

School Feeding in Brazil



An overview of the
best recipes

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best recipes



Preparation, distribution, and information

MINISTRY OF EDUCATION
National Fund for Education Development
Educational Actions Directorate
General Coordination of the National School Feeding Programme
South Banking Sector, Square 2, Block F, 4º floor, FNDE Building
ZIP code 70.070-929 - Brasilia - DF

Technical design and research

Maria Sineide Neres dos Santos

Proofreading

FNDE
Anne Karine Bandeira Almeida
Germana Parente Neiva Belchior
Laiane Tavares de Rezende
Leandro dos Santos Ferraz
Luciana Mendonça Gottschall
Mariana Belloni Melgaco
Marília Barreto Pessoa Lima Rodrigues
Marília Bohnen de Barros
Michele Lessa de Oliveira
Solange Fernandes de Freitas Castro

ABC
Cecilia Malaguti do Prado
Claudia Ventura Caçador Carvalho
Janaina Plessmann
Paola Barreiros Barbieri
Plinio Pereira Junior
Riffat Iqbal

WFP Centre of Excellence against Hunger Brazil
Ericka Galindo
Vinicius Limongi

Graphic design and layout

Caroline Melo

Translation to English

Vitória Rufino

Photographs

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WFP Centre of Excellence Against Hunger Brazil Archive

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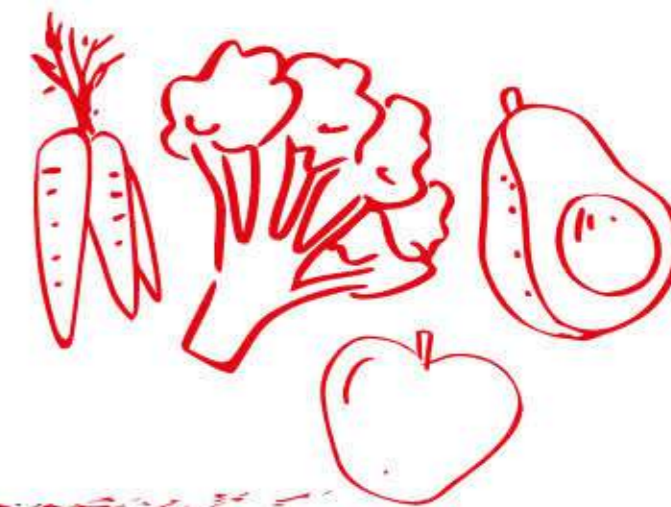
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Partnership is an ingredient

in school meals



Talking about food in Brazil invites us to reflect on our regional and cultural identities. Our cities have unique and particular elements, but they unite and strengthen us as a society and as a nation. This requires of us citizens a sense of partnership and mutual participation to build the Brazil we desire.

The country lives with different forms of food and nutrition insecurity. There are around 33 million Brazilians who go hungry in families with students facing malnutrition and micronutrient deficiency. And, on the other side of food and nutrition insecurity, there are more and more overweight and obese students, in addition to other problems related to poor diets.

To address this situation, some actions have been implemented this year, when our National School Feeding Programme (PNAE) completes 68 years of existence. One of them was signing a Technical Cooperation Agreement between the Ministry of Education (MEC), Ministry of Development, Social

Assistance, Family, and Fight against Hunger (MDS), Ministry of Health (MS), and Ministry of Agrarian Development and Smallholder Farming (MDA) to promote healthy diets and strengthen smallholder farming in the country. Another important measure was the increase in PNAE federal resources by up to 39%, after 6 years without readjustment, expanding the budget to BRL 5.5 billion/year exclusively for food purchase. These advances have only become reality due to teamwork, collective construction, and intersectoral partnership.

Therefore, the word cooperation has been presented as the core of the work promoted when it comes to school meals. At first, it seems like an obvious issue. However, the verb "cooperate" means to work together with others, to collaborate, to contribute to others' work. And Brazil has a legacy when it comes to mutual work and shared learning. Brazil supports over 80 countries in Latin America, the

Caribbean, Africa, and Asia in the design of their own school feeding programmes, seeking to strengthen partnerships and uniting efforts towards a common goal. Together with the Ministry of Foreign Affairs (MRE), through the Brazilian Cooperation Agency (ABC) and international organisations, the Ministry of Education (MEC) and the National Fund for Education Development (FNDE) assert the true meaning of the word "cooperation".

Through the Brazil-FAO project "Consolidation of School Feeding Programmes in Latin America and the Caribbean", under which the Sustainable School Feeding Network (RAES) was created, 24 countries in the region have had the opportunity to deepen their knowledge about the PNAE. Through the World Food Programme (WFP) Centre of Excellence against Hunger Brazil, 42 countries

have been to Brazil to learn about how our programme works.

Together we aim to strengthen school meals not merely in their nutritional character, but as guarantee of students' fundamental human right to dignity. And our nutritionists and lunch ladies are key to reaching this goal. They are in direct contact with the school community, bringing quality food to more than 40 million students in the 150,000 Brazilian public basic education schools. The true meaning of partnership and dedication is in the work developed by thousands of professionals who work with the National School Feeding Programme (PNAE), which is the best recipe to transform education in the country.

Camilo Santana
Minister of Education

The recipe to transform society is education

We are very proud to present the book "School Feeding in Brazil: an Overview of the Best Recipes", a publication that brings together a delicious mix of colours, aromas, textures, flavours, and much love in culinary creations served in public basic education schools throughout Brazil. Whether in the most remote corners, in riverside communities, in indigenous and quilombola¹ schools or in cities, around 40 million students receive 50 million adequate, nutritious meals every day in the school environment. When it comes to school meals, there is always a different spice: the dishes arrive with a good handful of dedication and many pinches of serious work.

As is tradition within the National School Feeding Programme (PNAE), the book on your hands symbolises the joint effort of managers, educational technicians, teachers, smallholder farmers, small rural producers, counsellors, among other members of the school community, to put quality food on students' table. However, the tireless work

of nutritionists and lunch ladies is worth highlighting. These are true heroines in this constant process of feeding bodies and nourishing the minds and dreams of our children and adolescents. These professionals, who are mostly women, are the great authors of this literary work. They teach us valuable lessons about healthy and sustainable food choices, which are strong seeds that influence good habits throughout the lives of students and their families.

In this context, the **Best School Meal Recipes Contest** plays a key role. It not only celebrates the culinary creativity of our professionals, but also engages the entire community in a journey of uninterrupted improvement to PNAE. Each recipe written represents an opportunity for innovation, a chance to improve menus and, above all, a gesture of affection for the education and nutrition of our students. And our dream did not stop there. The programme's lunch ladies

were encouraged to present their amazing recipes on a Reality Show with national repercussions, which is also portrayed in this book.

Therefore, this complex content relates to health, food security, sustainable development, encouragement of local food traditions and cultures, income generation, fighting school evasion and hunger, development of learning and improvement in academic performance. All this makes school feeding a powerful tool to transform Brazilian society. And when there is support from major partners, such as the Ministry of Education, Ministry of Foreign Affairs through the Brazilian Cooperation Agency

(ABC), and the World Food Programme Centre of Excellence against Hunger Brazil, we know the result could not be different – especially in this publication, which shows the Brazilian government's experience with school feeding and its entire ecosystem.

On behalf of the National Fund for Education Development (FNDE) and the entire management and production chain that makes the National School Feeding Programme happen, receive this tasty publication. It's mouth-watering!

Fernanda Pacobahyba
President of the FNDE



¹ Translator's Note: Quilombola is the denomination of peoples who live in remainder quilombo communities. During the slavery period in Brazil, quilombos were settlements formed by enslaved people who managed to escape captivity. This is why they are called "remainders", as communities that maintained themselves even after slavery was abolished, and that still exist to this day.



International cooperation for school meals...

...the ideal spice for a better world

School feeding have always been considered a priority and fundamental theme to promote the human right to food, to fight against hunger and to develop countries socioeconomically. In the unprecedented, complex, and challenging scenario in which we currently live, school feeding gain greater relevance in strategic international decisions, given their condition as an effective support tool for countries to overcome the impacts of world hunger that continue to afflict people, especially in the Global South.

In this context, several Brazilian food and nutrition security programmes have been objects of interest to countries in Africa, Latin America, the Caribbean, and Asia. The Brazilian Cooperation Agency (ABC) of the Ministry of Foreign Affairs (MRE),

in cooperation with the National Fund for Education Development (FNDE) and international organisations, has established partnerships to promote the school feeding agenda in the Global South, guided by national development priorities, defined in the Brazilian government's sectoral plans and programmes.

In foreign policy, South-South Cooperation (SSC) is part of these priorities. It acts on demand and seeks mutual benefit for the cooperating countries. SSC is characterized by an exchange of experiences and good practices, horizontal relations between developing countries, and is guided by the principles of respect for national sovereignty, national ownership, independence, unconditionality, and shared governance and implementation of projects and programmes among the cooperating partners.

In the last 15 years, more than 80 countries have been involved in trilateral South-South Cooperation for school feeding and approximately 31 million dollars have been invested by the Brazilian government. In partnership with the Food and Agriculture Organization of the United Nations (FAO),

the project "Consolidation of School Feeding Programs in Latin America and the Caribbean" supported the creation of the Sustainable School Feeding Network (RAES), a regional project Brazil initiated to build solutions to school feeding challenges in the region. The partnership with the World Food Programme (WFP), through the Centre of Excellence against Hunger, installed in Brasilia, has stimulated the link between school feeding and local food purchases provided for in the African Union Continental Strategy (2016-2025) to improve educational indicators, income, and entrepreneurship in local communities.

I am convinced that the good school feeding practices recorded in this publication, especially the role of nutritionists and lunch ladies, can inspire our partner countries to broaden their horizons and actions. We believe that cooperation is the perfect ingredient for this knowledge to cross borders and contribute to supporting the positive transformation of other realities.

Ambassador Ruy Pereira
Director of the Brazilian
Cooperation Agency



Sharing is a full plate for fighting hunger

The Brazilian National School Feeding Programme is currently a global reference in school meals. Recognised as an initiative of excellence by the United Nations World Food Programme, the programme serves more than 40 million public school students every day.

The innovative character of PNAE lies not only in its scope, but also in the solid guidelines that guarantee its quality. The programme offers diversified meals, which meet specific nutritional criteria and are linked to the local cultures of Brazilian regions.

