

SCHOOL FOOD POLICY COUNTRY FACTSHEETS



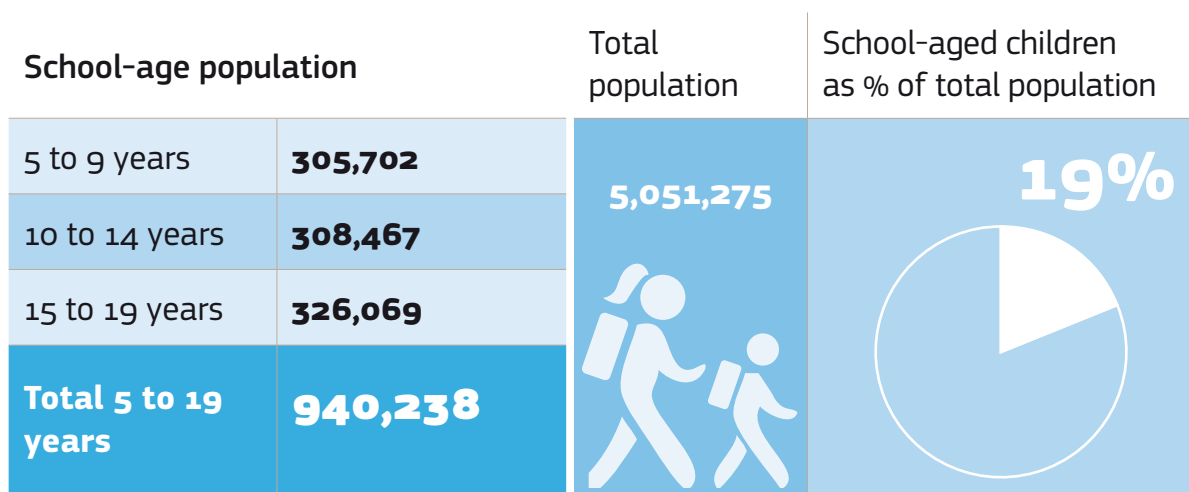
NORWAY



School food policy (voluntary)	“Retningslinjer for skolemåltidet i grunnskole og videregående skole”
Developed by	Directorate of Health, an executive agency subordinate to the Norwegian Ministry of Health and Care Services
Year of publication	2003
Web link(s)	https://helsedirektoratet.no/Lists/Publikasjoner/Attachments/492/Retningslinjer-for-skolem%C3%A5ltidet-IS-0048.pdf

1 General information

Demographic data



Source: EUROSTAT, year 2013.

