

SCHOOL FOOD POLICY COUNTRY FACTSHEETS



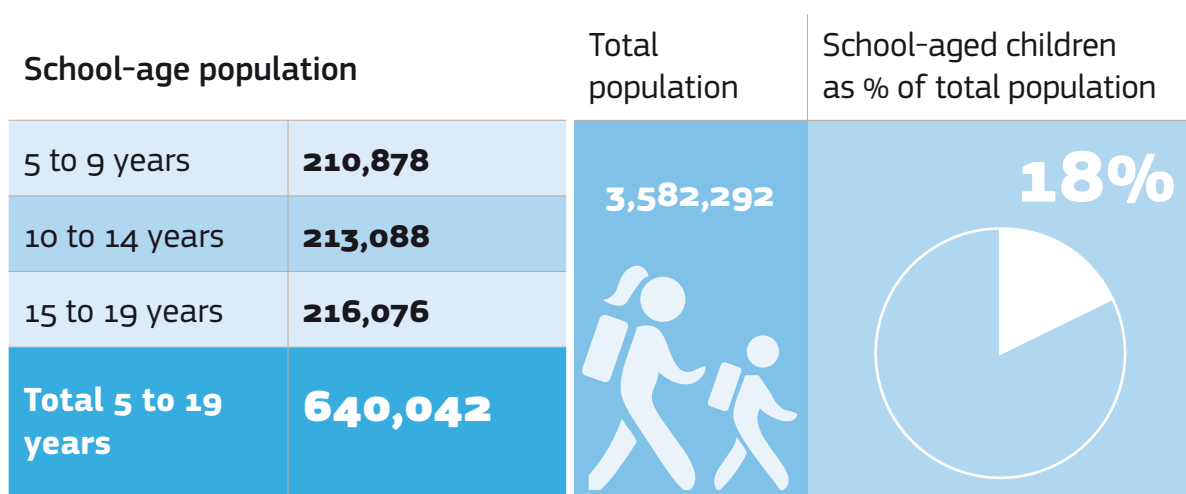
BE-WALLONIA



School food policy (voluntary)	<p>“Politique de promotion des attitudes saines sur les plans alimentaire et physique pour les enfants et les adolescents”</p> <p>“Cahier special des charges - Objet : confection et livraison de repas dans des collectivités d’enfants de 3 à 18 ans”</p>
Developed by	Government of the French Community; appointed committee charged with elaboration of details composed of Ministry of Health, of Obligatory Education and of Sport
Year of publication	2006, 2013
Web link(s)	<p>http://mangerbouger.be/IMG/pdf/planAttitudeSaine-2.pdf</p> <p>http://www.sante.cfwb.be/index.php?id=4299</p>

General information

Demographic data



Source: EUROSTAT, year 2013.