The main objective of the Centre of Excellence is to bring together countries that face similar challenges in the areas of food and nutrition security, with a special focus on local purchase programmes for school meals linked to smallholder farming and nutrition. It is an important ally to the

country in fighting undernutrition and other forms of malnutrition, mainly because it has become a means of promoting healthy eating habits and food and nutrition education for students and their families.

Through PNAE, the school community learns about choices that can be made to improve everyone's health and actions that can be strengthened to fight hunger.

We are very happy to cooperate with the Ministry of Education, the National Fund for Education Development, and the Brazilian Cooperation Agency in the production of this book that portrays the richness of school meals in Brazil, with the records of the recipe contests, which we directly support.

Good reading and Bon Appetit!

Daniel Balaban

Director of the WFP Centre of Excellence against Hunger and representative of the United Nations World Food Programme in Brazil



Overview

of the best School Meal Recipes Contest



With the goal of valuing the role of lunch ladies in promoting healthy diets in Brazilian public schools and mobilizing the school community around Food and Nutrition Education, the National Fund for Education Development and the Ministry of Education instituted the **Best School Meal Recipes Contest**. The initiative also recognized the work of managers and technical nutritionists responsible for the National School Feeding Programme (PNAE), which advanced to programmes in the model of **School Meals Masterchefs**.

With the additional purpose of celebrating the 60th anniversary of the National School Feeding Programme (PNAE), valuing the role of lunch ladies in promoting healthy diets in Brazilian public schools, and mobilizing the school community around Food and Nutrition Education, FNDE and MEC launched the **Best School Meal Recipes Contest** in 2015. The edition had more than 2,400 entries and awarded five winners in the grand finale, one from each region of the country. The initiative fulfilled the proposed objectives so successfully that a 2nd edition was launched in 2017, which also had more than 2,000 participants and five winners, one from each region.

The **Best School Meal Recipes Contest** was divided into four stages. In the first stage, **Qualifying**, only recipes

whose executing entities had achieved a minimum score of 6 were classified. This happened according to criteria established in the contest's regulations, such as having a technical, FNDE-registered nutritionist and purchasing food from smallholder farming. All participants in this stage received a certificate of participation.

In the second stage, **State**, FNDE nutritionists and members of School Feeding Councils cast votes through the contest website and selected up to 4 recipes registered in their state to participate in the Regional stage. Recipes were evaluated for: possibility of replication in the context of school meals, use of regional foods, innovation, and originality. The winners of this stage received a food handler kit customised for the contest.

In the third stage, **Regional**, the 5 best voted recipes were selected by **Federative Unit** (states and Federal District), totalling at 135 (one hundred and thirty-five) recipes. In this stage, schools used the website to register the food and nutrition education activities developed and related to the recipe that was classified for the stage. Thus, the three most voted recipes from each region of the country were chosen. The winners of this stage were awarded a 2-day course on good practices and recipe design, all expenses paid.

FNDE-registered nutritionists and School Feeding Council (CAE) presidents participated in the selection of best recipes for the state and regional stages. The votes were cast on the contest website and followed the criteria: creativity, inclusion of local habits, and possibility of replicating the recipe in the context of school meals. To participate in the regional stage, those responsible for the recipes entered the description of a Food and Nutrition Education Activity developed at the school in relation to the recipe.

In the fourth and final stage, **National**, the 15 finalist recipes (three from each region) were evaluated by a judging committee formed by a student from the public basic education

Data from the 1st edition of the contest:

-  2,433 lunch ladies from all regions participated in the first stage;
-  1,403 reached State stage;
-  123 went on to regional selection;
-  15 reached the grand finale;
-  5 won an international trip and a prize of BRL 5,000.



The first places (one from each region), in addition to the prizes received in previous stages, won a prize of BRL 5,000 and an international trip to Chile.

network, a chef, a nutritionist, a school feeding counsellor, and a representative of PNAE partner public entities. The recipes were prepared during an event in Brasília. The judging committee chose the best from each region, evaluating creativity, inclusion of local habits, and the possibility of replicating the dishes in schools.

Data from the 2nd edition of the contest:

-  2,252 lunch ladies from all regions participated in the first stage;
-  1,284 reached State stage;
-  127 went on to regional selection;
-  15 reached the grand finale;

For the 15 winners, the prizes were distributed in the following categories:

-  The third places (one from each region), in addition to the prizes received in previous stages, received a prize of BRL 1,000.
-  The second places (one from each region), in addition to the prizes received in previous stages, received a prize of BRL 3,000.

The first places (one from each region), in addition to the prizes received in previous stages, received a prize of BRL 6,000 and an international trip to the Dominican Republic.

The Lunch Ladies Reality Show Experience



The two editions of **Best School Meal Recipes Contest** caused a deep mobilisation in the municipalities, involving mayors, education secretaries, nutritionists, teachers, school principals, students, and school feeding counsellors. After the result announcements, the winners received celebration parties in their communities. The events contributed to increase appreciation for their work, in addition to promoting recognition for PNAE itself and making managers pay more attention to the programme, motivating them to execute it with more commitment and quality.

Thanks to this repercussion, the press made journalistic coverage with spontaneous media, presenting reports on the positive aspects of the National School Feeding Programme. This revealed an already mobilised audience to follow a TV series.

Thus, in 2018, FNDE celebrated this audience by launching the **Super Lunch Ladies** show with the 10 winners from the two editions of the contest, which guaranteed the initiative's success in reaching its proposed goals: disseminating PNAE's good practices and positive impact as a policy, stimulating healthy diets, and valuing the lunch ladies' work. The programme addressed topics

such as: the importance of lunch ladies for students' food and nutrition education; the relationship between healthy diets and school performance; the importance of a healthy and affordable diet; stories and curiosities about regional ingredients, among others. The series was broadcast on TV Escola, a Brazilian public television network that airs only educational programs.

With the great success of the first **Brazilian Lunch Ladies Reality Show**, the country had the audacity to make with another series in the post-pandemic year of 2022. It was named **Lunch Ladies Reality Show**, in partnership with the African-Brazilian Lusophony International Integration University (Unilab). Its objective was to leverage the use of smallholder farming products in Brazil through better-produced and televised culinary competition.

With the participation of 15 lunch ladies representing the 5 regions of Brazil, in addition to nutritionists who work for the PNAE, the show presented recipes prepared with products from smallholder farming according to the parameters of resolution CD/FNDE n° 06/2020. The show had eight 45-minute episodes, airing one episode per week on Rede TV, from May 8th to June 26th, 2022.

The National School Feeding Programme:

68 Years

transforming Brazilian Education



In the Brazilian context, the National School Feeding Programme (PNAE), coordinated by FNDE/Ministry of Education, has existed for more than six decades and is closely linked to the National Food and Nutrition Security Policy and the National Education Policy. The PNAE has become a world reference for the promotion of healthy and sustainable school meals.

With an annual budget of more than BRL 5 billion, PNAE aids around 40 million students in over 150,000 education units spread over 5,570 Brazilian municipalities. The programme enables a daily supply of around 50 million meals, planned by more than 8,000 nutritionists, prepared by more than 300,000

lunch ladies, and monitored by 80,000 school feeding counsellors. The PNAE aims not

only to ensure the provision of a healthy and varied diet to all students in the public education system, but also to promote healthy eating habits among students and their families.

The approval of Law n° 11.947/2009, with the respective resolution CD/FNDE n° 06/2020, brought great advances for the PNAE. The first of these advances was extending the programme to the entire public basic education and youth and adult education. The 2009 law also included food and nutrition education in the school curriculum, strengthened the social control by school feeding councils, guaranteed that meals cover at least 20% of students' daily nutritional needs, and defined nutritional guidelines for food acquisition, including categories of restricted and prohibited food products. The norm also established that a minimum of 30% of FNDE's fund transfers for food purchase must be used to directly acquire smallholder farming products, prioritizing agrarian reform settlements and traditional indigenous and quilombola communities.

It is also important to emphasise that the programme seeks to respect regional eating habits, cultural diversity, and food cultures and traditions. This has been described in several concepts and guidelines for public policies related to food and

nutrition in Brazil. This phenomenon was particularly shaped since the 1990s (when food adopts the perspective of human rights, which began appearing in related normative documents), but especially after 2006, when food became a constitutional right. However, respecting eating habits and traditions in a cultural, social, political, and economic context – in which changes in eating practices are proposed with the goal to promote health and prevent diseases – constitutes a challenge for the implementation of public policies at the local level.

Brazil is a large country, made up of regions and states which are famous for their rich variety in natural resources. The history of Brazil carries the memory of accounts of Brazilian food culture: its colour, aroma, and flavour. The unique Brazilian cuisine incorporates original cultures of indigenous populations and a vast number of traditions such as African, Portuguese, Spanish, German, Polish, French, Dutch, Lebanese, Japanese, among others. Many typical foods of our land are well known, such as cassava and mango, for instance.

However, there are several other nutritious and tasty foods that were appreciated and were part of family meals, but which were gradually forgotten or devalued. Among the main reasons for the gradual abandonment of these foods is the fact that people have migrated to large cities and started to consume more ultra-processed foods.

Acquisition of regional foods is an element with potential to bring sustainability, respect for regional eating habits, and reconnection between food production and consumption to the PNAE, besides favouring a sense of belonging to a certain community for those who produce and those who receive food.

However, school meals take place in a space of historically legitimised power relations, which is also a producer of practices and identities where there is a resonance between school practices and the practice of school feeding. That is, the ambiguous role of the school as a device of power and subjection and, at the same time, of the possibility of constructing emancipatory identities, also influences the dynamics of school meals as a constitutive of identities.

School meals can also include sociobiodiversity products, which values regional production, rebuilds food habits and culture, strengthens traditional communities, and diversifies food in schools, from the perspective of food and nutrition security and guaranteeing the Human Right to Adequate Food.

These advances have made PNAE a world reference for the promotion of healthy and sustainable school meals. The programme is implemented through the FNDE strategic framework, with the vision to be “a reference in the implementation of educational public policies” and values of commitment, ethics, integrity, transparency, and innovation.



These principles permeate the implementation of the PNAE and reinforce developing countries' interest in learning more from Brazil's advances in this area.