Childhood overweight/obesity prevalence in Norway

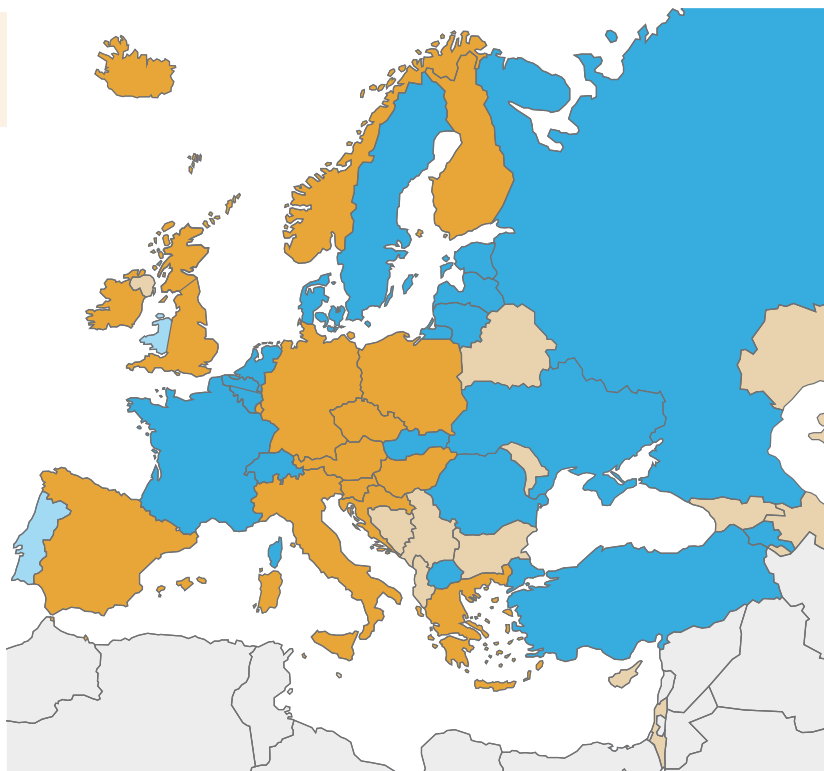
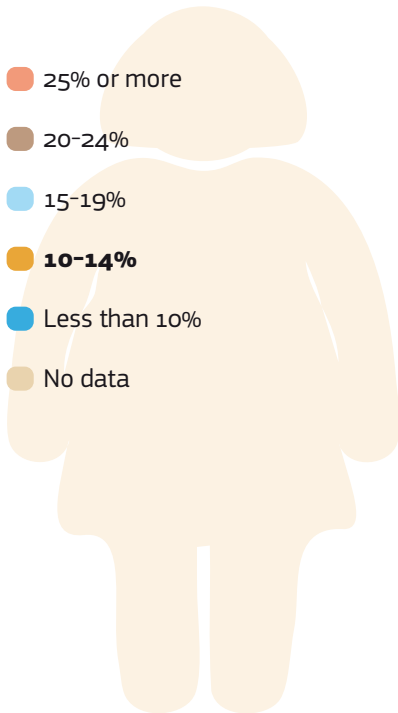
	Overweight (including obesity)		Obesity	
	2007/8	2009/10	2009/10	2007/8
Boys (8 years)	23.0%	29.2%	7.5%	11.6%
Girls (8 years)	23.1%	26.2%	6.0%	6.2%

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

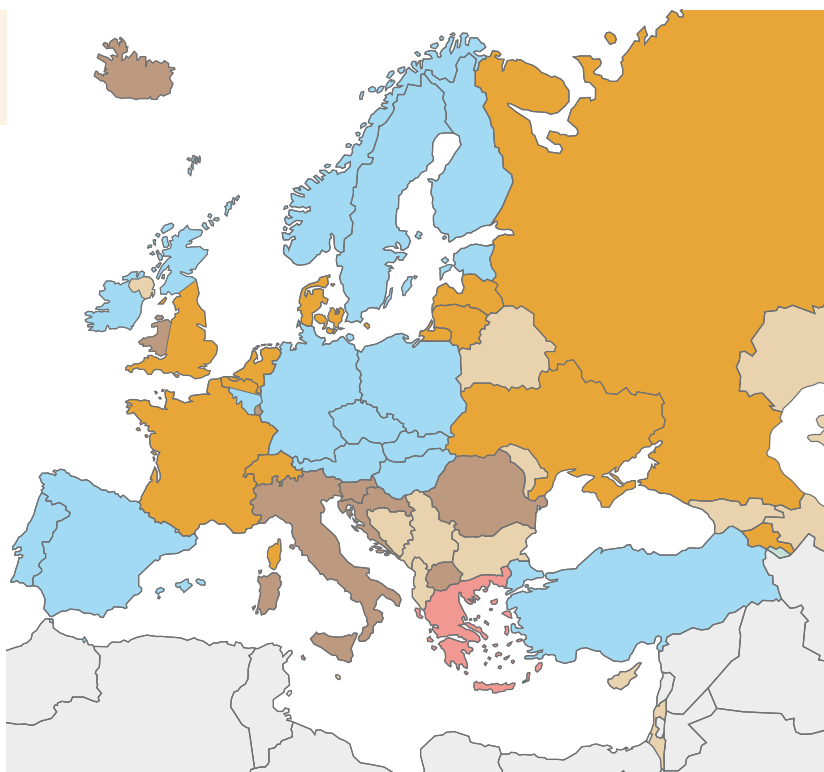
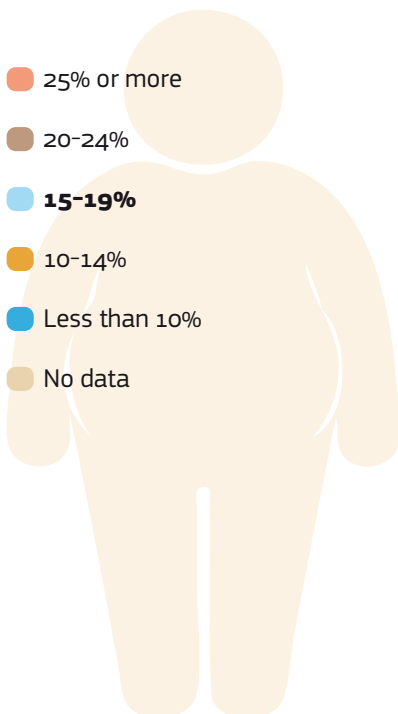
- 25% or more
- 20-24%
- 15-19%
- **10-14%**
- Less than 10%
- No data



