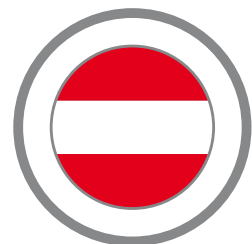


# SCHOOL FOOD POLICY COUNTRY FACTSHEETS



## AUSTRIA



<b>School food policy (voluntary)</b>	“Leitlinie Schulbuffet – Empfehlungen für ein gesundheitsförderliches Speisen- und Getränkeangebot an österreichischen Schulbuffets”
<b>Developed by</b>	Leading ministry for developing nutritional standards is the Health Ministry; implementing standards is the responsibility of school authorities - in terms of primary and normal secondary schools (Hauptschule, kooperative Mittelschule) the provinces (“Länder”) or cities (“Statutarstädte”) are responsible whereas for grammar schools (Gymnasium) and most institutions of higher education (höhere Bundeslehranstalten) the Ministry of Education is responsible.
<b>Year of publication</b>	2011
<b>Web link(s)</b>	<a href="http://bmg.gv.at/cms/home/attachments/6/4/o/CH1047/CMS1313558884746/leitlinie_schulbuffet_final_201108121.pdf">http://bmg.gv.at/cms/home/attachments/6/4/o/CH1047/CMS1313558884746/leitlinie_schulbuffet_final_201108121.pdf</a>

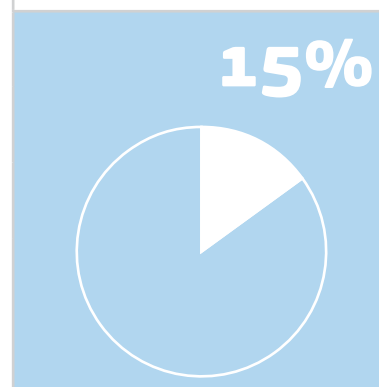
## General information

### Demographic data

#### School-age population

5 to 9 years	<b>403 639</b>
10 to 14 years	<b>418 845</b>
15 to 19 years	<b>480 555</b>
<b>Total 5 to 19 years</b>	<b>1 303 039</b>

#### School-aged children as % of total population



Source: EUROSTAT, year 2013.

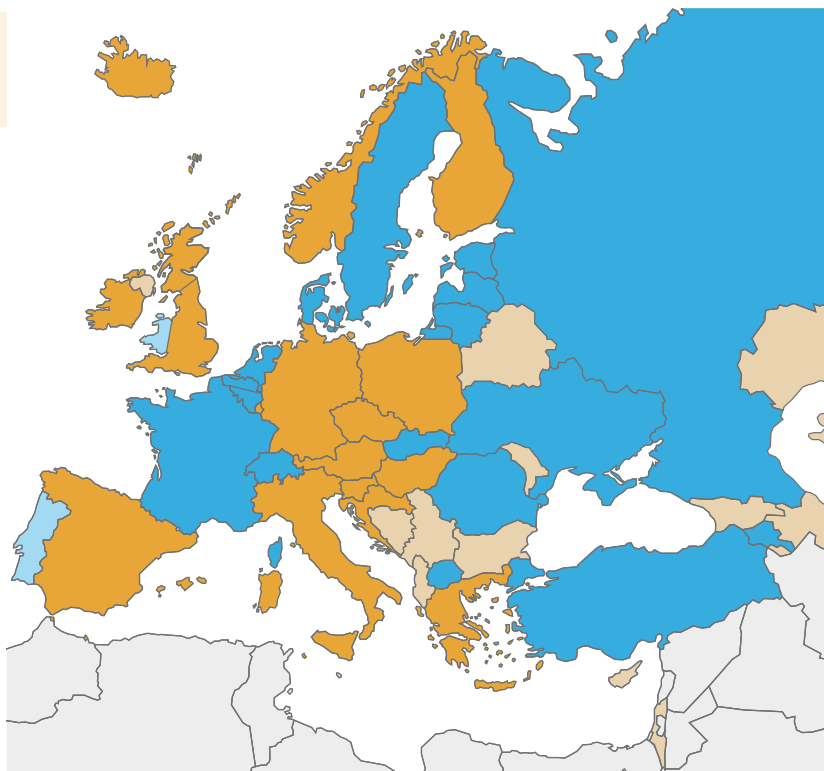
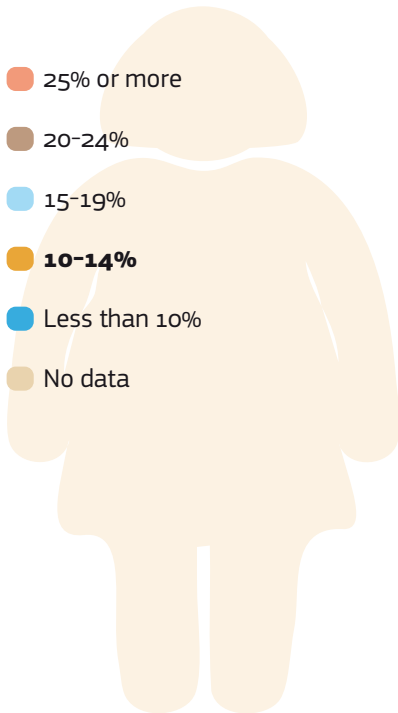
Total population: 8 451 860