In addition to its important contribution to achieving SDG 2, the Brazilian school meals programme is a tool for promoting the Human Right to Adequate and Healthy Food. PNAE promotes actions to foster students' learning, school performance, and biopsychosocial development.

A recent advance in legislation has benefited women. Formal and informal groups of women smallholder farmers will have priority when selling food for the National School Feeding Programme (PNAE) as law 14.660/2023

determines. Therefore, when food is purchased from an individual rural family, at least 50% of the purchase will be made to the woman's name. Another novelty was the creation of the interministerial Steering Committee, responsible for developing actions to qualify and strengthen the direct acquisition of smallholder farming products for school meals, through Ordinance No. 219/2023. The collegiates bring together members of various government bodies and civil society to ensure healthier food for students in public networks while seeking to expand public procurement for smallholder farmers. The measure expands intersectoral work, social participation, transparency, and social control for the programme.



The role of Nutritionists in the National School Feeding Programme



Historical evidence attests that dietitians and nutritionists have been relevant participants since the beginning of the process of idealisation and institutionalisation of the school meals policy in Brazil, which occurred between the years 1940-1955. Led by Josué de Castro, several dietitians and nutritionists participated in the process of building the Brazilian school meals policy, both in the development of studies and research on the subject and in the management and/or execution of agencies and institutions responsible for implementing this policy modality.

Despite the historical evidence that there have been nutritionists participating in planning, managing, and executing the PNAE in its different hierarchical levels of organisation (central regional, local) within the three administrative spheres (federal, state, and municipality), the institutionalisation of this professional into the PNAE based on legal devices is a recent process observed since the early 1990s.

In 2009, new rules for the role of technical nutritionist for PNAE were established by Law No. 11,947, of June 16, 2009 and updated by Resolution CD/FNDE No. 06, of May 08, 2020. This update expands the attributions of the PNAE technical nutritionist, which were previously more focused on the elaboration of menus. It included the need to respect the Federal Council of Nutritionists Resolution n° 465/2010 and the responsibility for the executing entity to respect the numerical

proportions of nutritionists per student. The technical nutritionist must be linked to the executing entity's school meals sector and be registered with the FNDE.

The nutritionist's practice is guided by PNAE principles and regulatory guidelines, an educational programme that is part of the National Food and Nutrition Security Policy. The nutritionist is the qualified professional who controls food and nutrition planning, coordination, direction, supervision, and evaluation within the secretariat (municipal, state, and federal district) of education regarding school meals.

The nutritionist, who holds technical responsibility over the PNAE, must promote coordination with the education sector, aligning health knowledge with educational knowledge. Therefore, his or her action must be aligned with building a political-pedagogical project that proposes to establish new management paradigms and pedagogical practices.

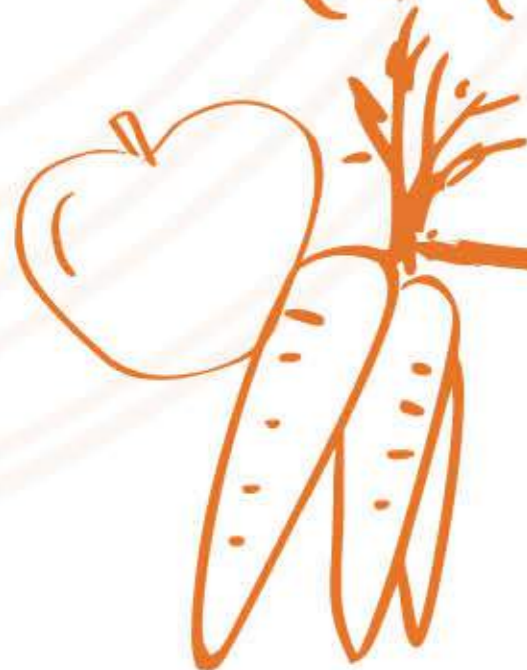
And in the **Best School Meal Recipes Contest** it was no different, because the nutritionist had a key role supporting their lunch ladies from registration to preparation of the recipe in the grand finale in Brasília. Thus, the nutritionists contributed with their testimonies about the **Best School Meal Recipes Contest**.

Stories from

the nutritionists

who had the

winning dishes



Nutritionists from the 1st Edition

Lorran Abrantes

Technical Nutritionist from the state of Goiás

"The contest means recognition, a prize for a group that is often left aside in school: the lunch ladies, who work hard with so much love to prepare a tasty meal for students. An energy of tension and anxiety hung over nutritionists and lunch ladies at everyone's first meeting, which gradually gave way to lots of confidence, knowledge, and joy. The "trial by fire" day was very tense. A lot of sweat, tears, and dedication filled that day and, finally, everything worked out for everyone.

A very well-planned and executed ceremony by the MEC/FNDE gave school meals a



renewed spirit and motivation to keep on fighting.

Awarded or not, everyone involved is a winner, because all their knowledge comes to enrich school menus, contributing to our students' growth.

And to the lunch ladies and nutritionists from all over Brazil, congratulations!"



Taís Cardoso de Jesus

Nutritionist from Salvador - Bahia

"The Best School Meal Recipes Contest, organized by the National Fund for Education Development (FNDE), was very important for me as I obtained personal and professional experiences that I will carry throughout my life.

During the trip I had the opportunity to attend courses, exchange information with other professionals, and build friendships.

I thank God for everything!"

Katia Cristina Brito dos Santos Silva

Nutritionist from Parauapebas - Pará

"The Best School Meal Recipes Contest provided enriching experiences to all those involved in the process and represented an appreciation for the nutritionist and, especially, for the lunch ladies, who were the target of the initiative.

The Brasília stage brought us more knowledge with the lectures, gastronomy course, and food handling. It improved our expertise, which made us feel more confident for the contest's final stage.

We are honoured and happy to have represented the Northern Region with the winning recipe: Cuxá² rice with jerky."



² Translator's note: Cuxá is a sour sauce made with roselle, sesame seeds, dry shrimp, cassava flour and spices such as adjuma peppers, bell peppers, onions etc.



Ana Cléa Bezerra Santos

Technical nutritionist from Parauapebas - Pará

"The Best School Meal Recipes Contest was a real milestone for work relationships in the municipality of Parauapebas/PA.

Today we are witnesses of how rewarding are these actions aimed at valuing the people we work with, not only the lunch lady Maria Arlete, who was the northern region champion thanks to her talent, but also the whole team that works with school meals: lunch ladies, nutritionists, even managers.

We realised that everyone feels immense pride in the fact that the municipality has the great champion among its employees. Above all, we see how much our relationship with all of them has changed for the better. They are motivated and always asking when there will be another contest, they already have recipes, and this approach has greatly facilitated our work as a school nutrition team.

The contest motivated us to create other projects, such as doing nutritional evaluation for the lunch ladies, and this whole revolution was only possible thanks to the contest. In fact, one of the awards was the exchange trip between Brazil/Chile, to which I was invited to accompany the champion cook Maria Arlete. I was flattered and happy, because it is a recognition of the work we have done for school meals on a day-to-day basis.

The exchange of experiences, the opportunity to know another culture and another country's school meals programme, its advances and challenges made us reflect and realise the importance of our role in the school meals scenario. Therefore, not only I, but the entire nutrition team of the municipality and its managers are very grateful to FNDE and its partners for the initiative. We are eagerly waiting for new projects, always count on us."

Dayana Lemos De Souza

Nutritionist from Santa Maria de Jetibá - Espírito Santo

"Much more than representing our municipality in a national contest, participating in the Best School Meal Recipes Contest represented a great confirmation: we are on the right track!

Despite the great challenges of the public sector, working with school meals is very rewarding and worthwhile. Understanding that we work to strengthen the human right to adequate food motivates us to persist.

The experiences in all stages of the contest (awards, tributes, exchange of experiences) confirmed the huge role that lunch ladies have as agents in executing the PNAE and evidenced the importance of the partnership between lunch ladies and nutritionists, which shows that school meals are made with dedication and teamwork."



Anna Crystina Rodrigues

Nutritionist from Matelândia - Paraná

"The "Best School Meal Recipes/Southern Region" award represented a great achievement for the municipality, especially the school meals sector, as it was the reflection of our teamwork seasoned with love and dedication.

From the first elimination stage, we started a chain of requests for nutritionists and CAE presidents to access the portal and vote on recipes compatible with the purpose of the contest. We included the whole school in the food and nutrition education activity: the students had a special class with a teacher, a nutritionist, and lunch ladies, in addition to preparing the "nutritious rice pie" for tasting.

The "trial by fire" took place in Brasília, and the roles were reversed. I worked as helper to the lunch ladies, we literally felt inside a culinary reality show, being evaluated for all our actions and, at the end, presenting the recipe to the jury. The award ceremony was a celebration of PNAE's 60th anniversary. We never felt an atmosphere of competition, but of a party.

An international trip to Santiago, Chile, for a technical visit and exchange of experiences,



was announced as part of the award to the lunch lady and a companion of her choice. Then came my biggest surprise: without even thinking much about it, Lurdes told me: "Anna, it's you I want with me on this trip!". Then we were even more joyous and anxiously waiting for our trip. I lived a unique personal and professional experience.

My goal is to contribute to the programme's management in the best way possible, as the learning moments with the FNDE/FAO team, lunch ladies and fellow nutritionists have evidenced the importance of food and everything its production encompasses."



Nutritionists from the 2nd Edition

Melissa Machado

Technical nutritionist from Taquarussu - Mato Grosso do Sul

"Participating in this contest was very satisfying, as it was where the dream of mutual recognition that we are walking the right path with our students in the public education system came true. Feeding children is feeding dreams, dedication, affection, and we do it proudly. Knowing our dish is among the best school meal recipes is knowing we are on the right path with our ideals of helping to build healthy eating habits in these children's families! We are happy and satisfied with these great contest results! This will strengthen us even more and push us to always improve!"





Gisele L. Barbosa

Nutritionist from
Tacaratu - Pernambuco

"The **Best School Meal Recipes Contest**, held by FNDE, was a great achievement for lunch lady Gilda and represented a lot to me as a nutritionist who follows her activities and the PNAE at the Juazeiro State School, under the Regional Management of the São Francisco Sub-medium region - Floresta/PE. Gilda's victory was very well deserved, as it came from grassroots work that included the entire school and local community. We went through all the stages always with our feet on the ground, hoping that the "Nutritious Northeastern Broth", a simple and regional recipe, was among those selected for the national stage. When the result came out, we couldn't believe it... The national stage in Brasília was remarkable, as we were able to exchange experiences, knowledge, participate in courses. In short, it was a great learning opportunity.