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

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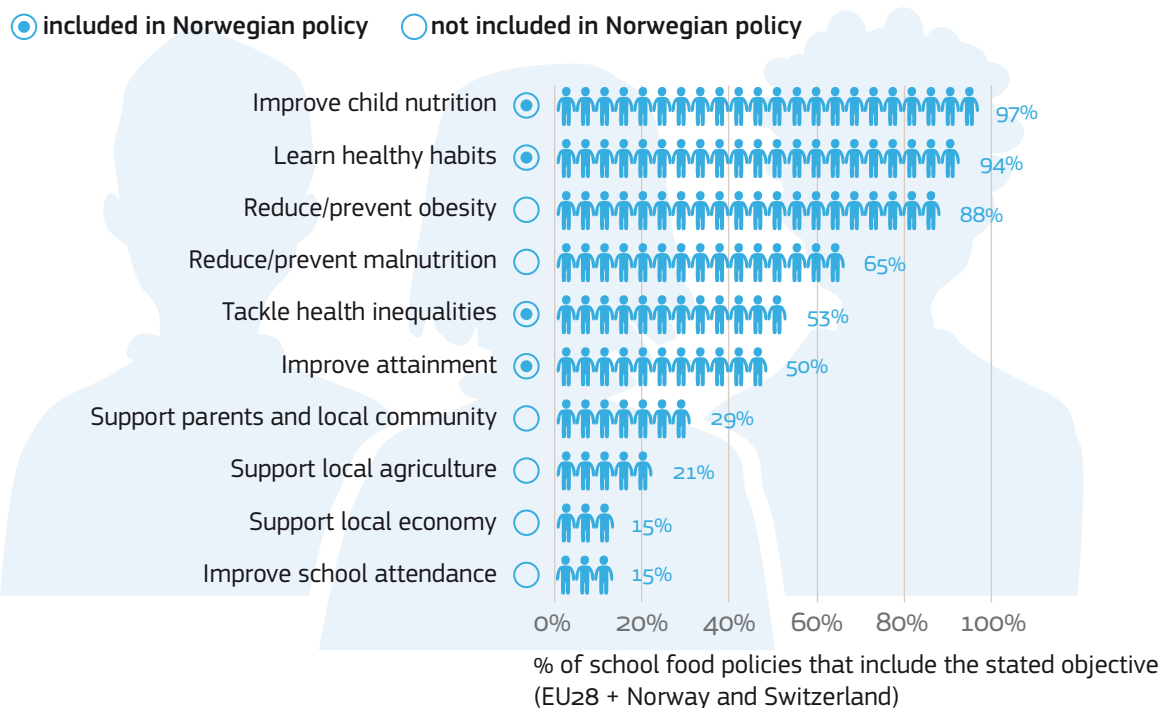


Note: HBSC teams provided disaggregated data for Belgium and the United Kingdom; these data appear in the map above.

