

ARGENTINA'S SHORT REPORT

In the 100's anniversary of the first "cup of milk" program

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2.006



A BIT OF HISTORY

Argentina's School nutrition plans exists from long time ago, and today we have the honor to share with you the 100's anniversary of the first "cup of milk" program in our country.

At the beginning of the 20th century, thousands of immigrants were coming to our ports looking for freedom and work. Their children were very bad nourished.

From then on, according to the circumstances of the moment, more and more plans were created, that covered, in best or better way, the basic nutritional needs of primary school students.

Nowadays LEGAL ANTECEDENTS

Children's Rights

When we talk about human rights we associate them with military dictatorships, civil rights, freedom, identity, fair judgments, etc.

When we talk about children's rights it is always referred to civil or working questions, domestic violence, sexual exploitation, etc.

Nevertheless, one of the first and most important is the Nutrition Right.

A bad nourished baby has an incomplete brain development and feels that the environment is hostile.

Food has the conditions of a vaccine, because a good nutrition prevents of almost any disease. The lack or need of food is like a none given vaccine. Our medicine is in Nature.

The greatest family violence is the impossibility of nourishing their children.

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Salta

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Argentina's has given constitutional status to the following international treaties that recognizes nutrition rights as a right of the human being. (art. 75 inc. 22 & 23)

- 1.- The Universal Declaration of Human Rights (art. 25)
- 2.- The Economic, Social and Cultural International Rights Agreement (art.11 Inc 1 & 2)
- 3.- The International Convention about Children's Rights art. 24 & 25) added to the National Legislation of almost every country in the world.
- 4.- The Millennium Declaration: 191 countries belonging to the United Nations has compromised to "eradicate hunger".

Our support to legal regimes:

As for our 2005 GCNF participation, we have taken conscience in the need of modifying legislation and involving in Argentine political decisions to change reality and we have achieved two important successes that we want to share with you.

1.- SALTA PROVINCE:

- Salta's Province Constitution (Art.33)
"The Estate assures the infants protection, covering affective needs, environmental, educational, health, feeding and recreation".
- Public Politic's Plan from 2.005 to 2.010. School Support Plan
"We will direct all our efforts to make possible that the matriculated pupil of any obligatory educational level can only worry about studying. The Estate will warrantee, gradually, nutritional coverage of each of them".

2.- Buenos Aires PROVINCE:

- Law Project to fight against obesity that, among other aspects, prohibits selling junk food at schools and obliges to give nutritional education. I'll be presenting the law project at the Forum by request of the Chamber of Deputies

THE PRESENT

- a) In general, each school has its own kitchen but in some states the providers send the food like catering of cooked food.
- b) Schools have parent's organizations that also give support to the program with some money or helping in the kitchen.
- c) Federal government sends some extra money to the much needed schools.
- d) Some NGO's, like us, help school cafeterias of the poorest districts, with fortified meals. We do this in far rural schools, very poor cities districts and natives communities.



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MENUES OF THE PUBLIC SCHOOLS by scholarships

The calories and proteins quality and quantity in portions, depends on the resources of each school district.

BREAKFASTS:

Ham and cheese sandwich with mate and milk.
Ham and hard egg sandwich with a glass of milk.
Cake with chocolate milk.
Biscuits with fortify juice Kcal 429 Prot.16
Sweet rice with milk

MEALS:

Winter

Noodles in Bolognese sauce + fresh fruit
Potato and chopped meat pie + vanilla cream
Meat parmesan with mashed potatoes + cheese and sweet blocks
Rice Stew with chicken + tangerine or orange
Polenta with sauce + cheese and sweet blocks
Lentils stew + orange or tangerine
Minced meat stew with vegetables + fresh fruit
Pees stew + crème caramel

Summer

Spring salad with egg + cheese and sweet blocks
Chicken or meat salad + crème caramel
Hamburger with potato and egg salad + gelatin
Meat parmesan with mashed potato + fresh fruit
Tomato and cheese pizza + crème caramel
Hamburger with chard cruller + fresh fruit
Meat pie with potato, carrot and pees salad + fresh fruit
Chard pudding + crème caramel

REINFORCED SNACK

Two small ricotta pies with fortify juice
Corn and ham pie with fortify juice
Ham and cheese pie with fortify juice
Potato tortilla with fortify juice
Cheese and egg pizza with fortify juice



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DIFFICULTIES in our school feeding programs:

- Due to the economical crisis that has suffered the country, budgets in food are today still scarce.
- Yet it is thinking in terms of calories than in proteins and micronutrients, this has provoked a increasing of obesity that in many cases occults bad nutrition and anemia.
- The great food companies have suspended their sales to different states, there fore the suppliers' excellence has diminished and that goes against food quality.

SUCCESES

- The free nutritional support is universal for every child of families with basic unsatisfied needs.
- In public schools the pupils of not needed families, eat at home.
As an example in Salta Province, over a total of 411.839 pupils, 153.593 receives a breakfast scholarship or reinforced afternoon snack and 78.339 receives lunch.
- Private school plans depends on each institution. Daily menus are established for all the children and they pay a monthly expense.
- All the social work and fundamentally the one in school nutrition have allowed a profound advance in argentine reality for the last year.
- We have now finished talking about "HUNGER" and we are starting to refer to healthy nutrition. Fresh fruits have been incorporated to menus.
- A national nutritional test is done all over the country and results are evaluated in order to change for 2007 the school menus.