Childhood overweight/obesity prevalence in Belgium

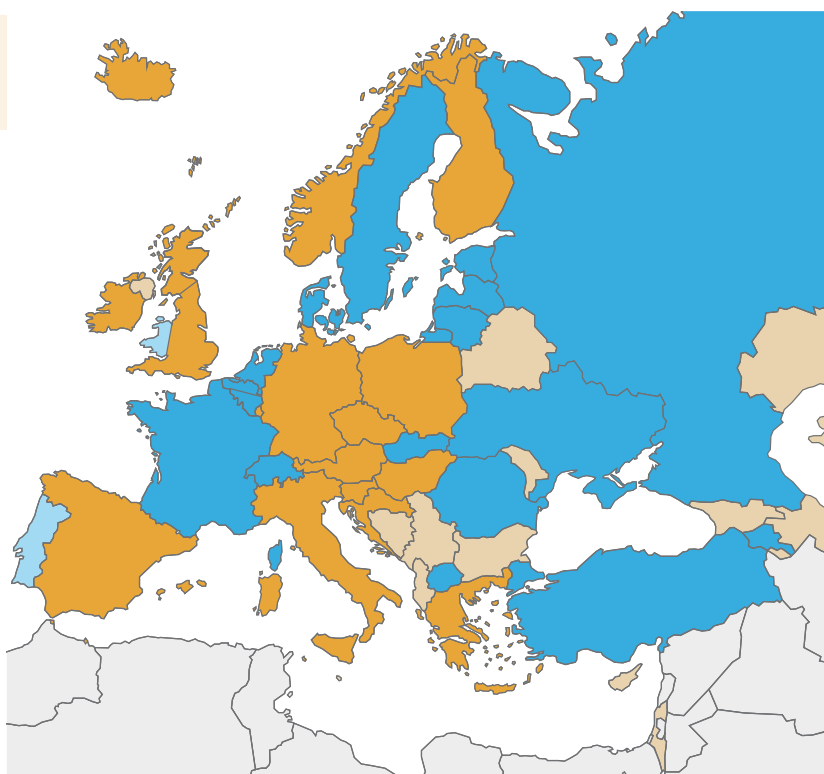
	Overweight (including obesity)		Obesity	
	2007/8	2009/10	2007/8	2009/10
Boys (6 years)	19.3%	6.0%	18.0%	5.8%
Boys (7 years)	23.4%	9.1%	23.1%	9.5%
Boys (8 years)	22.1%	8.1%	21.9%	7.9%
Boys (9 years)	27.4%	10.9%	27.3%	11.2%
Girls (6 years)	18.4%	5.1%	18.2%	5.2%
Girls (7 years)	24.3%	8.0%	24.1%	8.5%
Girls (8 years)	22.7%	6.3%	22.4%	6.7%
Girls (9 years)	27.1%	8.9%	26.6%	9.0%

From: Wijnhoven T, van Raaij J, Breda J. WHO European Childhood Obesity Surveillance Initiative. Implementation of round 1 (2007/2008) and round 2 (2009/2010). Copenhagen, WHO Regional Office for Europe, 2014.

Adolescent overweight/obesity prevalence in Europe

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

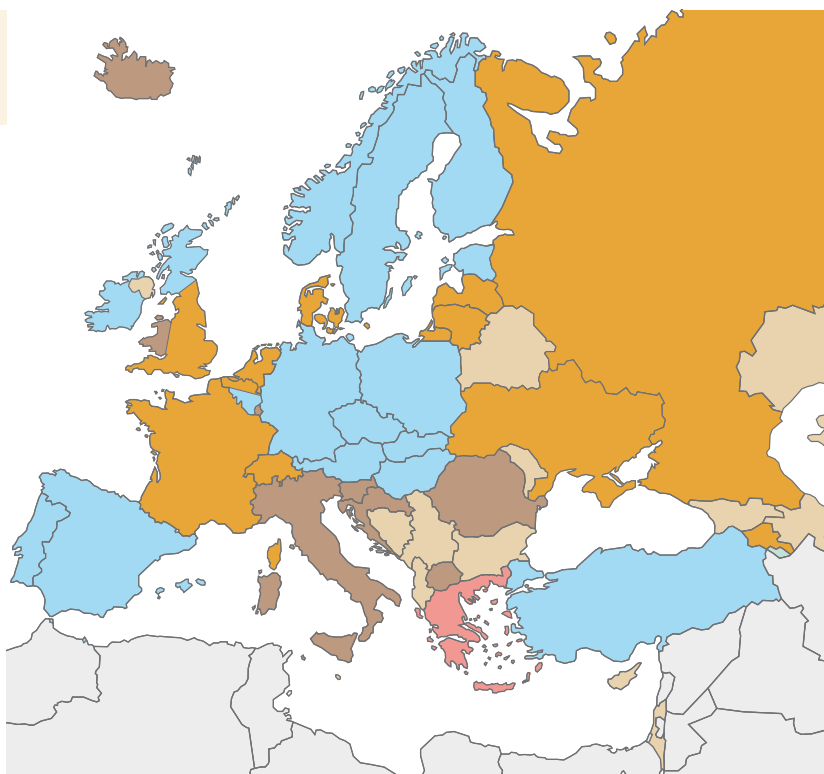
- 25% or more
- 20-24%
- 15-19%
- 10-14%
- **Less than 10%**
- No data



