

SCHOOL FOOD POLICY COUNTRY FACTSHEETS



ITALY

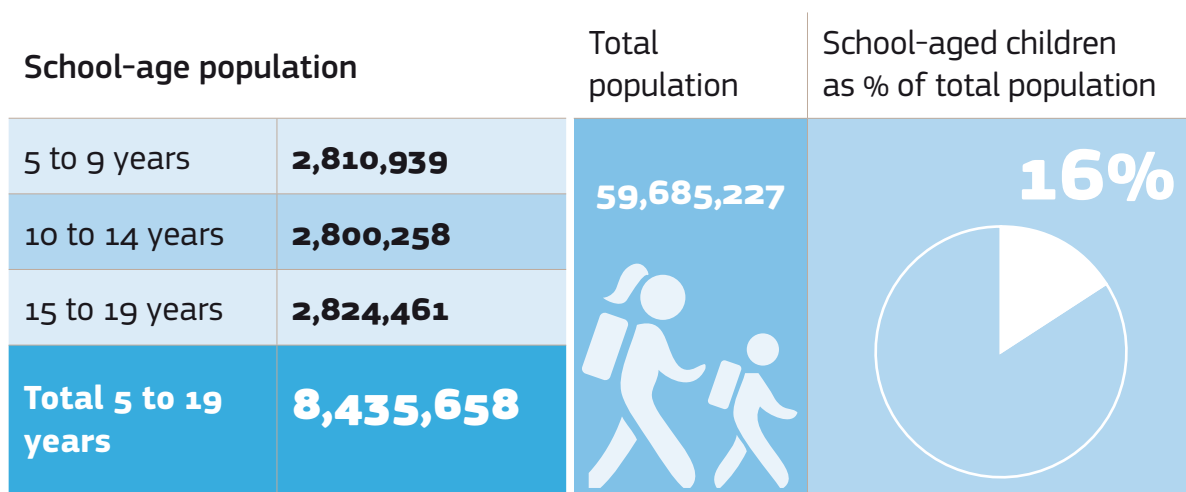


School food policy¹ (voluntary)	“LINEE DI INDIRIZZO NAZIONALE PER LA RISTORAZIONE SCOLASTICA”
Developed by	Ministry of Health
Year of publication	2010
Web link(s)	http://www.salute.gov.it/imgs/c_17_pubblicazioni_1248_allegato.pdf

1. Italy also has a policy for pre-schools, dating from 2010 and available at http://www.salute.gov.it/imgs/C_17_pubblicazioni_605_allegato.pdf

1 General information

Demographic data



Source: EUROSTAT, year 2013.

Childhood overweight/obesity prevalence in Italy

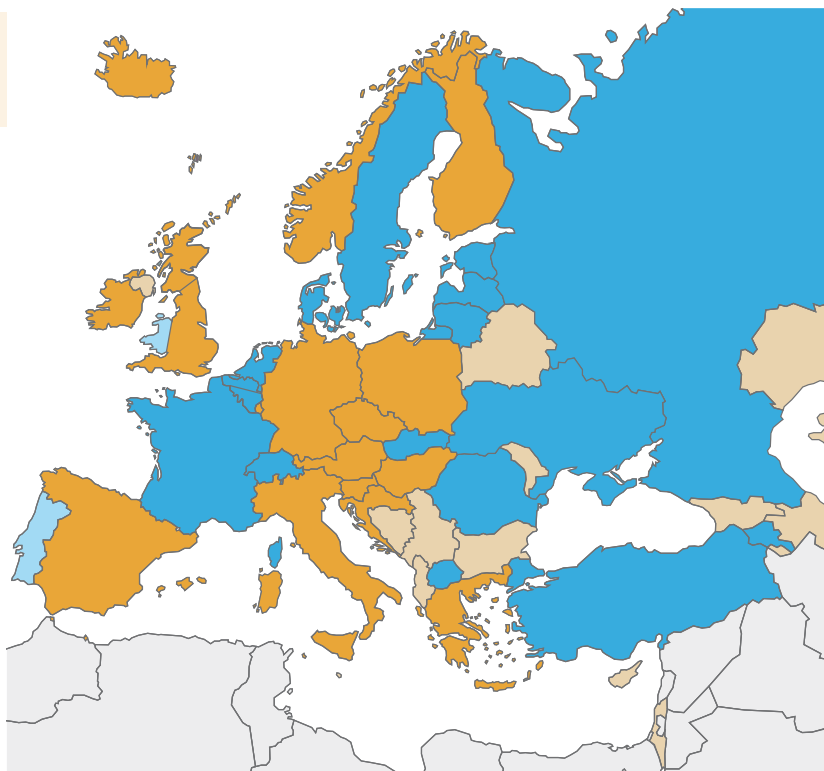
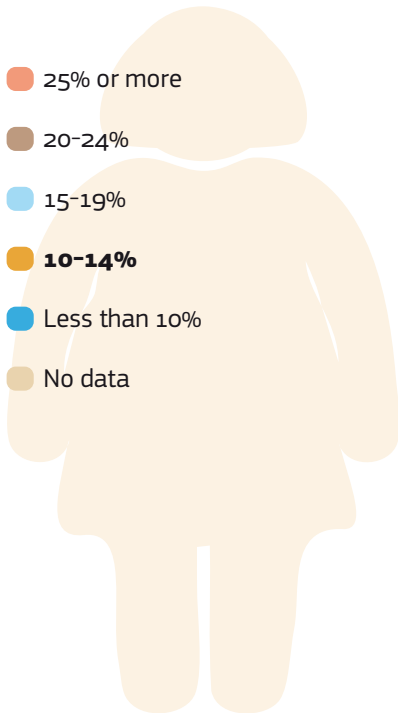
	Overweight (including obesity)		Obesity	
	2007/8	2009/10	2007/8	2009/10
Boys (8 years)	49.0%	44.8%	26.6%	22.8%
Boys (9 years)	47.1%	43.8%	25.7%	21.9%
Girls (8 years)	42.5%	40.4%	17.3%	16.0%
Girls (9 years)	40.1%	37.4%	15.8%	13.0%

