



Meals at preschool



Kiruna kommun

Fruit and vegetables

A variety of fruit and/or vegetables are served with all meals.



Preschool kitchens

Kiruna Municipality has 23 preschool kitchens. 11 of these are preparation kitchens, 9 are serving kitchens and 3 are recipient kitchens. The preparation kitchens cook and prepare breakfast, lunch and snack meals. At the serving and recipient kitchens, breakfast and snack meals are prepared while lunch (warm food) is received from a central kitchen.



Food and the environment

The Meals Administration in Kiruna Municipality is striving to reduce impact on the environment. We use organic foodstuffs as far as possible and we are working actively to reduce food waste. Moreover, the fresh fruit and vegetables that we serve are chosen according to season.



Meals at preschool

The food that is served at Kiruna Municipality's preschools is well-balanced from a nutritional perspective. Our aim is to serve meals that taste good, look good and are eaten in a pleasant environment. The staff at preschool help the children at all mealtimes. The teachers are also to serve as good examples and have a positive attitude to the food.



Diet is one of the most important factors for children's health. Preschool children eat a large share of their daily intake of food at preschool which is why a healthy lifestyle with good eating habits should be promoted at preschool.

Varied meals

Every day and at regular times, preschool serves a variety of food for breakfast, lunch and snack meals, using foodstuffs from all parts of the diet chart. We have calculated the nutritional value of all our meals. Most dishes are cooked from scratch and do not contain unnecessary additives.



Every day, lunch includes raw vegetables and salads, crispbread, butter (Norrsgott), organic semi-skimmed/skimmed milk and fruit.

Breakfast and snack meals usually consist of a variety of the following: milk/natural yogurt, cereal/müsli/porridge, berries/stewed fruit/jam, sandwich with topping, and fruit and vegetables.



Special dietary needs



Children with special dietary needs must also be able to acquire good eating habits and be served meals that fulfil nutritional recommendations.

If your child has special dietary needs, it is important you inform the preschool. A request for special food is made on the form "Specialkost" (special dietary needs). You must also submit a doctor's certificate.

The form is fetched from and handed in to your child's preschool kitchen.

If your child is absent from preschool

We would appreciate it if you can contact your preschool before 7.30 if your child is going to be at home and thereby not eat any meals, for example, if he/she is on leave or is ill.

Contact

If you have any questions about the food at preschool, you are welcome to contact your child's preschool kitchen.

Do visit our homepage!

On our homepage, you will find the week's menu for each preschool and other information.

<http://www.kiruna.se/Kommun/Barn-utbildning/Maltidsverksamhet/Test/>

Kiruna Municipality

Child and Education Administration

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