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

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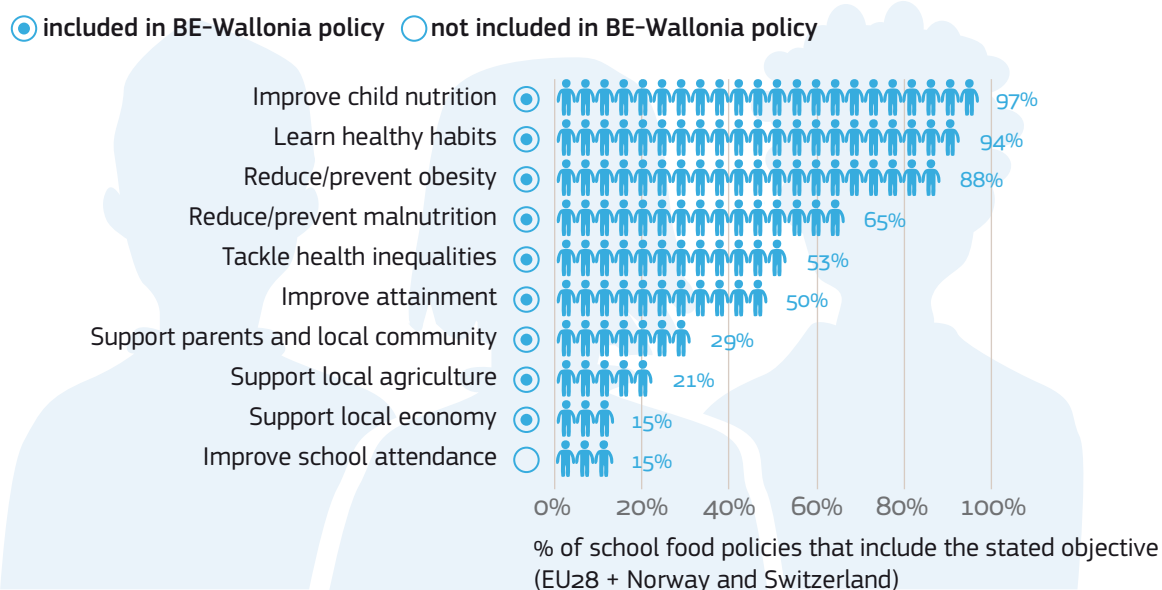


Note: HBSC teams provided disaggregated data for Belgium and the United Kingdom; these data appear in the map above.

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).

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School food policy objectives

