged children, quality in day-care centres, professional competence and well-being in schools, youth communities and increased coherence between general and specialised fields. Food and meals may play a supporting role in several of these contexts.

The social strategy "A City with Room for Everyone"

This social strategy focuses on ensuring a good, meaningful and dignified life for all Copenhageners who need support: children, young people and adults who need social care services either short or long term. Citizens affected by disability, mental illness, abuse, crime, homelessness or failure to thrive. Food and meals can be used actively to support this objective as a driving force for social communities, well-being and health.

The seniors policy "Be Actively Involved – All Your Life"

The seniors policy describes the overall values that form the basis for having a good seniors life in the City of Copenhagen. The policy is based on issues such as freedom, security and socialising. The overall aim of the policy is for all citizens to have a seniors life with opportunity and content irrespective of any physical or mental limitations. Among other things, the seniors policy focuses on nutrition and meals that are about giving citizens the freedom to make their own food choices and allowing cooking with others, e.g. in a club for senior citizens, to form the setting for social communities.

Business and Growth policy 2015-2020

The Business and Growth Policy describes how Copenhagen, through sustainable urban development, must be made attractive as a green, healthy, creative and smart city. Through targeted efforts such as education, employment, a sustainable labour market and innovative public demand, Copenhagen will be an attractive city and a driver for corporate innovation and growth. The Business and Growth Policy's

Action Plan 2019-2020 describes how Copenhagen has the potential to create increased growth and employment in the food and catering industry. By strengthening the relationship between the countryside and the city and supporting creative food entrepreneurs and local producers, sustainable growth can be further boosted.

Food and Culture – Plan for Food and Meals in the Culture and Leisure Area

The Culture and Leisure Committee's plan for food and meals in the area of culture and leisure sets out a vision and three targets for strengthening the link between food and culture. The vision focuses on creating a sustainable and climate-responsible food culture that can unite and inspire Copenhagen, Denmark and the world. The focus is on more Copenhageners in more districts benefiting from living in one of the world's leading food cities. At the same time, the plan for food and meals is to support the development of a sustainable food scene in unison with culture and to maintain Copenhagen's metropolitan culture with an international outlook.

The City of Copenhagen's Environmental Policy

The City of Copenhagen's Environmental Policy describes how the city will ensure environmental and sustainable development. The policy describes how, as a public corporation, public authority and cooperation partner, the City of Copenhagen can create environmental upgrading, reduce environmental impact locally and globally, and reduce resource consumption.

FACTS ABOUT FOOD AND MEALS IN THE CITY OF COPENHAGEN

Across the seven administrations, the City of Copenhagen's municipal kitchens prepare approximately 70,000 meals every day. These are served in approximately 1,000 different institutions and facilities, including day-care centres, schools, after-school centres, care homes, staff canteens, community centres and sports centres, cafes and shelters for the homeless, residential accommodation for citizens with functional impairments and senior citizens living in their own homes.

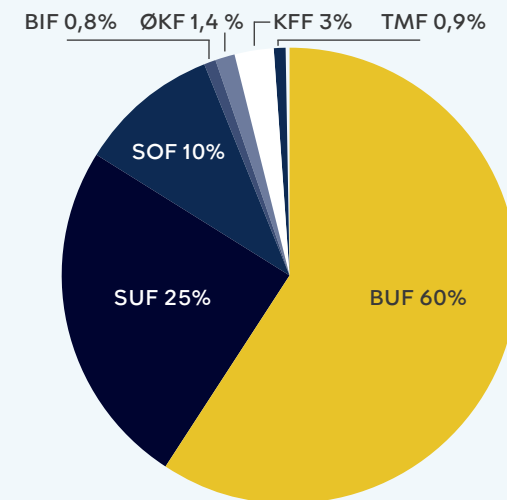
The food is prepared and served by staff with many different qualifications and educational backgrounds; from those qualified in food and nutrition to unskilled workers and educators. The physical settings range from large production kitchens to small kitchens in e.g. day-care centres with only one employee. Approx. 1,750 kitchen staff are employed by the City of Copenhagen.

Places of food preparation

Three of the City of Copenhagen's seven administrations oversee the majority of food procurement and production. These are the Children and Youth Administration (BUF), the Health and Care Administration (SUF) and the Social Services Administration (SOF). Additionally, food products are procured in culture and leisure facilities under the Administration of Culture and Leisure (KFF) and in a number of staff canteens. The Technical and Environmental Administration (TMF) and the Employment and Integration Administration (BIF) manage part of the City of Copenhagen's procurement of food products.

In general, the procurement is distributed as follows (the figures are based on reporting from institutions/facilities in 2017 and are subject to uncertainty):

The City of Copenhagen's total procurement of food products, administration level



The total procurement is over 10,000 tons; more than 10 per cent of the public procurement of food products in Denmark.

An outline of the overall municipal effort in relation to food and meals

An outline of the food in the Children and Youth Administration

The meals in the Children and Youth Administration are served to children in day-care centres, in the school dinner scheme EAT, at the food schools, in after-school centres and clubs, and food literacy training. An estimated 28,000 children eat lunch in the City of Copenhagen's approx. 520 day-care centres; only a very few day-care centres do not have a lunch scheme. Food preparation in day-care centres is distributed across many small kitchens, often with only one employee, sometimes unskilled. 87 per cent of schoolchildren in Copenhagen have the option of school meals, either from EAT or at the food schools; each day, 11-13,000 schoolchildren eat school meals.