We felt very honoured to represent our Sertão³, Pernambuco and the Northeast."



³ Translator's note: Sertão is a large region in the northeast of Brazil characterised by a semi-arid climate, with scrubby and sparse vegetation typical of warm dry climates such as cacti, thorny bushes, small trees. The region has its own distinct culture, history, folklore, music, all very characteristic and recognizable in the entire country.



Carmen Brandão

Nutritionist from Belém - Pará

"My participation in the 2nd edition of the **Best School Meal Recipes Contest**, as a technical nutritionist for the municipality of Belém do Pará, was without a doubt the greatest professional recognition I have received in my 35 years of professional work, being 25 years working at PNAE. To this day, when I reminisce in day-to-day conversations at work, emotions always wash over me.

I had never participated in an event of such great recognition, both for the lunch ladies and for us nutritionists, who work with great dedication, always attentive to the legislation that guides us in our professional practice.

I hope to participate in other moments promoted by FNDE.

Thank you for everything!"





Renata Auxiliadora De Paula Pessoni

Nutritionist from São Sebastião do Paraíso – Minas Gerais

"The best recipes contest came at a good time for our municipality, because the award brought recognition to our town's school meals.

I think it is very important to value our lunch ladies, who feed the students every day with so much affection, dedication, and care and are not always recognized in their daily lives.

I usually say that the lunch ladies are our eyes, ears, and arms inside the kitchens, because they always prepare the meals with so much care, following our guidelines.

In the days we stayed in Brasilia for the final stage, we learned a lot, exchanged many experiences, and made great friendships.

It was a unique, exciting moment that I will cherish for my whole life."



Renata Geremia

Nutritionist from Bento Gonçalves - Rio Grande do Sul

"The 2nd edition of the **Best School Meal Recipes Contest** was a milestone in the history of school meals in the municipality of Bento Gonçalves/RS, symbolizing the recognition of the work done over several years.

It was a moment that marked my life. I exchanged experiences, I learned new cultures, new habits, and I was also able to experience the feeling of full happiness shown by the lunch ladies, through smiles mixed with crying, tears, hugs, for the fact that they were being recognized. They said, 'this is a dream, I can't believe it yet...'

The 'kitchen aunties', as they prefer to be called, will always be remembered by students, as they use the best and tastiest spice: love.



The contest motivated us to carry out new projects focused on valuing the role of lunch ladies in the development of student learning.

All professionals who work on behalf of children are winners."

The role of professional Lunch Ladies in the National School Feeding Programme

The lunch ladies' functions range from cleaning and organizing the kitchen, to managing the inputs used in food preparation, to adding love to their dishes.

A few decades ago, the government used to send ready-made food to schools. The lunch ladies just put them in water, mixed and waited for them to cook. After the 90s, instead of sending food, the government began to send funds for some municipalities and states. From then on, school meals began to be served according to students' habits, prepared with fresh food. In 2009, schools definitively began to receive fresh food. With this, food handling became bigger, requiring much more work and care from the lunch ladies.

Therefore, over the years, the PNAE design has evolved from a welfare or food supplement programme to one that ensures the Human Right to adequate food. In this sense, what

is offered at school has also changed from the perspective of a "snack" to the concept of a balanced and healthy diet that needs to meet nutritional needs during school hours. The objective of the programme is, therefore, to contribute to growth and biopsychosocial development, learning, school performance, and the creation of healthy eating practices in students, based on two main axes: offering meals to meet nutritional needs during the school period; and executing food and

nutrition education actions that encourage consumption of healthy foods.

Law No. 11,947, of 2009, which rules the PNAE, determines that at least 30% of the amount transferred to states, municipalities, and the Federal District by the National Fund for Education Development (FNDE) for the programme must be used in acquisition of foodstuffs from smallholder farming through public calls. The PNAE thus incorporates elements related to production, access, and consumption with the objective of simultaneously offering healthy food

to students at public basic education schools in Brazil and stimulating national smallholder agriculture.

This connection of school meals to smallholder farming has promoted an important transformation in school meals by allowing healthy foods with a regional link, produced directly by smallholder farming, to be consumed daily by public school students throughout Brazil.

Although PNAE is universal, its great potential is consolidated only when the involved professionals and educators are also committed to the cause. In this context, lunch ladies and nutritionists play essential roles. These professionals give life to laws and rules to turn them into meals. The lunch ladies who prepare meals are responsible for giving flavour, aroma, and texture to the food, facing the challenge of a very demanding audience: children and adolescents. Lunch ladies play a fundamental role in PNAE actions and are the link between school meals and students.

And, to value the role of lunch ladies and promote healthy eating habits, the FNDE/Ministry of Education created the Best School Meal Recipes Contest, which gave the public the opportunity to learn the stories of these warrior women. Thus, these lunch ladies contributed with their testimonies about the Best School Meal Recipes Contest.





Stories of the
5 winners
of the 1st Edition of the
Best School Meal Recipes Contest



Osmarina Assini

Lunch lady from Iporá – Goiás
Central-West Region

"Participating in this contest was of paramount importance and an unparalleled experience, as expectations would rise with every elimination. In Brasília, as the lunch ladies arrived, conversations went on and it seemed like we had known each other for a long time. Through all this I could see that Brazil has a high cultural diversity in several areas.

The organisation's support was fundamental for us to take the courses. The trial by fire, the conviviality and exchange of experiences with everyone made me expand my taste for learning more every day. When I signed up, I never thought I would be one of the winners. Since I enjoy adventure in this area, I've

always wanted to go to college for something related to food. Everything the contest provided us helped us improve our personal and professional skills.

Having attended other courses, I saw that you must develop yourself more and more. The courses SENAI⁴ offered were unparalleled, I've never learned so much. That week was unique in my life; I want to carry the friendships I made in this contest for the rest of my life.

The exchange trip made me change my way of thinking about school meals. Our country is well ahead when it comes to food and how we treat our students. There, school meals are practically industrialised, even if it preserves nutritional value. We visited a factory where we saw the food getting packaged raw in a plastic bag, brought to a high temperature and then frozen at a very low temperature, and its shelf life is 25 days. In the warehouses, we found many industrialised products with a high sodium and sugar content, and they are supplied to schools, kindergartens, supermarkets, and air travel.

Visiting the school, I could see how blessed we are to be able to participate in the whole school process and even offer moral support to our students, as we deal with them directly.

Of all the experiences in this trip, the technical visit to Escuela D-376 Basica "Ite Hernan Merino Correa" was a shock, facing a reality we are not used to deal with because the collaborators do not have direct contact with the students like we have here. Because the food is prepared in the factory, they are 'Junaeb' certified and must follow all established standards. By the way food is served, we can feel that they may unintentionally be generating school bullying. There is a lot of discrimination because the student who eats at school is the one who has nothing to eat at home.

FAO is a reference for Latin America and the Caribbean with well-rounded experience of Brazil's reference to other countries, supporting school strengthening, articulations, reforms, etc.

We could see that we are ahead of that country in several respects: smallholder farming and nutritionists are not mandatory there. The exchange was crucial for us to see we still have room to improve. In my professional life, this contest came to add more and more every day: I could see that

"with a simple omelette we can make a feast", and I hope to learn more and pass on what I learned with all this process we are going through. Thank you very much to God and to all of you.

I would like to thank God first of all; my family who gives me the necessary support; principal Alcides Bernardino who, by thanking him, I thank the whole family of City Councillor Antonio Laurindo, who spared no effort to help me with everything I needed to continue in the contest. I could not have reached the finale without them. The support from parents and students was also important. The sub secretariat, through subsecretary Jerônimo Brito, the state secretary, Governor Marconi Perillo, in addition to two people who spared no effort to help me during the entire process of the contest, day and night and even weekends. These are Eunice Almeida and Valeria Mateus, who helped me and the whole **Best School Meal Recipes Contest** team through Sineide Neres and Bruno Costa, I thank everyone who was involved in the whole process for the contest and the trip.

I am very grateful to the other lunch ladies who went through everything we went through and their encouragements, the new friendships I was able to make.

May God bless them today and always!"

⁴ Translator's note: the National Service for Industrial Training (SENAI) is a private network of professional schools that provide free formal training for specialised industry workers.

"I talk a lot about the experiences I lived with this creative recipe, with this contest that was a great thing in my life. As a lunch lady I feel fulfilled with the opportunity to have learned a lot in Brasília. FNDE was so special in my life, I simply loved cooking. In Brasília, it was all great, a huge success, as I could meet wonderful people who received us very well.

Today I can say I am recognised. I will never forget this contest. Thank you to everyone from FNDE, as this abará⁵ with ground beef recipe changed my life in the northeast. I want to have another chance to come back.

Thank you everyone!"



Dejanira de Souza

Lunch lady from Salvador - Bahia
Northeastern Region



⁵ Translator's note: Abará is a steamed or boiled pudding made of bean paste, seasoned with onions, peppers, spices and sometimes combined with fish and eggs. Also known as "moin-moin" as a typical Yorubá dish.

"Participating in the **Best School Meal Recipes Contest** was exciting, I feel honoured and happy to represent my municipality and the Northern Region.

The experience of living all the stages of the contest until the choice of the champion recipe only brought me benefits and professional recognition, the awards I received added knowledge and experiences that I never thought of living, such as the trip to Chile. They were wonderful days of learning and living with colleagues from other regions, nutritionists, contest organisers, and it was still possible to fulfil a personal dream.

This recognition only motivates us to work with more affection and dedication, doing the best for school meals.

I am grateful to God, my family, my co-workers and the FNDE for holding the **Best School Meal Recipes Contest.**"



Maria Arlete da Silva

Lunch lady from Paraupébas - Pará
Northern Region



Anilda Berger

Lunch lady from
Santa Maria de Jetibá -
Espírito Santo
Southeast Region

"It was a great surprise when I learned that I won 1st place in the contest, with my recipe for savoury rice cake, which I created on my own without using any information that could help me. In Santa Maria de Jetibá/ES, I got a rice cooker, and I could have had nothing else.