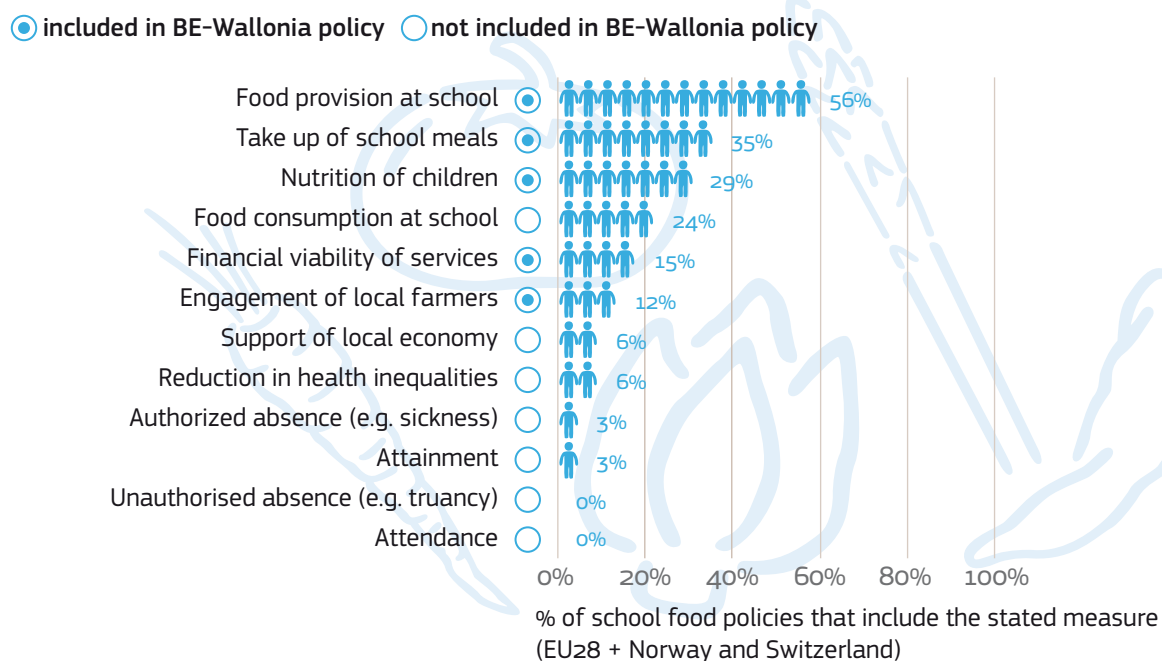


Other objectives:

- Better identify related or aggravating factors for health problems to strengthen the prevention thereof; develop adequate food intake acquisition rhythms and encourage regular physical activity; strengthen the discernment of children and minors from advertising or commercial displays; mobilize intellectual learning to encourage healthy attitudes and vice versa; ensure policy coherence and messages issued by different competent authorities in the different places of public attendance; strengthen networking between family and authority in field of food and sporting activity through neighbourhood associations, federations and local authorities; emotional health, i.e. self-acceptance, self-esteem, fulfilment.

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Measures through which the policy is evaluated



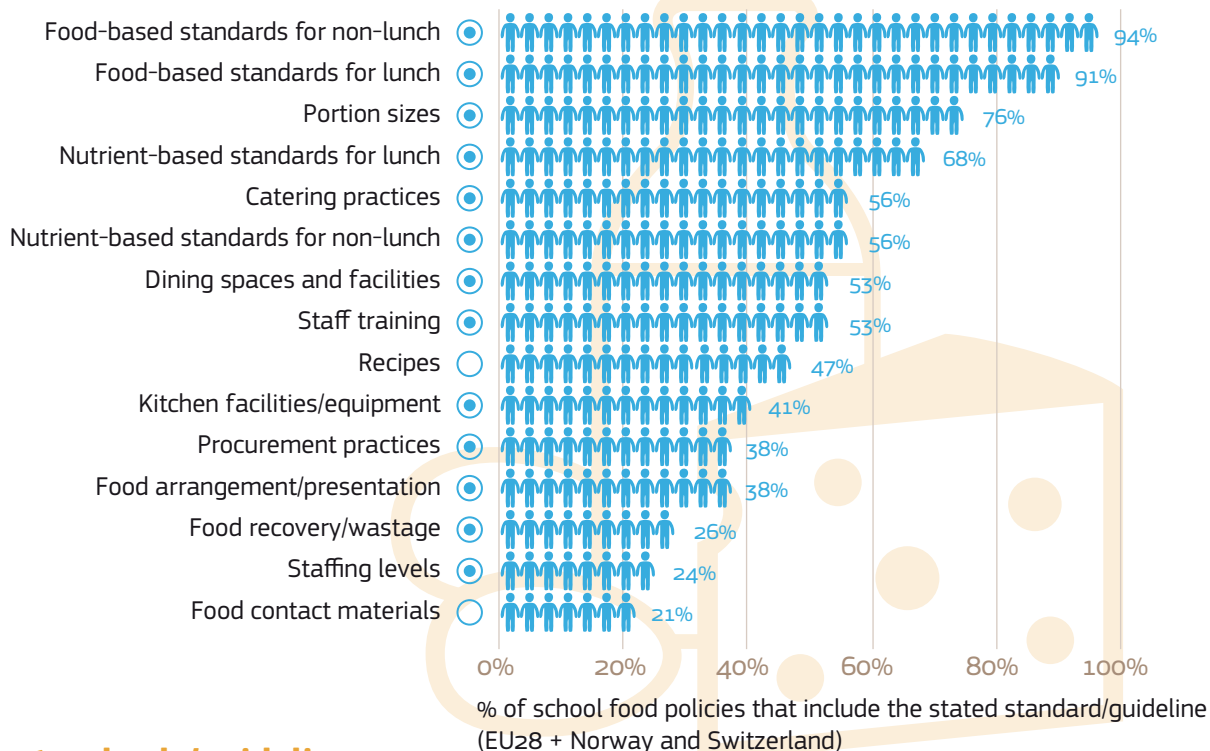
Other measures:

- Information and support to parents; environmental impact

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School food policy standards and guidelines

● included in BE-Wallonia policy ○ not included in BE-Wallonia policy



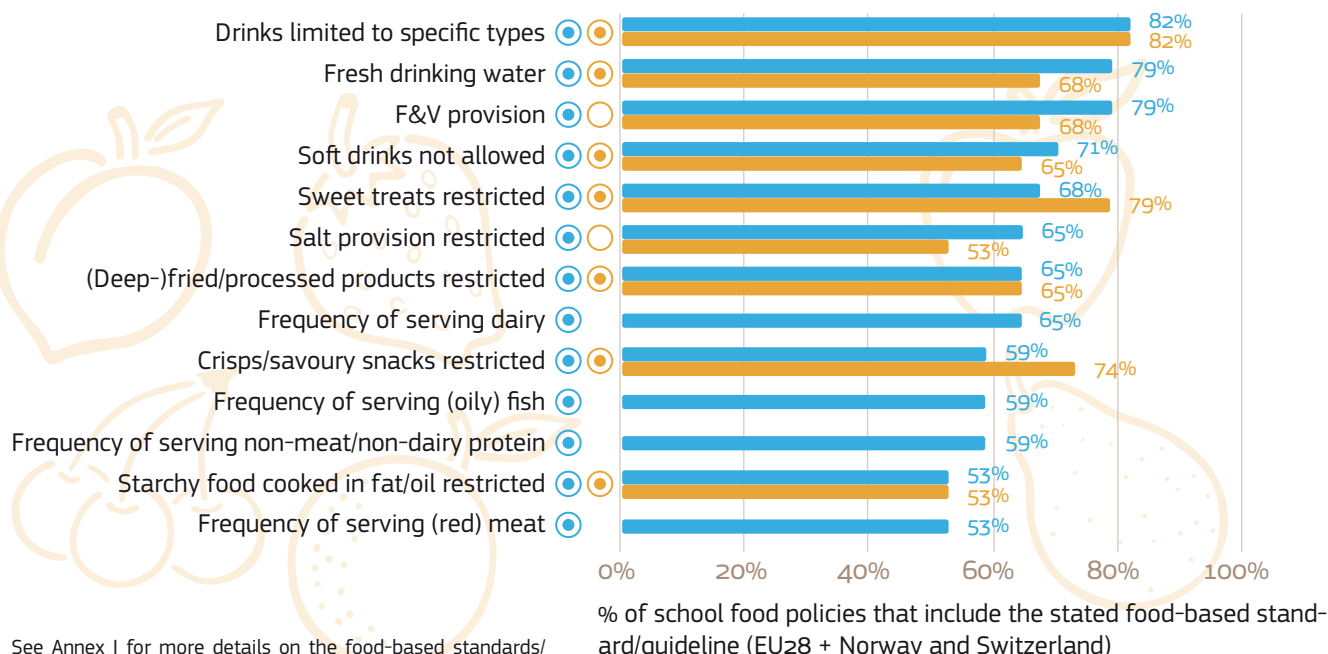
Other standards/guidelines:

- Food sourcing and quality; seasonality; organic produce; fair trade; taste education.