## Adolescent overweight/obesity prevalence in Europe

15-year-old girls who report that they are overweight or obese according to BMI

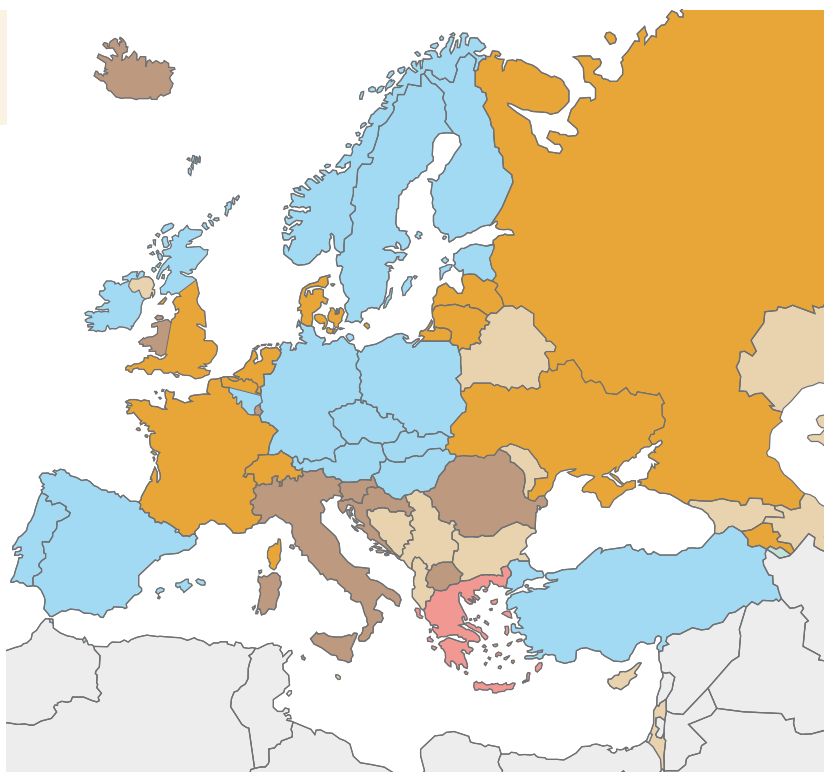
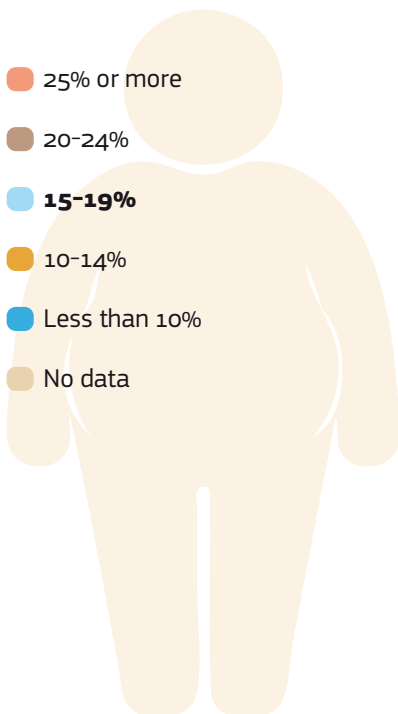
- 25% or more
- 20-24%
- 15-19%
- **10-14%**
- Less than 10%
- No data



Note: HBSC teams provided disaggregated data for Belgium and the United Kingdom; these data appear in the map above.