Until one day my boss Dayana enrolled me in the FNDE contest, where I participated alongside 2,433 recipes from all over the country. When I least expected it, Dayana called me saying that my and two other lunch ladies' recipes (Gerlinda and Leila) were among the three best in the entire Southeastern Region. I was very happy, because I was going to Brasília to participate in the SENAI course, where I spent 6 days. One day I was invited to an interview on TV Gazeta to talk about my recipe and about my big dream, which was to fly.

We went to Brasília at the end of January 2016. Those were spectacular days with my colleagues Gerlinda and Leila. We had to make the recipes at the end of the competition. It was calm, I felt like I was at home with my children and husband. They started to call the results and I acted normally. However, when they said I was the big winner (I never imagined I would win), it was a big surprise. I was awarded BRL 5,000 and two air tickets to visit Chile. With pleasure I invited Dayana to go with me.

On April 9th we left São Paulo towards Chile on a quiet flight. Those were awesome days, getting to know new things, different places and foods, in spite of the cold. We returned home on April 15, 2016. It was an immense pleasure to make my savoury rice cake recipe and represent our region."

"The history of the nutritious rice pie began when I participated in the public contest of the municipality of Matelândia/PR for the position of lunch lady. In the practical test I would have to do something different, adding only available ingredients. Then I elaborated the recipe and won first place in the selection process.

The **Best School Meal Recipes Contest** came up a few years later when the municipality nutritionist and the school where I work encouraged me to participate. After qualifying in the regional stages, I had the privilege of representing my state in Brasília.

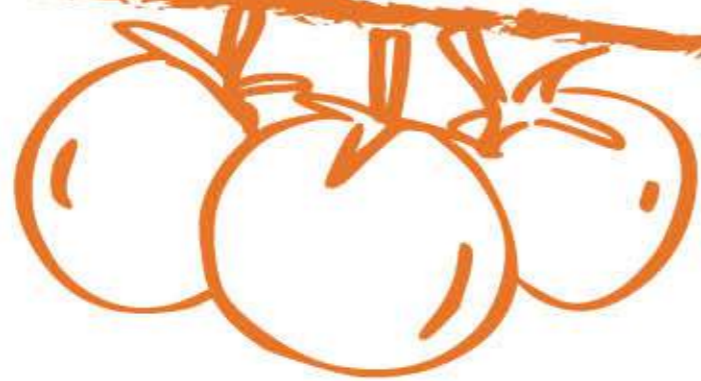
I won first place in the contest and got to represent the country's Southern Region. With this, I won a trip to Chile to learn about the country's school meals. It was very productive. I compared the two countries' school meals and realised that Brazil stands out.

After winning this contest, new opportunities appeared: I was invited to participate in food-related events in the capital and in other states, such as Porto Alegre and São Paulo. It was a great experience for my life, I am fulfilled and very happy."

Maria de Lurdes Fidelis

Lunch lady from
Matelândia - Paraná
Southern Region





Stories of the
5 winners
of the 2nd Edition of the
Best School Meal Recipes Contest



Debora Ribeiro

Lunch lady from Taquarussu - Mato Grosso do Sul
Central-west Region

"I was very happy to participate and win this edition of the contest. It was gratifying to see my profession valued, to return to my municipality carrying a title that was won not only because of my merit, but because our school meals are healthy, value smallholder farming, and give us full support

to bring a quality diet to our students.

In addition to this recognition of my professional growth, this contest brought me something greater: it allowed me to create emotional bonds that I will always carry with me..."

"The contest meant a lot to me. Winning this prize was of unparalleled importance. It was unique, an experience I've never lived before and knowledge I'll carry for my whole life! The biggest prize was living experiences I never had before, being with such special people and building strong friendship bonds! The award was not only significant for me but for everyone who supported and accompanied me in this important stage of my life!

My return from the contest was surprising. I felt such satisfying support from everyone.

Being received with great affection and recognition made me realize the importance of a lunch lady for the school, for the student, and that we are fundamental for education!

The contest completely changed my life, I learned that we are all capable, we just need willpower and dedication in what we do! I started to value my work even more because when you do something with love everything comes out perfect! I first thank God and everyone who supported and encouraged me, and today I can say that I am an accomplished lunch lady!!! Thank you!!!

Gilda de Souza

Lunch lady from
Tacaratu - Pernambuco
Northeastern Region





Maria Claudia dos Santos

Lunch lady from Belém - Pará
Northern Region

"Winning the **Best School Meal Recipes Contest Award** - Northern region showed me how much I like what I do, the commitment and responsibility to prepare food for children, using regional products, focusing on the food's nutritional quality. It's all very rewarding. Being awarded leads to professional appreciation and expands my curriculum, especially in handling food for children, who are still discovering the flavours of good food.

Satisfaction and fulfilment are the words I can use now to thank you for the recognition of my loving work."

"Participating in the contest was of great importance to me. Having the chance to go to Brasília to compete in the finale left me euphoric and flattered. I have learned many things from living situations in my life that, for me, were a dream. I travelled by plane, stayed in a hotel in the country's capital, had opportunities to meet people from different corners of Brazil, participated in SENAI training courses, experienced the diversity of regional cuisines and tasted their rich flavours through the work presented by each participant. I will never forget these magical moments, which left a positive mark on my life and enriched my story.

Upon returning to school as regional winner of the Southeast, state of Minas Gerais, I could not contain the joy and satisfaction in me and

in each person who works with me at the school. I was honoured in newspapers, local and regional TV networks, by the City Council, by the Mayor Walker Américo Oliveira, and by the municipal Secretary of Education Maria Ermínia Preto de Oliveira Campos. I was awarded with a trip to Belo Horizonte alongside the school principal, Vânia Aparecida Potenciano, to receive a direct homage from the governor of Minas Gerais, Fernando Pimentel.

Many changes happened in my life and at school after the contest. I come to work with more enthusiasm. The school community and the people in town recognize my job even more. The children started liking school meals more; they like the taste of my winning recipe 'Minerim'⁶ Rice and the healthy ingredients that go into it such as reused vegetable stalks. They started to enjoy them with more pleasure.

Anyway, I always cook with love, I try to use healthy foods and explore their value, because I and all Brazilians need healthy meals. Going to another country will be another dream that I will fulfil. I thank God for all that I experienced when participating in this contest and the people who helped me here in Minas Gerais and in Brasília."



Luciana Pinheiro
Lunch lady from São Sebastião
do Paraíso - Minas Gerais
Southeast Region

⁶ Translator's note: Minerim is an affectionate way of saying mineiro, which is a person who was born in the state of Minas Gerais.

"When I returned from Brasília to my town, my heart started beating fast while still in the plane. Then the emotions sank in, the mix of feelings I had during the contest. I slid the plane window's curtain open and thanked God for the opportunity to be one of the 15 blessed women who had the privilege to participate in this contest. I have matured about 10 years as a person with this knowledge and exchange of experiences with other colleagues. My life changed when I learned how important being a lunch lady is. There is no point in just having food projects and not valuing those who give the final touch to perfection, us lunch ladies. My greatest prize is looking at those smiles of gratitude in the eyes of the little ones."



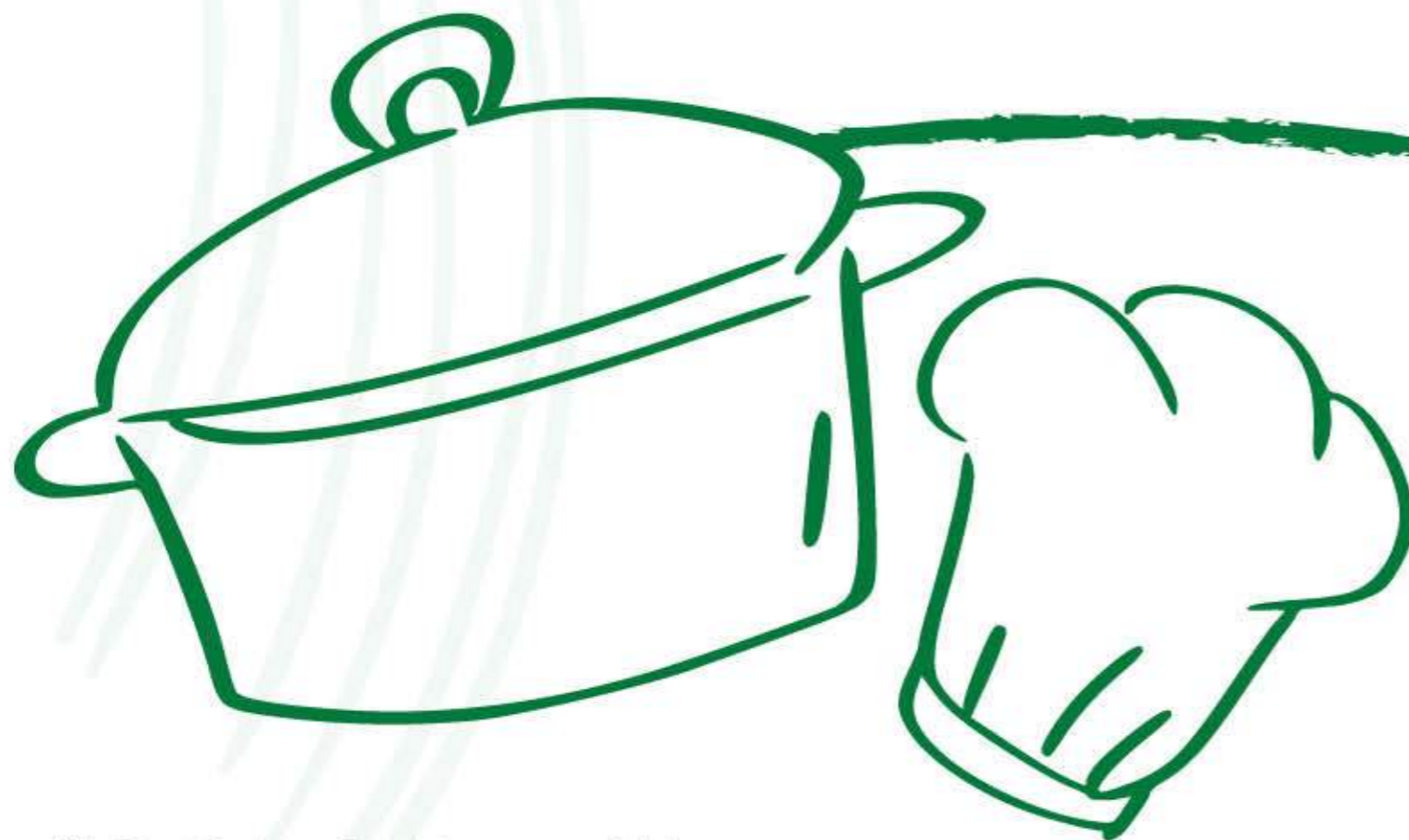
Daniela Felizardo

Lunch lady from Bento Gonçalves/RS
Southern Region



5 recipes

from the 1st Edition of the
Best School Meal Recipes Contest



Now that we already know the nutritionists and the winning lunch ladies from both editions, let's dive in and prepare the wonderful finalist recipes in both contests.

