



ORGANIC  
GARDEN

# Organic Garden School Nutrition

Fresh, healthy & child-friendly



DE-ÖKO-006

# GERMAN SCHOOL MEALS ARE OFTEN DEFICIENT

## Flavor enhancers & more

In Germany, around **2.5 million young children** in daycare centers and around **3.5 million children and young people** in all-day schools eat lunch **every day**. And the trend is rising.

**The current situation in German cafeterias is often inadequate:**

- X** The dishes contain **few nutrients** and are often not tailored to the needs of children and young people.
- X** Children eat **too little fruit and vegetables**.
- X** The food is often **not freshly cooked**.
- X** **Animal products** are the main ingredient on the plates.
- X** The meals are of **poor quality**.
- X** The dishes are full of **artificial flavor enhancers, colorants & preservatives**.

***There is room for  
improvement!***

## THE ORGANIC GARDEN PROMISE

# Fresh, healthy & child-friendly

ORGANIC  
GARDEN

We want to inspire children and young people to eat food that tastes **delicious** and is **healthy for people and planet earth** at the same time. We know: The foundation for healthy and conscious eating habits in adulthood is laid in **childhood**.

### Our claim:

- ✓ Our dishes are **nutrient rich** and **adapted to the needs of children and young people**.
- ✓ We cook **fresh every day**.
- ✓ **Vegetables** are the star and main ingredient on the plates.
- ✓ We use ingredients of the **highest quality**, if desired we cook in up to 100 % organic quality\*.
- ✓ Wir **skip** artificial flavor enhancers, colorants & preservatives.



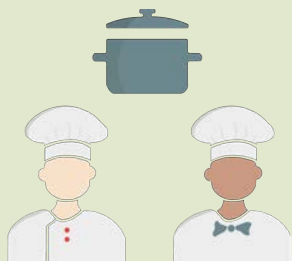
## HOLISTIC CATERING CONCEPT

# Expertise times three

**1**

### Nutritional expertise – the team

Team of recipe & product developers,  
chefs and nutritionists



**2**

### Purchasing expertise – the product range

High-quality food with a high  
organic and regional share:  
vegetables are the 'star on the plate'



**3**

### Digital expertise – the software & knowledge transfer

Digital solution for school nutrition  
and playful teaching of nutritional  
knowledge

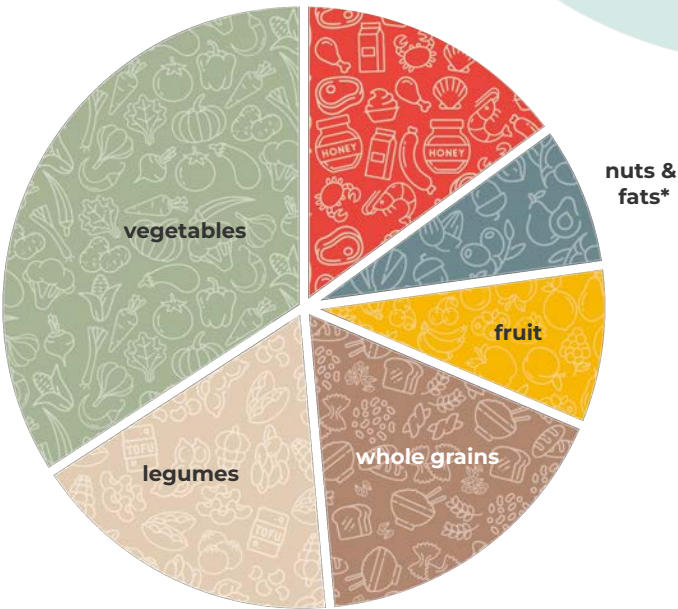


## OUR VALUES

# Vegetables as 'star on the plate'

Min. 85 %  
plant-based products

Max. 15 %  
animal products



According to the scientifically recommended '**Planetary Health Diet**', the perfect composition of a healthy diet for us humans and for our planet earth includes **at least 85 percent plant-based foods and no more than 15 percent animal foods**. This principle forms the basis of our menu plans.

