

## Report for Healthy Wave Mentor visit Riga

**Project:** Healthy Wave (Implementing Healthy Meal for all)

**Dates:** 16-18 June 2025

**Location:** Riga

### Day 1: 'Let's meet the stakeholders'

**Date:** May 7, 2025 **Location:** Rātslaukums 1, Riga City Council, Hall of Portraits **Target group:** Healthy Wave consortium and stakeholders **Actual number of participants:** 12

#### Summary:

##### Morning

Meeting with city representatives, stakeholders (=Local Action Group), facilitators, mentor & mentee. First we were welcomed by the Chairperson of Education, Culture and Sport Committee of Riga City Council. After a quick round of getting to know each other, Riga shared their action plan with the group. We discussed bottlenecks and opportunities. This was very relevant input for Riga to refine their action plan. One big bottleneck is the communication and dissemination of what they are doing in Riga. No one knows about all the existing initiatives. Cluj promised to help Riga with the communication.

After a break, mentor Cluj shared some good practices to inspire and motivate the Local Action Group. This was followed by a workshop in which we discuss the future role of the stakeholders.

##### Afternoon

For lunch we moved to a local gymnasium who is a forerunner in providing healthy meals, both by what and how they serve the food. There we experienced how lunch is served to the students. Afterwards the principal and caterer gave us a presentation of the school, the catering organization, the cooperation with the catering company and how the quality control is done. The guided visit and presentation were followed by a very interesting discussion with all involved parties about providing healthy meals for students. What can the school, municipality and catering company do? This visit gave us the idea to organize an interview with other principals to inspire them to follow this good example.



More photos of first day in City Council:

<https://www.flickr.com/photos/103426396@N05/albums/72177720325935526>

## Day 2: 'Healthy School meal day'

**Date:** May 8, 2025 **Location:** Riga pre-school No 154, Riga Teikas Secondary school, **Target group:** Healthy Wave consortium **Actual number of participants:** 7

### **Summary:**

#### **Morning**

We first visited a preschool. Here we talked a lot about procurement and how the city helps the principals by organising a decentralized procurement system, based on national guidelines. The school also talked about how they work in a holistic way on food at school by maintaining a school garden and by cooking together with the kids.

#### **Afternoon**

We had lunch in a big school for primary & secondary education. There we discussed the role of canteen staff in motivating kids to eat healthy food.

After lunch we had a meeting with the nurse of the school. We discuss her responsibilities in regard to food: quality checks of the food, food education of the kids, hygiene, special diets, ... After this meeting both facilitators and mentors understood the important role of the nurse much better.

The day ended with a discussion on the future role of the facilitator Cluj. There we decided Cluj would write a communication plan for Riga.

### **Article about mentor visit:**

[https://iksd.riga.lv/lv/rd-iksd?target=news\\_item&news\\_item=izstrada-aktivitasu-planu-edinasanas-kvalitates-uzlabosanai-rigas-skolas-14788](https://iksd.riga.lv/lv/rd-iksd?target=news_item&news_item=izstrada-aktivitasu-planu-edinasanas-kvalitates-uzlabosanai-rigas-skolas-14788)