15-year-old boys who report that they are overweight or obese according to BMI

- 25% or more
- 20-24%
- **15-19%**
- 10-14%
- Less than 10%
- No data



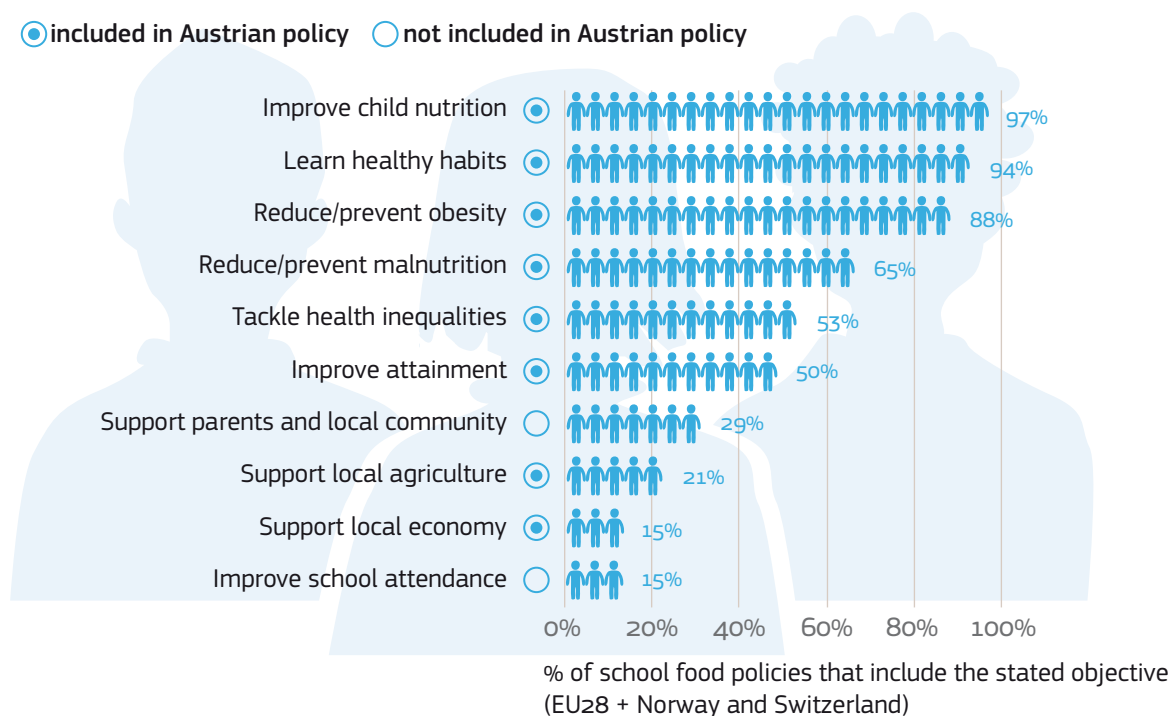
Note: HBSC teams provided disaggregated data for Belgium and the United Kingdom; these data appear in the map above.

From: Currie C et al. eds. Social determinants of health and well-being among young people. Health Behaviour in School-aged Children (HBSC) study: international report from the 2009/2010 survey. Copenhagen, WHO Regional Office for Europe, 2012 (Health Policy for Children and Adolescents, No. 6).

# 2

## School food policy objectives

included in Austrian policy    not included in Austrian policy



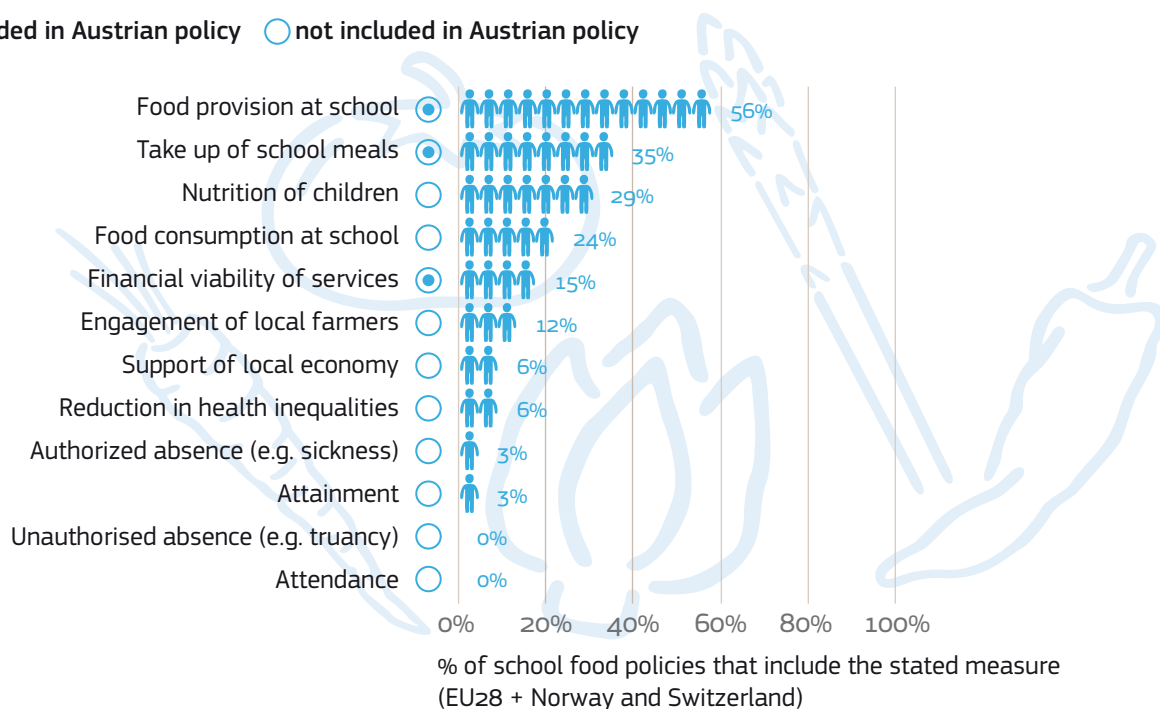
### Other objectives:

- Better offers for all - changing environments
- Includes recommendation to use local produce if available and economically reasonable
- Economic stability for cafeteria owners
- Quality assurance

# 3

## Measures through which the policy is evaluated

included in Austrian policy    not included in Austrian policy



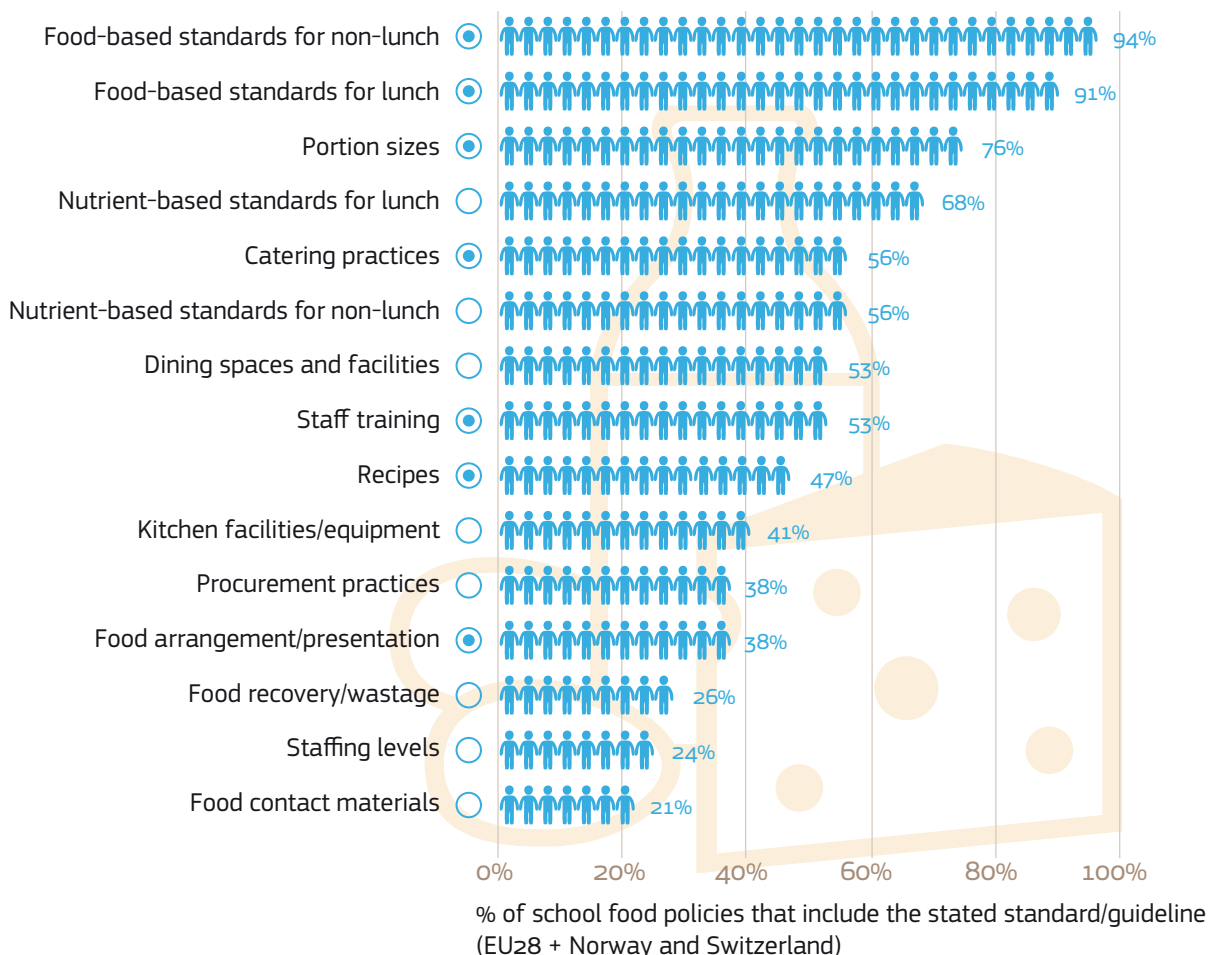
### Other measures:

- We do not evaluate outcome but we evaluate functioning of processes, numbers and satisfaction of participants, economic realities (feasibility of standards in practice)
- Improvements in food and drinks offers in school cafeterias

# 4

## School food policy standards and guidelines

included in Austrian policy    not included in Austrian policy



### Other standards/guidelines:

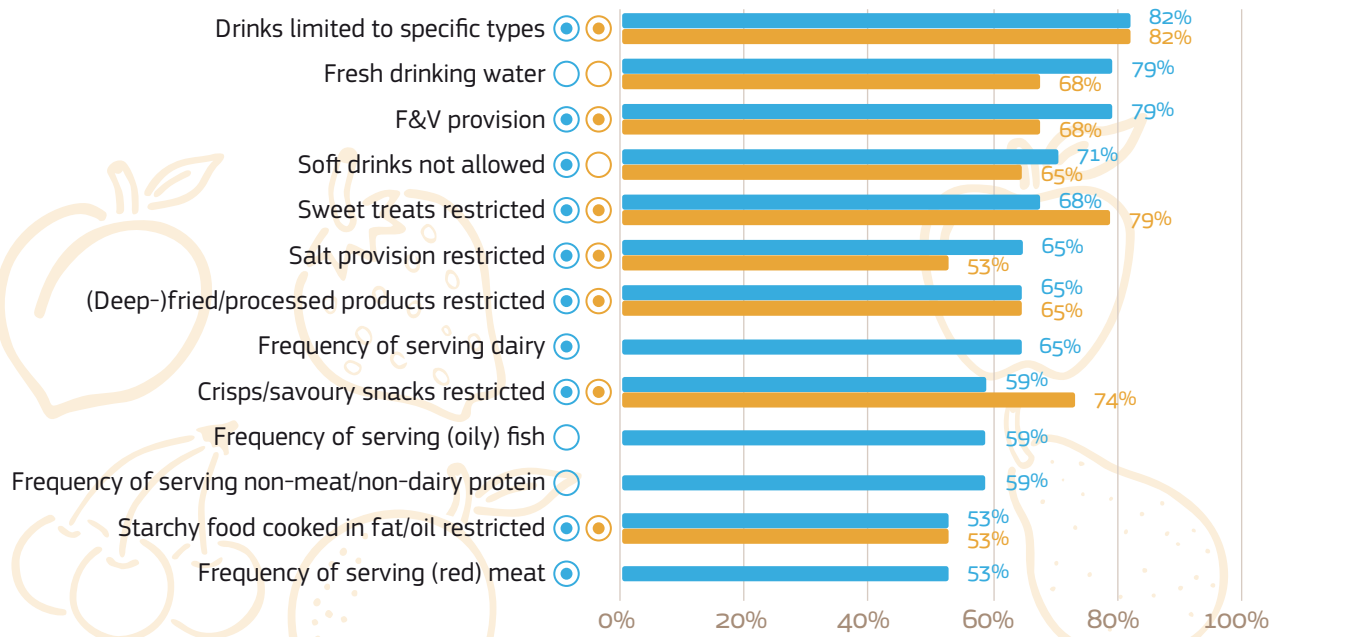
- Recommendations laid down in the Austrian guideline for school cafeterias in terms of liquids include the variation of drinks offered via vending machines in schools



# 5

## Food-based standards

included in Austrian policy  
   not included in Austrian policy  
  Lunch  
  Food other than lunchtime