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

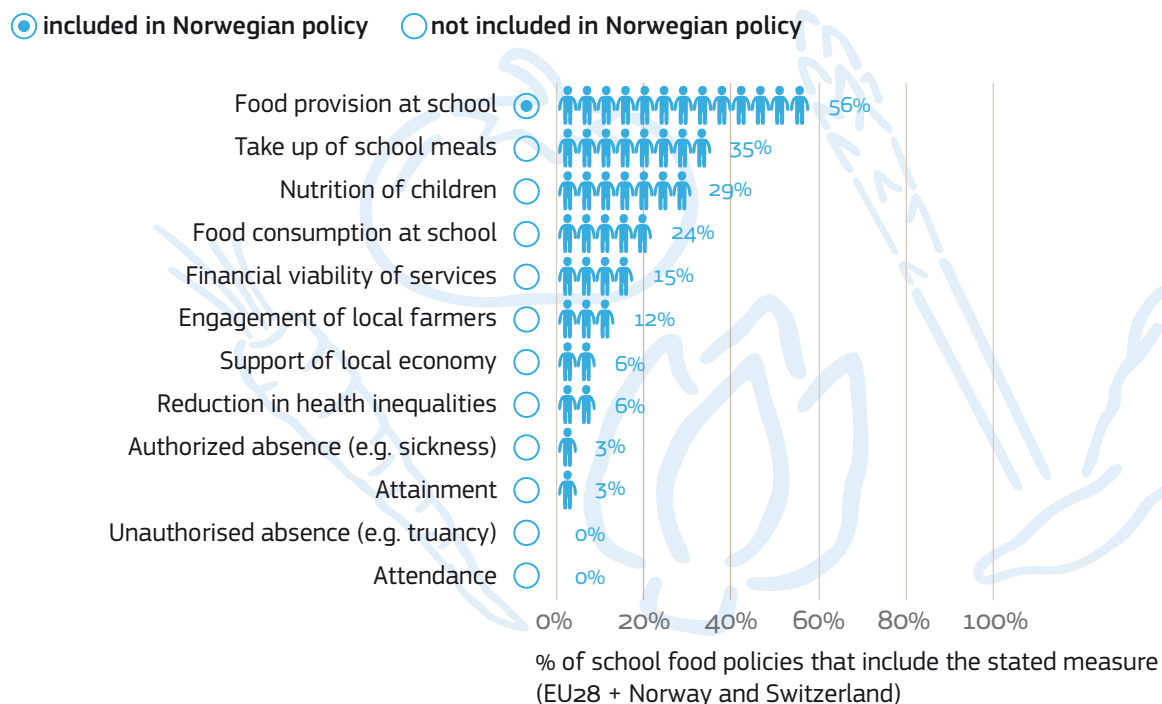


Other objectives:

- Prevent illness

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Measures through which the policy is evaluated