Tasty Sweet Potato Pie with Fish

Lunch lady: **Osmarina Pereira Assini**



Councillor Antônio
Laurindo State School



Iporá/GO



Preparation time:
01h20min



Number of servings:
10



Ingredients

2 cups of cooked sweet potato
1 cup of whole milk
2 medium chicken eggs
1 cup of wheat flour
5 tablespoons of butter
1 tablespoons of baking powder
2 cups of water
1 ½ cups of tomato sauce
2 large tomatoes
2 medium onions
6 medium limes
3 medium garlic cloves
3 teaspoons of soy oil
½ cup of chives
½ cup of parsley
2 tablespoons of oregano
6 large corncobs
1 cup of Parmesan cheese
6 medium carrots
1 ½ teaspoons of salt
2 cups tilapia fillet



Preparation

1. Cut the fish fillet into medium cubes, season with salt and lime, and let it sit while preparing the dough.
2. Mix the eggs, butter, milk, boiled and mashed sweet potatoes, flour, cheese, and ½ teaspoon of salt in a blender until smooth.
3. Add the baking powder, mix, and set aside.
4. For the filling: using a saucepan over medium heat, heat the oil, fry the garlic and onion, add the fish, and chopped corn.
5. Add the tomato sauce, water, grated carrots, chives, and parsley and cook for 8 minutes.
6. In a 35cm x 25cm greased baking pan, pour half the dough, distribute the filling on top, add the tomatoes cut into slices.
7. Pour the rest of the dough, sprinkle with grated cheese and oregano.
8. Place in the preheated oven, medium temperature, for 35 to 40 minutes or until golden brown. Let it cool down and serve.



Ground Beef Abara with Cassava



Lunch lady:
Dejanira de Souza

 Nossa Senhora das
Candeias Municipal
School

 Preparation time:
02h00

 Salvador/BA

 Number of servings:
10

 Ingredients

1kg of ground beef
1 large head of garlic
1kg of raw cassava
1kg of tomatoes
1.5kg of onions
2 bunches of coriander
1kg of green bell peppers
200ml palm oil
1.5 litres of water
1 tablespoon of salt
2 banana tree leaves

 Preparation

1. Wipe the banana tree leaves with a clean cloth. Then pass the leaves over the fire. Then cut the leaves into pieces of approximately 20cm.
2. Set aside 3 litres of water.
3. Peel the cassava and mix it in a blender with a little water. Strain through a sieve and set aside in a bowl.
4. Wash the ground beef.
5. How to season the meat: Finely chop all the spices (tomatoes, onions, peppers, and cilantro). Add all the spices to the ground beef and stir. Add 200ml of palm oil. Put it on the heat for 20 minutes, stirring constantly. Then remove from the heat and set aside.
6. How to season the dough: Mix 100ml of water with the chopped coriander, 3 onions, and salt in a blender. Then put it in the cassava dough and fold it in thoroughly.
7. Take the well-seasoned cassava dough and mix it with the ground beef. Stir well with the heat turned off.
8. Place a large spoonful of dough on a cut banana leaf and roll it up. Place on a baking sheet. After everything is done, arrange it in a couscous bowl and put it over heat to cook in bain-marie.

Cuxa Rice With Jerky

Lunch lady:
Maria Arlete da Silva



Novo Horizonte
Municipal Kindergarten
School



Parauapebas/PA



Preparation time:
01h30



Number of servings:
10



Ingredients

1 bunch of roselle
320g rice
100g onion
100g green bell pepper
500g beef jerky
100g tomatoes
4 medium garlic cloves
1 bunch coriander
3 adjuma peppers
Salt to taste



Preparation

1. Cut the jerky into small pieces and simmer for 20 minutes to remove excess salt. Then drain and set aside.
2. Sauté the desalted jerky in a saucepan.
3. Add garlic, onions, tomatoes, bell peppers, adjuma peppers, coriander and roselle cut into small pieces. Stir well.
4. Add the rice, salt, and water and let simmer until the rice is cooked.





Anilda's Savory Rice Cake

Lunch lady:
Anilda Berger



Baixo Rio Pantoja
Municipal Single-teacher
Elementary School



Santa Maria de Jetibá/ES



Preparation time:
01h30



Number of servings:
10



Ingredients

700g chicken breast
3 medium chicken eggs
½ cup requeijão⁷
½ cup wheat flour
2 cups cooked rice
2 tablespoons soy oil
2 medium tomatoes
1 medium carrot
1 tablespoon baking powder
1 medium onion
1 tablespoon of salt
¼ bunch green onions



Preparation

1. Cook the rice and set it aside.
2. Cook the chicken breast and shred it. Set it aside.
3. Mix eggs, wheat flour, milk, and oil in a blender.
4. Mix with the other chopped ingredients and shredded chicken breast.
5. Stir while adding baking powder and bake in a greased pan for approximately 40 minutes.

⁷ Translator's note: Brazilian requeijão is a type of cheese with a mild taste and varying consistency. This recipe calls for the creamy version of the cheese, which has a similar texture to condensed milk.



Nutritious Rice Pie

Lunch lady:
Maria de Lurdes Fidelis



Pedro II EMD EI EF



Matelândia/PR



Preparation time:
01h00



Number of servings:
10



Ingredients



Preparation

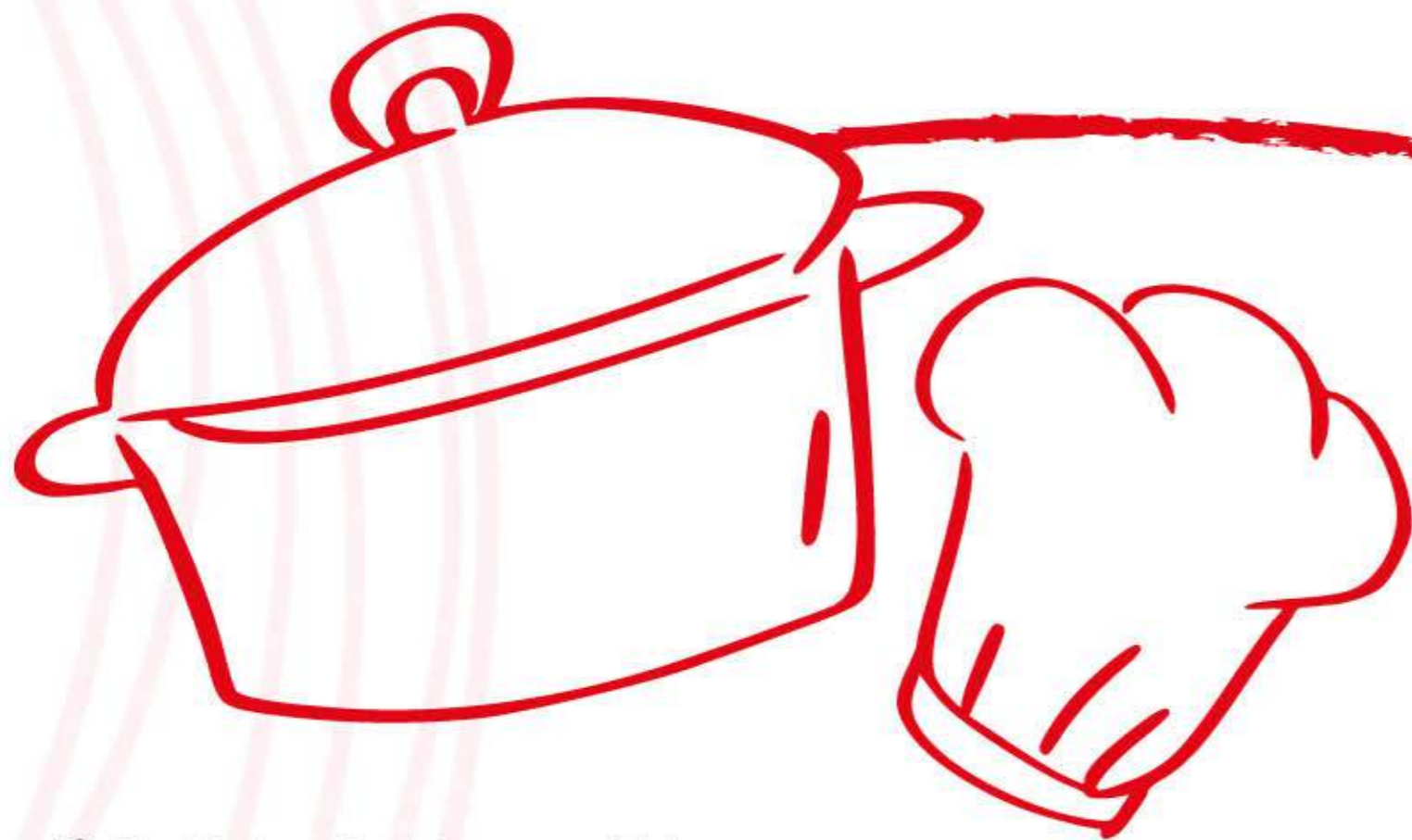
100g rice
5 tablespoons soy oil
3 tablespoons wheat flour
1 chicken egg
1 teaspoon baking powder
1 pinch of salt
1 small cup cooked broccoli
½ medium onion
2 small carrots
2 tablespoons green onions and parsley
1 coffee saucer of shredded chicken breast
1 coffee saucer of shredded cabbage
1 large tomato
2 small cups whole cow's milk coffee

1. Dough preparation: mix the eggs, milk, oil, wheat flour and rice in a blender. Stir in the salt and baking powder.

2. Filling preparation: mix the shredded chicken breast, green onions and parsley, grated cabbage, chopped broccoli, diced carrots, onions and chopped tomatoes. Pour the dough into a baking pan and mix the filling ingredients. Bake for approximately 50 minutes.