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Food-based standards

●● included in BE-Wallonia policy ○○ not included in BE-Wallonia policy ● Lunch ● Food other than lunchtime

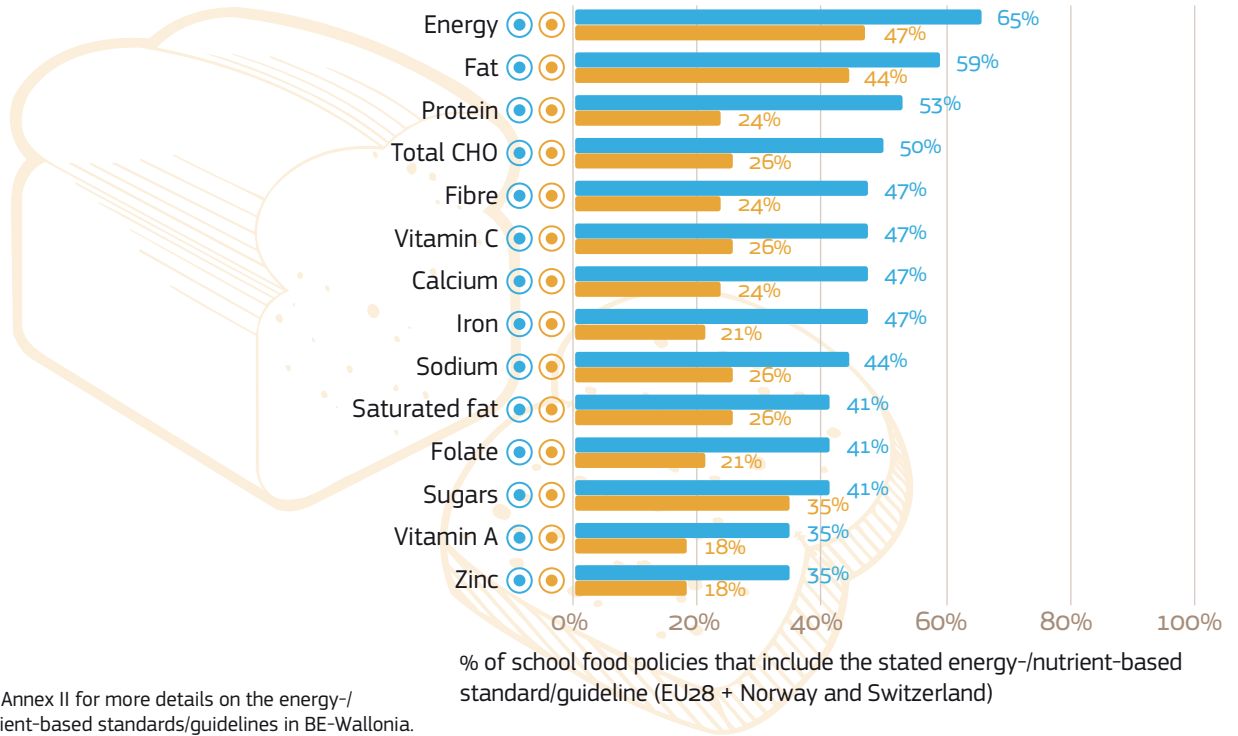


See Annex I for more details on the food-based standards/guidelines in BE-Wallonia.