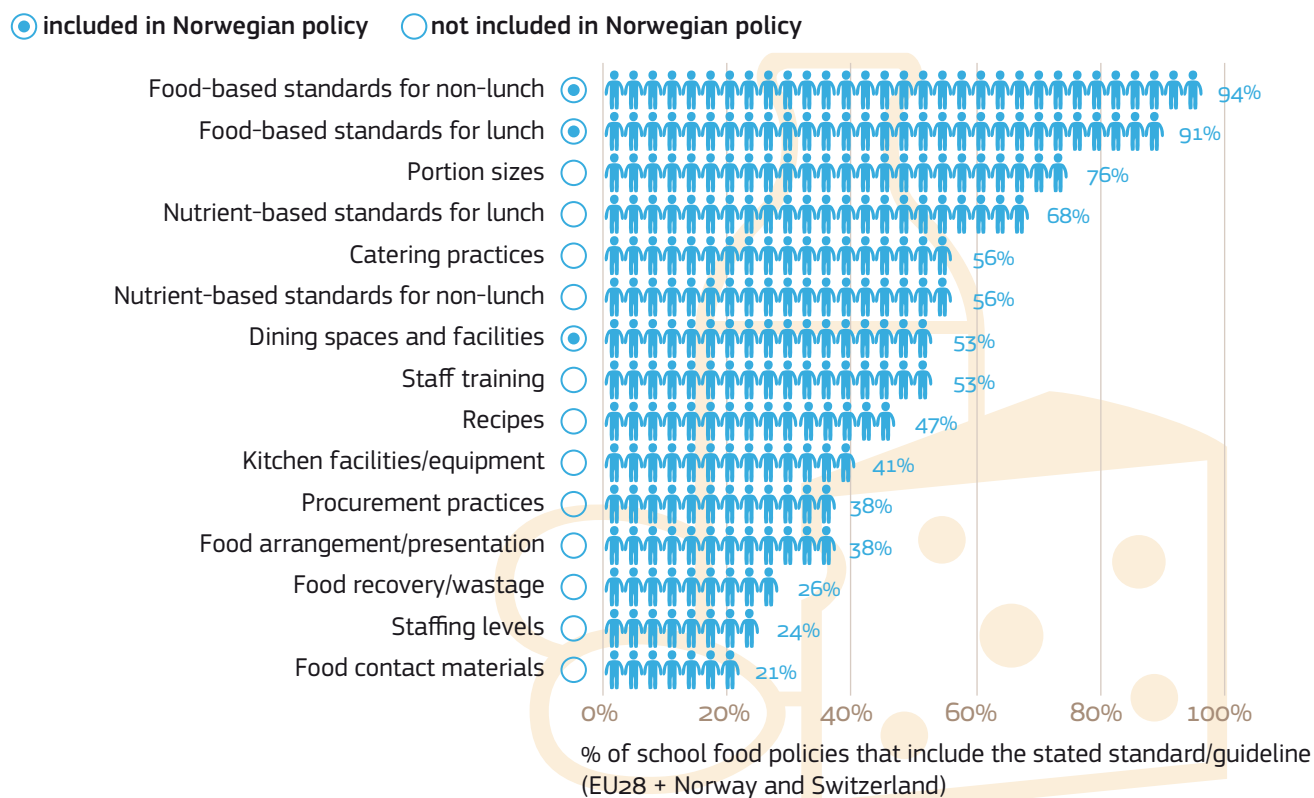


Other measures:

- Norwegian Directorate of Health in 2013 mapped the organisation and provision of school lunches at national level; results are being used to revise current guidelines. New guidelines will be launched autumn 2015.

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School food policy standards and guidelines