**Vegetables are the star on our plates:** Based on the recommendations of the German Nutrition Society (DGE), Organic Garden clearly focuses on vegetables. It forms the **basis of all dishes** and is **optionally supplemented by animal products** – always presented and prepared in a varied and child-friendly way.

## WHAT'S GOING ONTO OUR PLATES

# Always the better alternative

To ensure that every child and young person receives a freshly prepared, healthy and nutritious lunch, we are redefining school meals.

- ✓ **Organic quality** instead of conventional food
- ✓ **Freshly cooked dishes** instead of convenience products
- ✓ **Natural seasoning** through herbs instead of flavor enhancers, colorants and preservatives
- ✓ **Raw cane sugar** instead of industrial sugar
- ✓ **Spelt flour** instead of wheat flour
- ✓ **Meat and sausage products from regional organic butchers and animal welfare** instead of inferior discounter quality
- ✓ **Use of MSC fish from sustainable fisheries** instead of environmentally harmful fishing practices



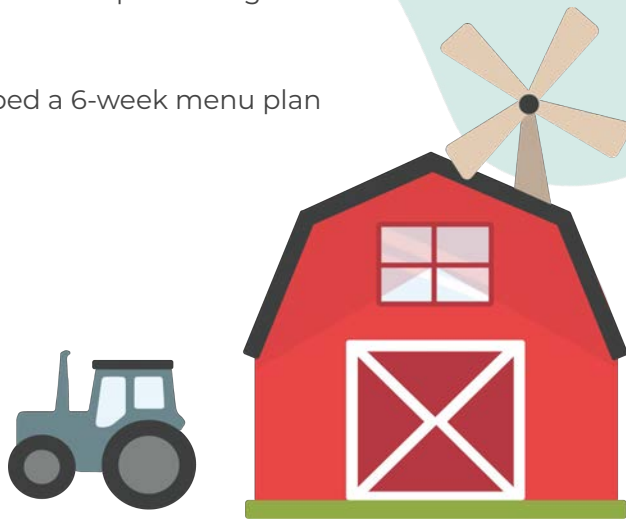
## OUR VALUES

# Regional products & seasonal menus

We rely on products from **regional agriculture**, produced in the **nearby radius** and cooperate with **regional produce partners**.

We pay attention to **short transport routes**: from the purchase of food to processing and distribution.

We focus on foods that are **in season**. Therefore, we have developed a 6-week menu plan that adapts to the seasons.



## OUR VALUES

# Child-friendly meals

Our meals are tailored and optimized to the **special nutritional needs of children and adolescents**.

When developing our products and dishes, we pay attention to a **science-based, clever combination of nutrients**. The dishes are put together in such a way that the body can metabolize them optimally and thus gets all the nutrients it needs to be cared for.

When designing the meals, we also take into account the **size of the portions** and an **appealing appearance**. Because we know: Especially children eat with their eyes (first).

We prepare the children and young people in the best possible way for the school day, so that they are **more concentrated, more receptive** and have **more energy** for studying.





## OUR VALUES

# Sustainable food preparation

Our compass are the **United Nations Sustainable Development Goals**. We think in cycles and use food completely **'from leaf to root'** and **'from nose to tail'**.

Our goal is to use leafy greens, peels, roots and stems of fruits and vegetables in the preparation of dishes, true to the motto: **Everything that can be used belongs on the plate**. And what can't end up on the plate, we bring appreciatively back into a **nature-loving cycle**.

**Thus, we set an example against food waste.**



## OUR VALUES

# Environmental measures

Every child knows about the yellow garbage bin, paper bin, organic waste bin and bottle bank. The topic of **waste separation** is also very important in our facilities and aims to ensure that as many materials as possible can be recycled. **Recycling**, i.e. reusing waste, reduces the consumption of natural resources.

**Reusable instead of disposable:** By using reusable containers or, in some cases, compostable disposable packaging, we actively contribute to waste reduction.