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Nutrient-based standards

● ● included in BE-Wallonia policy
 ○ ○ not included in BE-Wallonia policy
 ■ Lunch
 ■ Food other than lunchtime



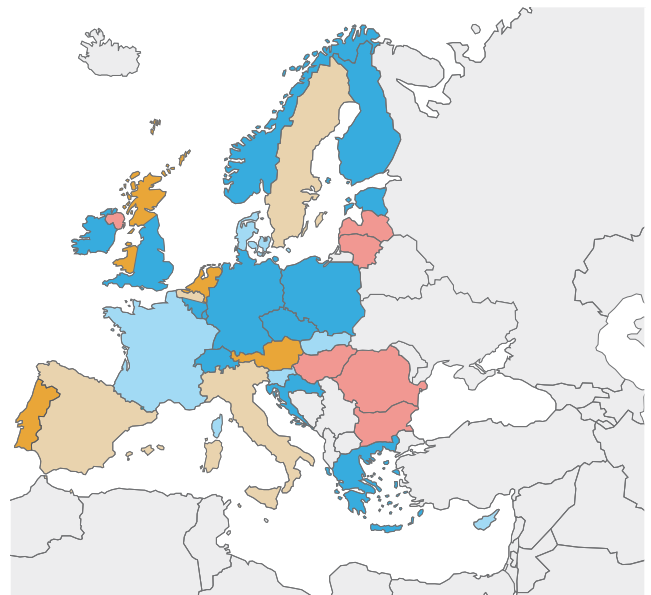
See Annex II for more details on the energy-/nutrient-based standards/guidelines in BE-Wallonia.

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Restrictions on vending machines on school premises

BE-Wallonia

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



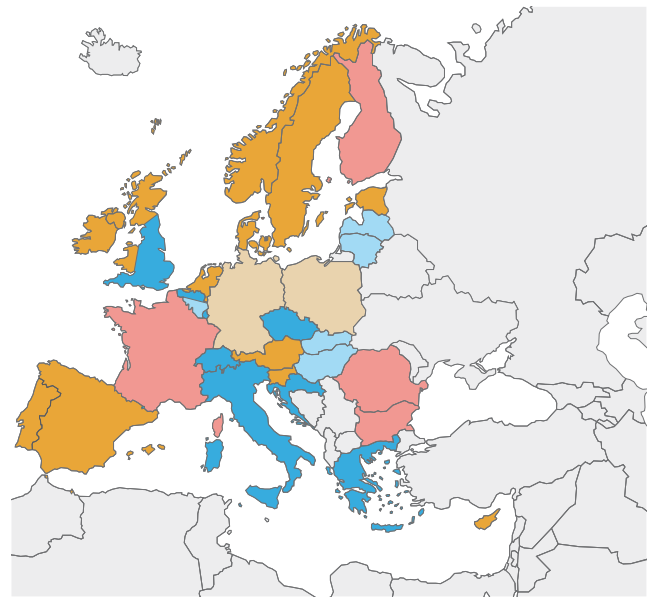
Vending machine restrictions on school premises across EU28 + Norway and Switzerland

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Restrictions on marketing of food or drink on school premises

BE-Wallonia

- **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



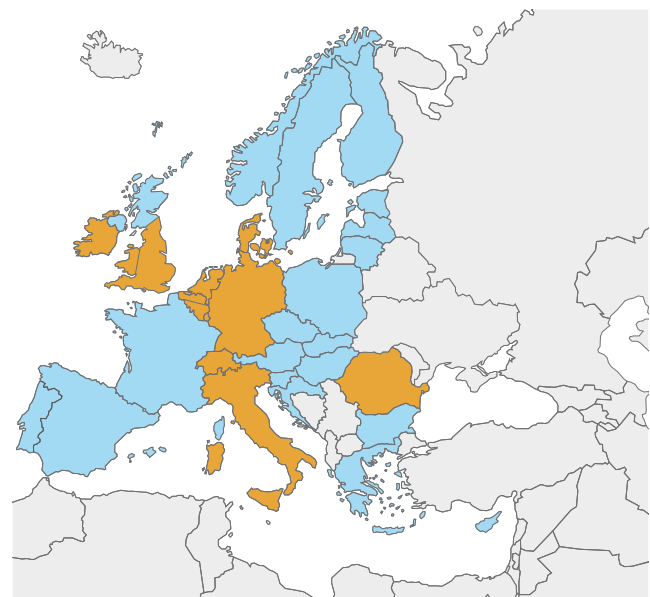
Food and drink marketing restrictions on school premises across EU28 + Norway and Switzerland