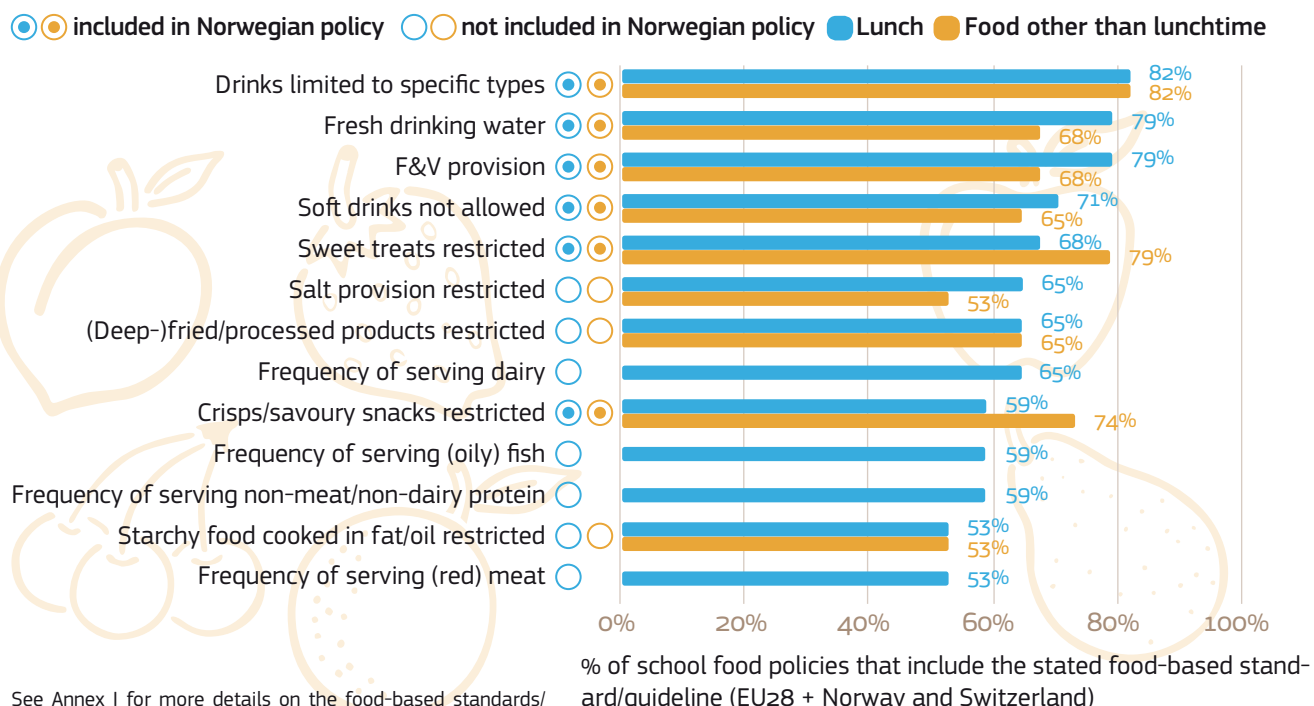


Other standards/guidelines:

- Enough time to eat (20 min) at lunch, and to supervise the students eating at least from grade 1-4; to serve meals with not more than 3-4 hours between them; recommended to have a canteen in secondary schools