5 recipes

from the 2nd Edition of the
Best School Meal Recipes Contest



Vegetables and Creamed Corn

Lunch lady:
Debora de Souza Leal Ribeiro

 Irene Linda Zioli Crivelli
Municipal School

 Taquarussu/MS

 Preparation time:
01h00

 Number of servings:
10

 Ingredients

500g raw carrots
500g raw green beans
600g raw sweet corn
500g raw cauliflower
500g raw chicken (or another white meat)
50g raw parsley
20g raw chives
40g unsalted vegetable margarine
5g raw garlic
15g table salt
1.5 litres whole cow's milk

 Preparation

1. Chop all vegetables into small pieces. Cook until firm.
2. Remove the corn from the cob and cook half (300 grams). Mix the other half with milk in a blender. Strain and set aside.
3. Fry the chicken in small cubes in 20 grams of margarine until golden brown, set aside.
4. Place the vegetables, cooked corn, and chicken in a single pan with 20 grams of margarine, garlic, and salt.
5. Then add the corn with milk and stir until it thickens.
6. Turn off the heat, then add parsley and chives.
Stir and serve hot.



Nutritious Northeastern Broth

Lunch lady:

Gilda Rosangela Cordeiro de Souza



Juazeiro School



Tacaratu/PE



Preparation time:
01h30



Number of servings:
10



Ingredients



Preparation

1kg goat or sheep meat
200g raw onion
150g raw ripe tomatoes
100g raw green bell pepper
30g raw garlic
10g adjuma pepper
10g turmeric
20g bay leaf
20ml lime
20g table salt
20g cumin seeds
100g raw kale
1 kg of raw cassava or yams
3 litres of water

1. Cook the cassava or yams in 2 litres of water and set aside.
2. Season the sheep or goat meat with salt, garlic, lemon, dried seasoning, bay leaves, and turmeric.
3. Add the tomatoes, onion, bell pepper, adjuma pepper and sauté for 2 minutes.
4. Add 1 litre of water, coriander, and cook until the meat is very tender. Mix the cassava or yams in a blender with the cooking water at maximum speed for approximately 3 minutes.
5. Mix the blended cassava or yam with the cooked goat or sheep meat. If necessary, add a little more water.
6. Slice the kale into very thin strips and mix into the broth. Bring to a simmer over low heat for 10 minutes, stirring occasionally. Turn off the heat, sprinkle with chives and serve.

Pasta from Pará

Lunch lady:

Maria Claudia Ferreira dos Santos



José Alves Cunha
Municipal School



Belém/PA



Preparation time:
02h00



Number of servings:
10



Ingredients



Preparation

500g chicken breast
25ml tucupi⁸
15g sweet basil
75g paracress
500g spaghetti noodles
45g coriander leaves
45g onion
45g chicory
75g garlic
30g green bell pepper
15g salt
15g fresh basil
30g annatto
45g tomatoes
300g lime
30g eggplant
6 chicken eggs
15g beetroot
30g carrots
30g soy oil

1. Wash the chicken breast fillet with lemon and season with salt, lemon, garlic, onion, annatto, basil, bell pepper, tomato, chicory, and coriander.
2. Put the chicken in a pressure cooker to sauté and cook for forty minutes. Shred the chicken in the pan itself and add the paracress cut very thinly. Leave it on the heat again for another five minutes.
3. Boil the seasoned tucupi in another saucepan, add the spices to sauté, break the pasta, stir and add to the tucupi. Leave the pasta al dente, it will turn out creamy.
4. Add chicken to the pasta and mix, garnish with lettuce leaves, sliced boiled eggs, eggplant chips, tomatoes, carrots, beets. Then serve! Bon Appetit!

⁸ Translator's note: Tucupi is a yellow sauce extracted from wild cassava. It is also a by-product of cassava flour manufacture. The juice contains hydrocyanic acid, which means it is toxic when raw.

"Minerim" Rice

Lunch lady:

Luciana Aparecida Pinheiro



Noraldino Lima
Municipal School



São Sebastião do
Paraíso /MG



Preparation time:
02h40



Number of servings:
10



Ingredients

300g white rice
100g beetroot leaf
60g kale
60g broccoli
60g kabocha squash
60g carrot
200g chicken breast
100g tomatoes
30ml soy oil
10g salt
30g onion
15g garlic
15g parsley
15g chives
Water



Preparation

1. In a pressure cooker, cook the chicken breast with tomatoes, onions, and garlic. After cooking, shred it and set aside.
2. Sauté the broccoli stalks, squash peel and cabbage stalks with oil, onion, garlic, and salt. Set them aside.
3. In another pan, sauté the beet stalks with oil, garlic, onion, and salt. Set them aside.
4. In a larger pan, sauté the rice with oil, onion, garlic, and salt. When the water is almost dry, add the grated carrots.
5. Once everything is ready and cooked, mix it all in a single bowl, sprinkle the chives and parsley on top and serve.





Polenta Pancakes

Lunch lady:
Daniela Fernanda Felizardo



Independência Municipal
Kindergarten and
Elementary School



Bento Gonçalves/RS



Preparation time:
30min



Number of servings:
10



Ingredients

200g wheat flour
200g yellow cornmeal
90g whole raw chicken egg
200ml whole cow's milk
5g turmeric
500g raw ground beef
200g raw beetroot leaf
5g raw garlic
1g ground oregano
70g raw onion
100g raw seeded tomatoes
6g table salt
60ml soy oil



Preparation

- 1.** Dough: Mix wheat flour, corn flour, eggs, milk, turmeric, oil (50ml) and a pinch of salt in a blender.
- 2.** Heat a frying pan with a trickle of oil. Use a ladle to pour out the dough and let it bake, turning over on both sides. Do this for all units.
- 3.** Ground beef filling with beet stalks and leaves: Sauté all the leaves with a drizzle of oil and set aside.
- 4.** In another pan, sauté the chopped onion, garlic, ground beef, oregano, and peeled and seeded tomatoes. Mix the two together.
- 5.** After preparing the dough and fillings, assemble the polenta pancakes.

5 recipes

from Lunch Ladies from
Brazil Contest





Antônio Aurélio Teixeira
Municipal Elementary
School



Lucena/PB



Preparation time:
01h00



Number of servings:
8



Ingredients

2 medium red onions, chopped
500g fish strips (tilapia fillet)
4 garlic cloves
5 tablespoons olive oil
900g cassava
1.5 litres natural coconut milk
Chopped cilantro to taste
1 teaspoon cumin
½ teaspoon turmeric
Chopped chives to taste
Parsley to taste
1 lime (juiced)
Salt to taste
2 tomatoes (natural pulp)



Preparation

1. Heat the onion and garlic in olive oil and grill the fish.
2. Add cumin, turmeric, chives, tomato pulp, lime juice and coriander. Salt to taste.
3. Boil for a few minutes and set aside. Place the peeled cassava in a saucepan and let it cook well.
4. Put the coconut milk in a blender and add the finely chopped cassava until it turns to a creamy and homogeneous consistency.
5. Then mix with the fish.
6. Bring to a boil and add the chives and parsley

Rice with broccoli (side dish)



Ingredients

2 cups rice
1 bunch of broccoli
1 small onion
2 garlic cloves
2 tablespoons olive oil
4 cups water
Salt to taste



Preparation

1. Sauté the onion and garlic in olive oil. When they turn golden brown, add the rice and let it fry a little, stirring so as not to burn.
2. Add boiling water and season with salt to taste. Lower the heat.
3. Wash the broccoli, cut into florets, and then into smaller pieces.
4. Add to rice when half cooked.
5. Let it dry and serve it al dente.



Tilapia Fillet Bobo

Lunch lady:
Maria de Lourdes dos Santos Nascimento



"Shi-Mogi"

Lunch lady: **Geralda de Oliveira Leite Silvano**



Teacher Florisa
Faustino Pinto
Municipal School



Mogi das Cruzes/SP



Preparation time:
01h00



Number of servings:
10



Ingredients

3kg potatoes
400g de Shimeji
200g soy protein
1 litre whole milk
1 green bell pepper (120g)
2 ripe tomatoes (450g)

4 cloves garlic (50g)
180g margarine (9 tablespoons)
2 tablespoons of salt (40g)
30ml oil (2 dessert spoons)
1 large onion (150g)
80g wheat flour (4 tablespoons)



Preparation (Shimeji)

1. Wash the shimeji, cut into small cubes and set aside.
2. Peel and chop the 2 cloves of garlic, half an onion and set aside.
3. Wash and chop one tomato and half the bell pepper. Set it aside.
4. Sauté the garlic and onion in a saucepan with a spoonful of oil.
5. Add the tomatoes, bell peppers, and sauté for 5 minutes.
6. Add the shimeji, sauté for 5 minutes and set aside.
7. Drain excess water if needed.



Preparation (soy meat)

1. Hydrate the soy meat in boiling water for 10 minutes and set aside.
2. Peel and chop two cloves of garlic and the other half of the onion and set aside.
3. Chop one tomato and half of the bell pepper into small cubes. Set it aside.
4. In a saucepan, put a spoonful of oil, garlic and onions and sauté until golden brown.
5. Add the soy meat (already hydrated and drained), sauté for 5 minutes.
6. Add the chopped bell peppers, tomatoes and half a tablespoon of salt. Sauté them.
7. Turn off the heat and sprinkle chives and parsley on top.



Preparation (purée)

1. Wash and peel the potatoes and cut them into four pieces. Set it aside.
2. Place the potatoes in a saucepan with half a tablespoon of salt and cover with water.
3. Leave to cook for 20 minutes, or until tender.
4. Wait for it to cool, then mash and set aside.
5. In a saucepan, sauté two tablespoons of margarine, add the mashed potatoes, milk and half a tablespoon of salt. Mix until smooth and set aside.



Preparation (bechamel sauce)

1. In a saucepan, put two tablespoons of margarine, half a tablespoon of salt and four tablespoons of wheat flour. Stir well and let cook until golden brown.
2. Gradually add the milk and do not stop stirring until you get a homogeneous cream.
3. Mix the shimeji into the sauce and set aside.