We use our equipment in the kitchens, serving counters and kiosks in a **resource-conserving** manner: production steps are combined, equipment is switched off after use and dishwashing activities are bundled, for example.

**With our environmentally friendly measures, we want to set an example against littering and for a future worth living in for our grandchildren.**



## OUR VALUES

# Transparent & digital processes

From the origin of ingredients to the manufacturing process and pricing – we offer transparent insights.

Through **automation**, we **speed up processes and save valuable resources**. With the digital Organic Garden Nutrition Management platform, everyday processes in school kitchens can be simplified and continuously optimized: This leaves more time to focus on the fresh preparation of food.

**Intelligent preparation methods** also ensure the optimal distribution of nutrients in the dishes. The health of our planet plays an equally important role:

**CO<sub>2</sub>-emissions are digitally tracked and consistently reduced.**

**Interactive feedback tools** give children, young people and parents the opportunity to give their own personal feedback on the dishes on offer, so that the menu is not only healthy and sustainable, but also meets the taste of children.



## NUTRITAINMENT: KNOWLEDGE TRANSFER

## Children are our future

**MONDAY**

**Pasta<sup>1)</sup>**  
with vegetable cream sauce<sup>2)</sup>  
& side dish salad<sup>3)</sup>

**Dessert**  
Fruit curd<sup>4)</sup>

**Fiber Performance Bones**

1) Green: 20 Carotenes, 3 Eggs, 40 Fat, 1000 Cal. 2) Green: 20 Carotenes, 10 Eggs, 10 Fat, 1000 Cal. 3) Green: 20 Carotenes, 10 Eggs, 10 Fat, 1000 Cal. 4) Green: 20 Carotenes, 10 Eggs, 10 Fat, 1000 Cal.


**In season**

Fresh Cabbage

- is a vitamin bomb, rich in vitamin C (100g of cabbage cover the daily needs of an adult)
- contains antioxidants
- is rich in fiber which aids digestion and is good for the intestinal bacteria

We are convinced that we have an educational mission which is why we offer more than 'just food'.

With the help of **digital communication tools, workshops and the involvement of nutrition experts in the classroom**, we teach children about nutrition in a fun way. We call this **nutritainment**.

**So the little eaters can become big nutrition experts and responsible decision-makers in the future.**

**THURSDAY**

**Cheese spaetzle<sup>1)779)</sup>**  
with endive salad<sup>2)</sup>

**Dessert**  
Apple sauce

**Bones Immune System Vitamins**

**Chia vs. linseeds**

Chia is a plant that originated in Mexico and is grown in Latin America. The seeds of the plant can be consumed dried or soaked. Soaked, you can use them for vegan pudding or to thicken porridge, for example. In addition, the seeds are often used for baking bread and confectionery or can be processed into chia seed oil.

The problem with chia seeds is that they have to be imported. Fortunately, there is an alternative that can be grown in Europe: Flax seeds have similar properties and health benefits as chia seeds. For example, they are also rich in omega-3 fatty acids, which promote cellular health.



1) Green: 20 Carotenes, 3 Eggs, 40 Fat, 1000 Cal. 2) Green: 20 Carotenes, 10 Eggs, 10 Fat, 1000 Cal. 3) Green: 20 Carotenes, 10 Eggs, 10 Fat, 1000 Cal. 4) Green: 20 Carotenes, 10 Eggs, 10 Fat, 1000 Cal.



# Thank **you.**

Organic Garden AG  
Friedrichshofener Strasse 1  
85049 Ingolstadt  
+49 841 93 89 23 80  
[info@organicgarden.de](mailto:info@organicgarden.de)

[www.organicgarden.de](http://www.organicgarden.de)

**Carola Petrone**

Director of School Nutrition  
[carola.petrone@organicgarden.de](mailto:carola.petrone@organicgarden.de)

**Nikita Stromberg**

Director of School Operations  
[nikita.stromberg@organicgarden.de](mailto:nikita.stromberg@organicgarden.de)