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

BE-Wallonia

School food guideline mentions importance of educating children and adolescents about healthy eating and lifestyle



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

Additional information on Walloon 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	Vegetable soup 17/20, vegetables 17/20, salad 2-3/20, fresh fruit 11-12/20, mashed fruit 1/20, legumes 2/20	-
Specified number of times (red) meat served	2-3/20	n/a
Specified number of times other sources of protein served	Lean and fatty fish 3-4/20, fish sticks 1/20, poultry 3-5/20, eggs 1/20, legumes 2/20, yogurt 4/20, dairy desserts 2-3/20	n/a
Specified number of times dairy products served	Yogurt 4/20, dairy desserts 2-3/20; preference to lower-fat and -sugar varieties	n/a
Specified number of times (oily) fish should be on the school lunch menu	Lean and fatty fish 3-4/20	n/a
Restrictions on availability of fried, deep-fried or processed products	Fish sticks 1/20, deep-fried potato dishes 2/20	Limit foods high in fat
Sweet treats (chocolate, confectionery, cakes, biscuits, etc.) restricted	Give preference to e.g. dark chocolate, fruit chips, fruit paté, dry biscuits, jam with min 50% fruit, honey, sirop de Liège, fruit tart; tolerated are milk chocolate, jam with <50% fruit, marzipan, nut spread, éclair, meringue, popcorn (salted or sweet); only occasionally offer white chocolate, cream or butter patisserie, Berlin balls, etc.	Limit foods high in sugar
Starchy food cooked in fat or oil restricted	Fish sticks 1/20, deep-fried potato dishes 2/20	Limit foods high in fat
Crisps and savoury snacks restricted	Offer crisps only occasionally	Limit foods high in fat and/or salt
Fresh drinking water must be provided and be easily accessible	x	x
Drinks limited to specific types (e.g. milk, fruit juice, water, combination of these)	Give preference to water (<200 mg Na/l), tea, coffee, infusions	Give preference to water (<200 mg Na/l), tea, coffee, infusions
Soft-drinks (e.g. sugar-sweetened or artificially-sweetened soft drinks, squash) restricted	Diet sodas and drinks with max 2% sugar allowed occasionally; no alcoholic or diet drinks for small children	Diet sodas and drinks with max 2% sugar allowed occasionally; no alcoholic or diet drinks for small children
Salt provision is restricted	Keep frequency of foods rich in salt in check; salt must be iodised, at max. 15 mg per kg	-

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

	Lunch	Other than lunch
Other	Daily menus include 1 soup, 1 main dish, 1 dessert; vegetarian alternatives; choices of starchy foods; non-Belgian national dish once per month to support cultural integration; preference to low(er)-fat preparation techniques; flavour enhancers, colourants and other additives of potential allergenicity forbidden	Vaguely mentions that food offers in the school environment should be in line with dietary recommendations in order to be coherent in message

Additional information on Walloon energy-/nutrient-based standards for lunch and foods other than lunch

	Lunch	Other than lunch
Energy	x	x
Fat	x	x
Saturated fat	x	x
Total carbohydrate	x	x
Non-milk extrinsic sugars	added sugars	added sugars
Fibre	x	x
Protein	x	x
Iron	x	x
Zinc	x	x
Calcium	x	x
Vitamin A	x	x
Vitamin C	x	x
Folate	x	x
Sodium	x	x
Other	Mg, I; give preference to vegetable fat and lean protein	Mg, I