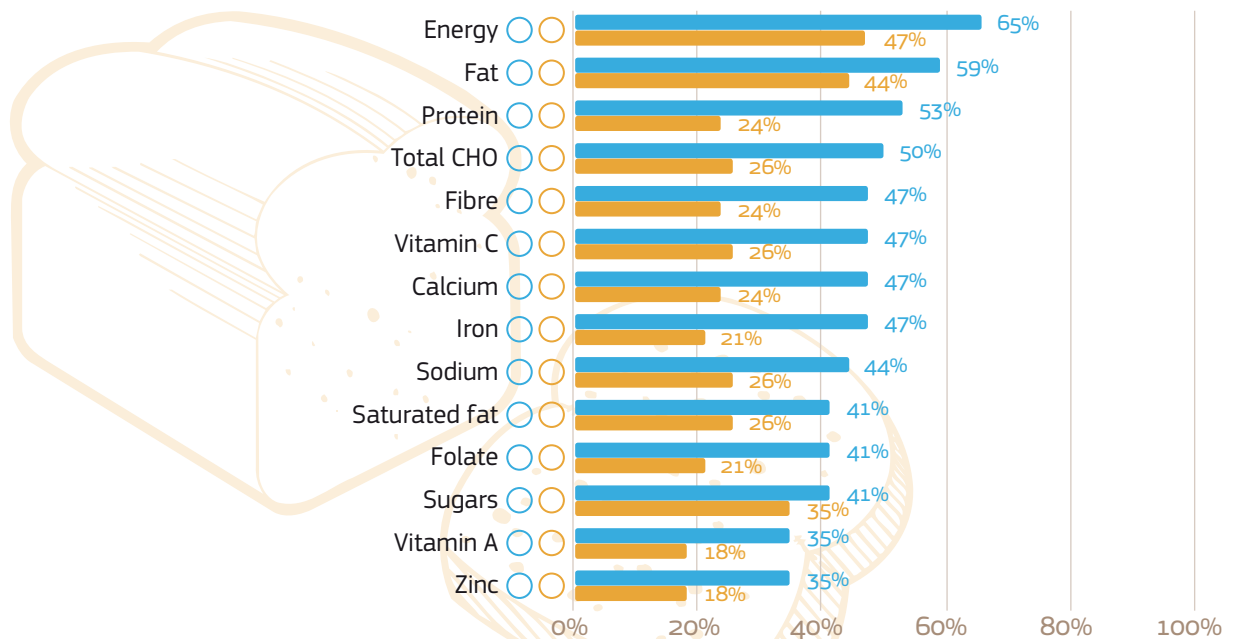
See Annex I for more details on the food-based standards/guidelines in Austria.

% of school food policies that include the stated food-based standard/guideline (EU28 + Norway and Switzerland)

# 6

## Nutrient-based standards

included in Austrian policy  
   not included in Austrian policy  
  Lunch  
  Food other than lunchtime

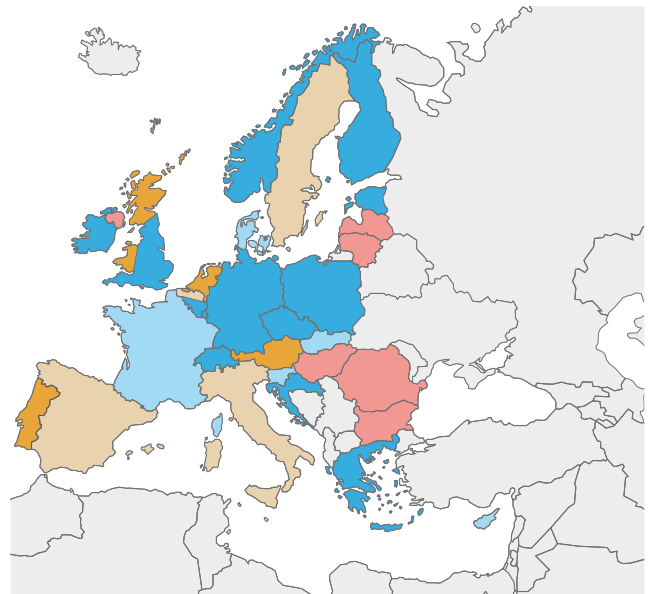


% of school food policies that include the stated energy-/nutrient-based standard/guideline (EU28 + Norway and Switzerland)

# 7 Restrictions on vending machines on school premises

## Austria

- Vending machines don't exist on or are banned from school premises
- (Certain) unhealthful foods/drinks not allowed in vending machines
- **Vending machine offer in line with healthy eating guidance/standards**
- (More) healthful options recommended, promoted
- No vending machine restrictions specified



