



## The EU School Programme – in Baden-Württemberg

Crunchy vegetables, colourful fruit and fresh milk taste delicious and help to prepare children for their day at school or daycare. As part of a balanced diet, they contribute to healthy development.

With the EU School Programme, children in primary schools and day care centres regularly receive an additional portion of vegetables and fruit and/or unsweetened milk (products) from a regional supplier. Because they are offered regularly, the children acquire a taste for these foods and learn to integrate them into their daily eating routine. At the same time, the pedagogical support aims to help the children learn more about the origin and variety of food as well as about enjoyable eating, whilst making their own food strengthens important everyday skills. The State Initiative BeKi, Conscious Child Nutrition, supports primary schools and daycare centres by guiding them pedagogically through the EU School Programme.

The main part of the cost of the products and delivery is covered by the European Union. Organisations, local companies, suppliers or clubs fund the remaining amount as sponsors.

## Dear parents,

Providing your child with fresh, locally sourced food from an early age promotes healthy development. As part of the EU School Programme, children in primary schools and day care centres regularly receive extra portions of fresh fruit, vegetables, milk and dairy products from the region.



As a parent, you have a significant influence on your child's eating habits. Your commitment helps to strengthen your child's everyday skills and teach them to treat food with respect. This flyer provides you with some ideas for a varied, sustainable and enjoyable eating routine for your family.

We hope you have fun implementing it at home.

**Peter Hauk MdL**

Baden-Württemberg Minister for Food, Rural Affairs  
and Consumer Protection

# Tasty & fit, we're part of it!

**More vegetables, fruit and  
milk in everyday life with  
the EU School Programme.**



**Baden-Württemberg  
Ministerium für Ernährung,  
Ländlichen Raum und Verbraucherschutz**



## Vegetables, fruit, milk and dairy products - how much your child needs

5-a-day: five child hand-sized portions of fruit and vegetables, plus three portions of milk and dairy products, are the basis for a good supply of valuable nutrients. Make meals as varied, colourful and versatile as possible.

Regular meals at fixed times help to keep your child fit and balanced throughout the day. How you can spread out the recommended quantities:

### Breakfast

Sugar-free muesli with fresh fruit and milk or a cheese sandwich with cucumber slices.

### Morning and afternoon snack

Crunchy radishes, delicious mini tomatoes and tasty cheese cubes in the snack box, a fruity milkshake or a colourful fruit salad in the afternoon.

### Lunch and dinner

A colourful salad mix, firm cooked vegetables as a side dish or a yoghurt with fruit for dessert.

## How to turn children into vegetable, fruit and milk fans

Getting children excited about a healthy lifestyle is not always easy in everyday family life. As parents, keep providing stimulus and find an individual path for you and your child.

### Be a role model and enjoy

Children look up to their parents. Therefore, you should also enjoy vegetables etc. yourself.

### Celebrate eating

Try to create a relaxed atmosphere at the table and plan enough time for meals.

### Keep offering

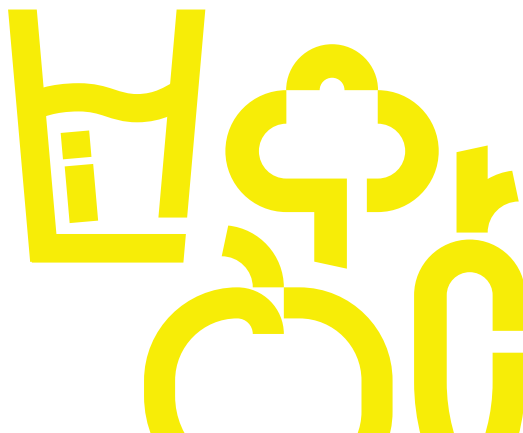
Taste development takes time. Keep offering a variety of foods and be patient.

### Food has to look appealing

Cream cheese sandwiches with fun vegetable faces and colourful fruit skewers - this is how you can get your child excited about fruit, vegetables and dairy products.

### Joining in encourages interest

Involve your child in planning meals from an early age. Let your child choose some fruit and vegetable when out shopping, for example.



For more information on the EU School Programme in Baden-Württemberg can be found at [mlr-bw.de/EU-Schulprogramm](http://mlr-bw.de/EU-Schulprogramm)



Information and offers regarding educational support for the EU School Programme and the state initiative 'Conscious Child Nutrition' (BeKi) can be found at: [lern-bw.de/EU-Schulprogramm](http://lern-bw.de/EU-Schulprogramm)



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