In general, a great effort has been made in the past 18 years to promote food and meals in day-care centres and in schools: kitchens have been built; school gardens have been established; food schools with their own production kitchens; the school dinner scheme EAT has been implemented; and meal schemes in almost all day-care centres have been introduced. Most day-care centres have a meal scheme today. For many years, they have participated in the development programme "Køkkenløftet" and/or "Madliv København", receiving support to develop healthy, tasty meals and work with food literacy and a switch to 90 per cent organic food.

In addition to the meal schemes, there has been focus on the educational and learning aspects of food and meals. Many schools

and day-care centres are thus involved in working with children's food literacy and including children in food preparation at various levels. For a number of years, the projects "Open Schools" and "Open Day-Care Facilities" have made it possible for school classes and institutions to participate in external learning programmes focused on raw products, food preparation etc.

An outline of the food in the Health and Care Administration

The meals in the Health and Care Administration are primarily for senior citizens and other citizens in care homes and senior citizens in their own homes. In essence, the food preparation in the Administration is distributed across 30 care homes with their own production kitchens and a large central kitchen – Københavns Madservice – that delivers to 14 care homes and approx. 1,600 citizens in their own homes. Approx. 3,000 tons of food products are purchased annually by the Administration.

Senior citizens in care homes

Senior citizens in care homes have special nutritional requirements. Many have reduced appetite, eat very little and/or have difficulties chewing and swallowing. The primary focus will therefore usually be on ensuring that the senior citizens get sufficient energy during the day, and in particular sufficient protein. This will often be in the form of many small and energy-rich meals where the senior citizen needs to be tempted to eat. The food in care homes covers 24 hours a day and the senior citizen therefore does not have the opportunity to supplement it with other meals.



Food for citizens in their own homes

For citizens in their own homes who are not able to prepare their own food but need to have it delivered by Københavns Madservice, the considerations are generally similar to those for senior citizens in care homes. However, on average these are citizens with a slightly better nutritional status than those in care homes. Here, it is important to ensure that the citizens get the correct diet and amount of food in order to maintain their nutritional and health status and stay in their own homes as long as possible.

Nutrition, food and meal initiatives in the Health and Care Administration

Since 2006, the Health and Care Administration has focused on improving the nutritional status of citizens through nutritional screening and nutritional efforts both in home care and care homes. All citizens in residential care facilities are offered nutritional screening when moving in and when needed. The screening will indicate whether the citizen should be offered nutritional aid.

Moreover, in recent years the Health and Care Administration has been working with activities for citizens with difficulties chewing and swallowing (dysphagia). The Administration has identified citizens with dysphagia and offered the correct aid, including ensuring that

citizens are offered a consistency-modified diet. Courses have been held in the preparation of dysphagia food for kitchen staff in care homes. On 1 March 2019, all care homes and rehabilitation centres were also given the opportunity to buy sandwiches for citizens with dysphagia from Københavns Madservice. Københavns Madservice is also in the process of performing a major restructuring of its food services involving the development of a new meal concept and packaging with the purpose of increasing food quality as experienced by citizens and ensuring customised and nourishing food.

In 2018 and 2019, all care homes, in connection with “Madliv København”, are engaged in further developing their food service with the aim of reinforcing the focus on this area, increasing the quality of the food, improving the citizens’ eating experience, appetite and nutritional status, and increasing the proportion of organic food. In addition, the Health and Care Administration is involved in several development projects in various care homes relating to user satisfaction and freedom of choice, and the Health and Care Administration also has a profile care home for food enthusiasts.

An outline of the food in the Social Services Administration (SOF)

The meals in the Social Services Administration are distributed across the Citizens Centre for adults, the Citizens Centre for disabled



people and the Citizens Centre for children and young people. These have offerings for widely varying target groups and organisations. The meals can be e.g. full 24-hour catering for citizens with functional impairments or, for example, snacks for addicts who visit a day facility and buy their own food. Part of the food preparation is carried out by social workers with no food-specific qualifications. A little over 1,000 tons of food products are procured annually.

Since 2007, a number of social programmes have been implemented through "Køkkenløftet" and "Madliv København". They have worked to increase the focus on food and meals, improve the quality of the food, enhance the citizens' eating experience, appetite and nutritional status, and increase the proportion of organic food. A focus of the social programmes has been on integrating the social work with food and meals, thereby strengthening the citizens' development and health.

An outline of the food in the Culture and Leisure Administration (KFF)

Meals under the auspices of the Culture and Leisure Administration are distributed in particular across the community centres and sports centres of the city. This is usually through concessions. Here, food is sold to the citizens and the City of Copenhagen has identified four indicators for responsible operation of cafes, including criteria for organic food, sustainability, social responsibility, and food and cultural

networks. The Culture and Leisure Administration collaborates with a number of food operators who, through festivals and partnerships in the restaurant sector, support the development of the Copenhagen food scene. This takes place e.g. through grants to the Copenhagen Cooking & Food Festival and the facilitation of the establishment of REGA - the world's first industry initiative for social responsibility in the catering sector. In addition, the Administration has supported the development of a strong environment for food entrepreneurs through the establishment of CPH Food Space and a partnership with Væksthus Hovedstaden on an incubator programme for food entrepreneurs - CPH Food Start-up

An outline of the food in canteens in the City of Copenhagen

Every day, a large number of employees in the City of Copenhagen eat their lunch in a staff canteen or in some other way as part of a lunch scheme. This area constitutes a little over 650 tons of food products annually. Most of the employee meals that are subsidised by the City of Copenhagen are outsourced to professional canteen suppliers. In addition, there are social-economic business schemes and purchasing from the central kitchens. For all meals, there is a requirement for 90 per cent organic food, requirements for taste and composition of menus, and various environmental requirements.

THE CITY OF COPENHAGEN'S

FOOD STRATEGY