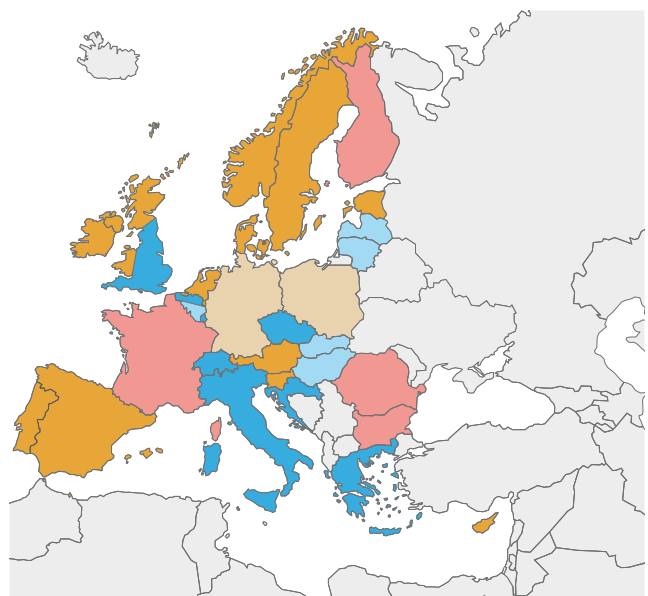
Vending machine restrictions on school premises across EU28 + Norway and Switzerland

# 8 Restrictions on marketing of food or drink on school premises

## Austria

- Specific marketing limits for drinks high in sugar, foods high in sugar, and savoury snacks high in fat or salt (HFSS foods/drinks), combined with restrictions of a more generic kind or focussing on other types of foods/drinks as well
- Marketing restrictions only on HFSS foods/drinks
- **Food marketing restricted in some other way without making reference to HFSS foods/drinks**
- Food marketing restricted in some other way without making reference to HFSS foods/drinks, and including a positive role of marketing/sponsoring
- No food marketing restrictions specified

Restrictions on marketing of food or drink are not in the competence of the federal ministry of health; handbook to implement the school cafeteria guidelines includes some marketing recommendations (no advertising of products high in fat, sugar and salt by the cafeteria itself) and suggestions for prominently placing healthy products (or hiding others that should be consumed rarely or in moderation according to the Austrian food pyramid)

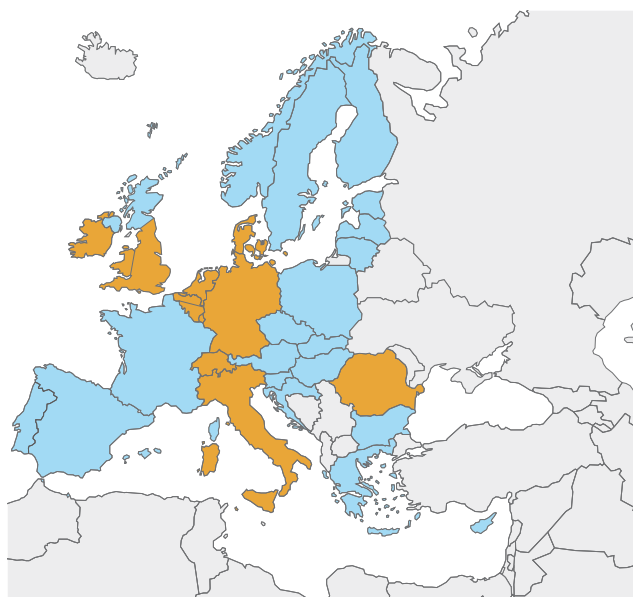


Food and drink marketing restrictions on school premises across EU28 + Norway and Switzerland

## Is food and nutrition a mandatory part of the national educational curriculum?

### Austria

Food literacy and healthy nutrition are part of two main education principles (health education and consumer education principle)



- **Mandatory food/nutrition education**
- Voluntary food/nutrition education

### Additional information on Austrian food-based standards for lunch and foods other than lunch

n/a = not applicable

	Lunch	Other than lunch
Specified amounts of fruit and vegetables must be provided for each child	Minimum of 10 pieces of fruit (at least 3 different types) on display in every break	x
Specified number of times (red) meat served	Maximum 50% of total offer of baked goods contains sausage, salami or other meat products	n/a
Specified number of times other sources of protein served	-	n/a
Specified number of times dairy products served	At least three types of ideal dairy products (e.g. milk, natural yoghurt, butter milk) offered daily	n/a
Specified number of times (oily) fish should be on the school lunch menu	-	n/a