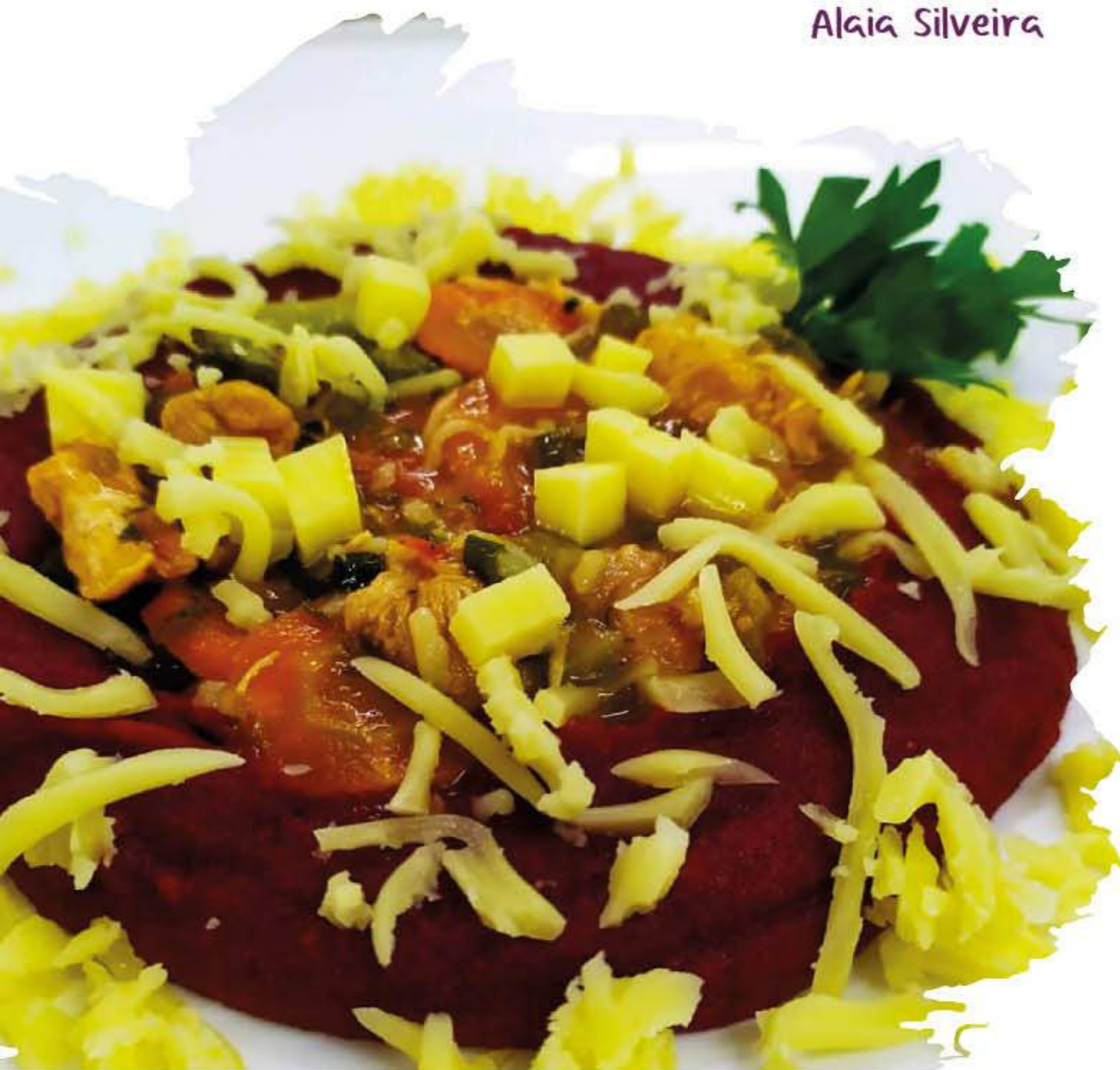


Assembly

1. Spread half of the puree on a platter.
2. Add a layer of soy meat.
3. Add a layer of shimeji cream.
4. Cover it with the remaining puree.
5. Place in preheated oven until the top turns golden brown.

Polenta "Wonder Flavor"

Lunch lady:
Alaia Silveira



 Mundo Infantil
Education Center

 Maravilha/SC

 Preparation time:
01h00

 Number of servings:
5

 Ingredients

 Preparation

7 cups (1,750 ml) mineral water
1 cup (250g) medium cornmeal
2 tablespoons (60g) fine sea salt
3 heaping tablespoons (60g) salted butter
3 large units (570g) beetroot
2 units (250g) boneless chicken thigh and drumstick, diced
1 full saucer (250g) boneless chicken breast, diced
1 lime (88g)
4 cloves (12g) garlic
1 pinch (2g) turmeric powder
1 medium (80g) onion
1 medium (120g) green bell pepper
2 medium (300g) tomatoes
½ (250g) broccoli
2 (214g) carrots
½ tablespoon (10g) corn starch
2 tablespoons (20g) sugar
1 small bunch (50g) parsley
2 sprigs (40g) chives
4 small sprigs (5g) fresh basil
1 small saucer (150g) mozzarella cheese, finely diced
1 small saucer (150g) grated mozzarella cheese

1. Place the chicken cubes in a bowl to marinate with 1 squeezed lime and 1 shallow spoonful of salt. Set it aside.
2. Cut the beets into small pieces, grind them in a blender and cook them with 500ml of mineral water.
3. In a saucepan, add 1 cup (250g) of corn flour with 750ml of water, 1 shallow tablespoon of salt and 1 tablespoon of butter.
4. Let it cook. In another saucepan, heat 2 tablespoons of butter with 1 teaspoon of sugar.
5. Then add the meat and let it turn golden brown.
6. Add garlic, onions, tomatoes, green peppers, 1 pinch of turmeric, carrots, and broccoli.
7. Dilute the starch in 250ml of water and add to the sauce. As soon as it is ready, add the chives and parsley.
8. At this time, the polenta is almost ready. Blend the beets again to make them creamier.
9. Add the beetroot cream to the pre-made polenta. Mix well.
10. Let it cook for a few more minutes. Serve with the chicken sauce, diced and grated cheese and fresh basil.

Vegetable Pie (Gluten-Free and Lactose-Free)

 Eloy Brusck Municipal Kindergarten School

 Preparation time:
01h00

 Itati/RS

 Number of servings: 5

 Preparation (dough)

 Ingredients (dough)

300g green banana biomass
600g cassava
4 eggs
Salt to taste
½ cup of water

1. Sanitize the unpeeled green bananas, place them in a pressure cooker with hot water and boil for about 10 minutes.

2. After removing from the pan, peel and place the bananas in a blender with ½ cup of water. Blend until it forms a homogeneous mass.

3. Peel the cassava, sanitize and grate it raw.

4. Then mix the green banana biomass well with the cassava, eggs, salt, and water.

 Ingredients (filling)

100g sweet corn
100g carrots
1 small onion
2 garlic cloves
100g lactose-free cheese
1 small bell pepper
2 tomatoes
20g chives and parsley
8 broccoli bouquets
Salt

 Preparation (filling)

1. Sanitize and cut vegetables into small cubes. Grate the carrots.

2. Grease a rectangular baking pan and lay out a layer of dough (more than half of the dough).

3. Then add the filling and cover with the rest of the dough.

4. Place in a preheated oven and bake for 45 minutes at 160°C.

Lunch lady:
Rosani Justi dos Santos





Delicious Blade-Apple Cactus



Ingredients

- | | |
|---|---|
| 1kg raw cassava, peeled and diced | 75g parsley and 75g chives |
| 3 litres of water | 2 cups sweet corn (250g) |
| 500g ground beef | 500ml whole cow's milk |
| 8 small blade-apple cactus leaves (50g) | 1 tablespoon corn starch (10g) |
| 2 kale leaves (40g) | 300g finely grated colony cheese ⁹ |
| 1 medium carrot with stalks and leaves (130g) | 1 tablespoon salt (20g) |
| 1 zucchini, unpeeled (300g) | 2 tablespoons annatto (14g) |
| 4 medium tomatoes (250g) | 4 teaspoons oregano (4g) |
| 4 garlic cloves (20g) | ½ teaspoon nutmeg (1g) |
| 2 medium onions (260g) | 1 tablespoon oil (15ml) |



Preparation

1. Cook cassava in water until soft.
2. While waiting for the cassava to cook, properly sanitize the blade-apple cactus, chives, parsley, kale, zucchini, carrots, and tomatoes.
3. Prepare the ground beef sauce. Chop the onion and garlic. Sauté the ground beef with the oil, onion (half the chopped amount) and garlic (half the chopped amount). Add salt and annatto. After sanitizing the tomatoes, chop them and add to the meat sauce to cook. While waiting for the previous steps to finish, mince the kale, zucchini, and carrots in a food processor. Then add to the sauce. Chop the blade-apple cactus, chives and parsley, add to the sauce. Gradually pour in the water, just so it doesn't stick. Leave to cook until ready.
4. Prepare the creamed corn. In a saucepan, sauté the onion and garlic in oil until golden brown. Set it aside. Mix the milk with starch, salt, and green corn in a blender. Then add the nutmeg and simmer (along with the onion and garlic) for 10 minutes until it thickens. Return the mixture to a blender, add 100 grams of grated cheese and blend.
5. Start the assembly. Mash the cassava. Spread it on the bottom of a large glass tray. Then add the meat sauce with vegetables and blade-apple cactus. Then add the creamed corn. Top with grated cheese. Sprinkle with oregano. Place in the preheated oven on high heat for 10 minutes until golden brown.



Teacher Terezinha
Machado Municipal
School



Capitão Leônidas
Marques/PR



Preparation time:
01h00



Number of servings:
6

Lunch lady:
Elisa Cristina Szekut da Silva

⁹ Translator's note: "Colony cheese" is a type of cheese from the mountainous regions of Brazil's southernmost state Rio Grande do Sul. This region was inhabited by Italian and German immigrants who brought their cheese-crafting traditions, which are still maintained by their descendants. Colony cheese has a slightly spicy flavour, a soft consistency on the inside and a firm yellow crust.





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