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Food-based standards

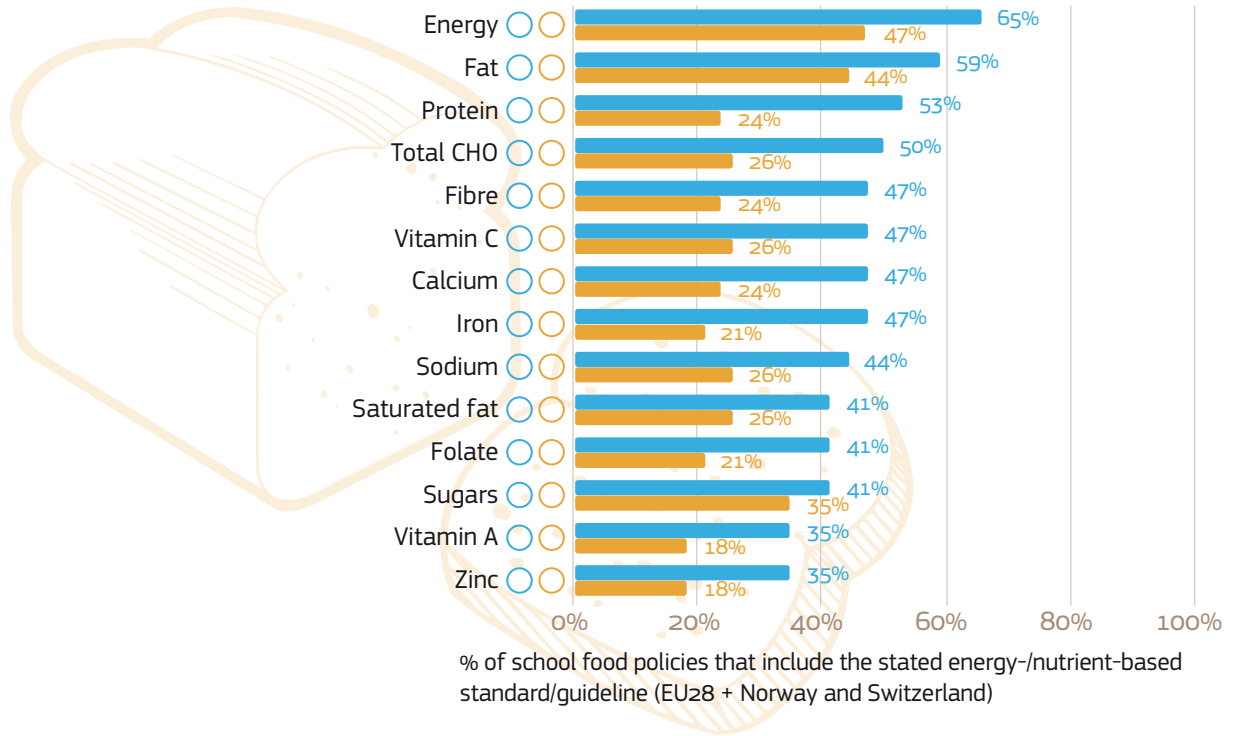


See Annex I for more details on the food-based standards/guidelines in Norway.

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Nutrient-based standards

● ● included in Norwegian policy
 ○ ○ not included in Norwegian policy
 ■ Lunch
 ■ Food other than lunchtime

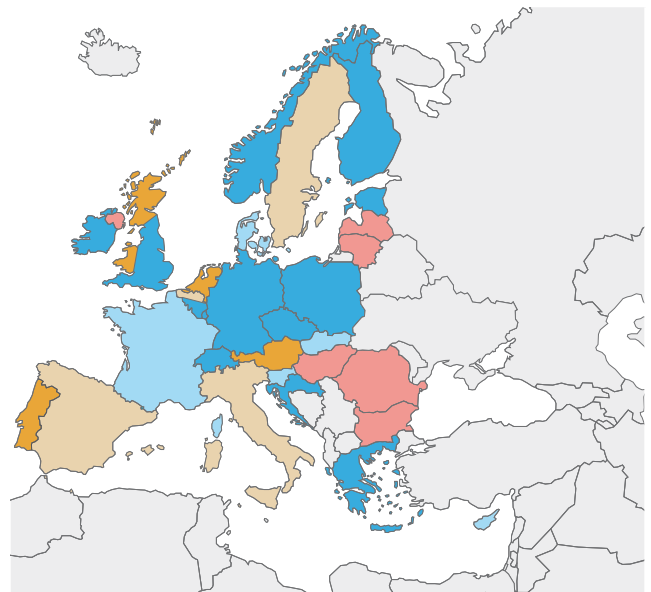


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Restrictions on vending machines on school premises

Norway

- 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) healthful options recommended, promoted
- **No vending machine restrictions specified**



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

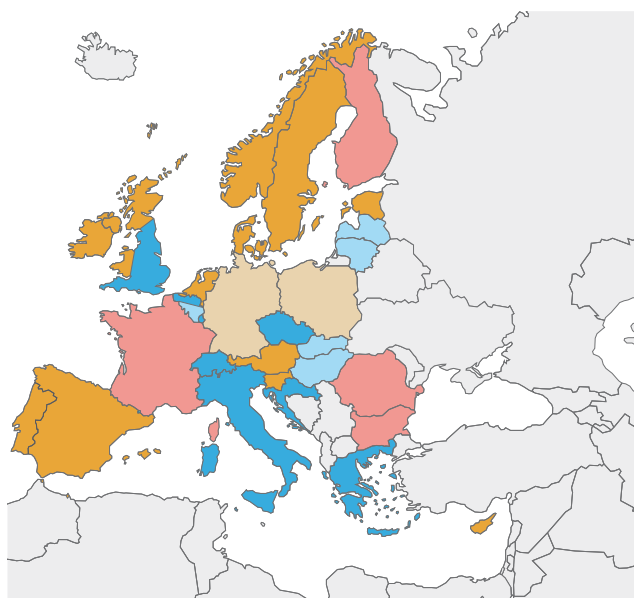
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Restrictions on marketing of food or drink on school premises