## Additional information on Austrian food-based standards for lunch and foods other than lunch (cont.)

	Lunch	Other than lunch
Restrictions on availability of fried, deep-fried or processed products	Generic recommendation to switch from deep-frying to lower-fat modes of preparation	x
Sweet treats (chocolate, confectionery, cakes, biscuits, etc.) restricted	Offer as few conventional products as possible (ideally none); pack size max. 30 g; minimum visibility; long-term goal not to offer any conventional confectionery; pastry to be offered as little as possible, no more than 10 items per break, and at minimum visibility	x
Starchy food cooked in fat or oil restricted	Generic recommendation to switch from deep-frying to lower-fat modes of preparation	x
Crisps and savoury snacks restricted	Maximum one high-fat savoury snack on offer (ideally none); long-term goal not to offer any	x
Fresh drinking water must be provided and be easily accessible	-	-
Drinks limited to specific types (e.g. milk, fruit juice, water, combination of these)	At least 8 out of 10 beverages offered are "ideal thirst quenchers" (mineral water, highly-diluted fruit juices) or products with moderate sugar levels and no artificial sweeteners; 80% of display area dedicated to these options; non-flavoured water always part of the offer; no alcoholic or energy drinks; no caffeinated beverages for children under the age of 10; beverages with azo dyes which carry the label "may impair activity and attention in children" not offered; except for water, no drink sizes above 0.75l; give maximum visibility to "ideal" beverages	x
Soft-drinks (e.g. sugar-sweetened or artificially-sweetened soft drinks, squash) restricted	Max. 2 out of 10 beverages offered are products with moderate sugar levels, but no artificial sweeteners; no energy drinks; no caffeinated beverages for children under the age of 10; beverages with azo dyes which carry the label "may impair activity and attention in children" not offered	-
Salt provision is restricted	Addition of salt is limited to a minimum; long-term goal not to offer any snacks or dishes high in salt	x

## Additional information on Austrian food-based standards for lunch and foods other than lunch (cont.)

	Lunch	Other than lunch
Other	<p>Reduce high-fat and meat-centred warm snacks and dishes (don't offer daily); give preference to vegetarian dishes; improve warm snacks/dishes by adding vegetables where possible; use rapeseed oil for preparing warm snacks/dishes (alternating with sunflower oil; for salads olive oil is recommended); offer warm snacks/dishes only after 3<sup>rd</sup> lesson of the day; vary offer on daily or weekly basis); reference is made to Austrian food pyramid:  <a href="http://bmg.gv.at/home/Schwerpunkte/Ernaehrung/Empfehlungen/Die_Ernaehrungspyramide_im_Detail_-_7_Stufen_zur_Gesundheit">http://bmg.gv.at/home/Schwerpunkte/Ernaehrung/Empfehlungen/Die_Ernaehrungspyramide_im_Detail_-_7_Stufen_zur_Gesundheit</a>;</p> <p>Besides the national guideline for school cafeteria also some regional standards for school food exist. Links  <a href="http://www.aks.or.at/versteckter-ordner-fuer-randspalte/dokumente-fuer-randspalte/informationen-fuer-fachleute/schule/2011_leitlinie-gemeinschaftsverpflegung_version-2_stoeckler.pdf">http://www.aks.or.at/versteckter-ordner-fuer-randspalte/dokumente-fuer-randspalte/informationen-fuer-fachleute/schule/2011_leitlinie-gemeinschaftsverpflegung_version-2_stoeckler.pdf</a>  <a href="http://www.styriavitalis.at/cms/download/mindeststandards_gemeinschaftsverpflegung.pdf">http://www.styriavitalis.at/cms/download/mindeststandards_gemeinschaftsverpflegung.pdf</a>  <a href="http://www.gutessen.at/uploads/downloads/Leitfaden_SchulbuffetDruckfrei.pdf">http://www.gutessen.at/uploads/downloads/Leitfaden_SchulbuffetDruckfrei.pdf</a>  <a href="http://www.gesundegemeinde.ooe.gv.at/xchg/SID-AF1D5CA1-BDD8FFD8/hs.xsl/5056_DEU_HTML.htm">http://www.gesundegemeinde.ooe.gv.at/xchg/SID-AF1D5CA1-BDD8FFD8/hs.xsl/5056_DEU_HTML.htm</a>  <a href="http://www.gesundeschule.at/wp-content/uploads/Qualit%C3%A4tsstandards-Gesunde-Schule.pdf">http://www.gesundeschule.at/wp-content/uploads/Qualit%C3%A4tsstandards-Gesunde-Schule.pdf</a></p>	<p>There is no clear distinction of meal times; only mentioned that warm snacks/dishes should only be served from after the third lesson</p>