Norway

- 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

Act relating to Primary and Secondary Education, § 9-6 on advertising in schools states that the school shall ensure that pupils are not exposed to advertisements that cause commercial pressure or that to a large extent influence attitudes, behaviour and values, including on school premises, in textbooks and other utilised teaching material; school as an arena free of marketing of unhealthy foods is underlined in the food industries self-regulatory guidelines.



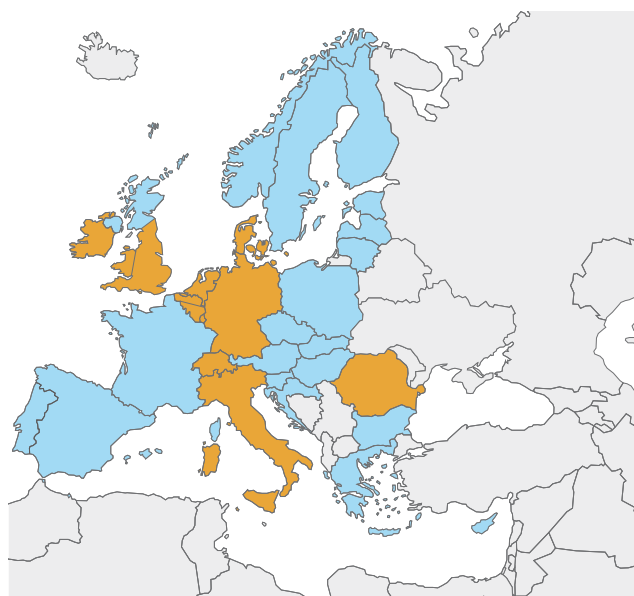
Food and drink marketing restrictions on school premises across EU28 + Norway and Switzerland

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

Norway

“Food and Health” is a mandatory class in primary school (total of 114h in the course of grades 1 - 7) and lower secondary school (total of 85h in the course of grades 8 - 10)



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

Additional information on Norwegian 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	Should be served/offered at some point during the school day	-
Specified number of times (red) meat served	-	n/a
Specified number of times other sources of protein served	-	n/a
Specified number of times dairy products served	-	n/a
Specified number of times (oily) fish should be on the school lunch menu	-	n/a
Restrictions on availability of fried, deep-fried or processed products	-	-
Sweet treats (chocolate, confectionery, cakes, biscuits, etc.) restricted	Shouldn't be offered	Shouldn't be offered
Starchy food cooked in fat or oil restricted	-	-
Crisps and savoury snacks restricted	Shouldn't be offered	Shouldn't be offered
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)	Water, fruit juice and low fat milk; schools can choose to take part in partly subsidised school food programs as regards milk; majority of schools offer a milk subscription program, paid by the parents	Water
Soft-drinks (e.g. sugar-sweetened or artificially-sweetened soft drinks, squash) restricted	Soft drinks and other sugar-sweetened drinks shouldn't be offered	Soft drinks and other sugar-sweetened drinks shouldn't be offered
Salt provision is restricted	-	-
Other	Whole wheat bread, light butter (margarine) should be offered; guidelines recommend that lower and upper secondary schools have a school canteen and include food-based guidelines for what to offer; for primary schools, food should be offered free of charge to children who do not have a packed lunch with them	-