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

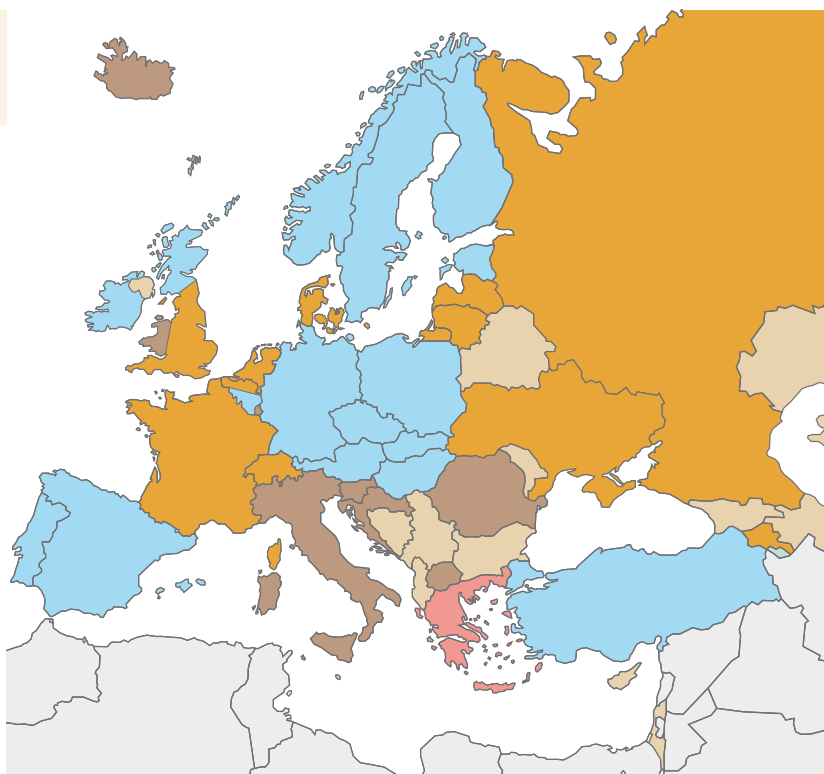
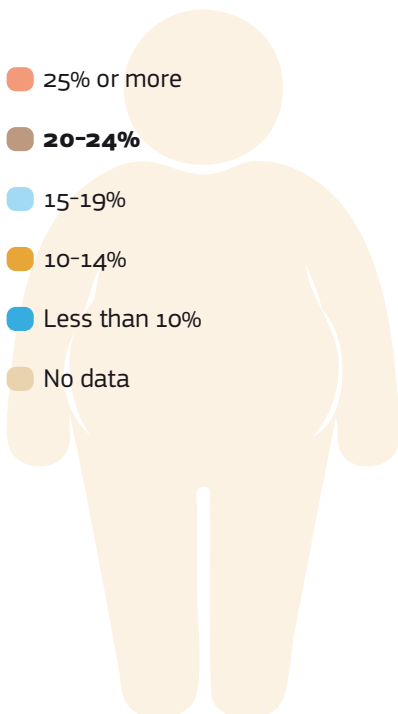
- 25% or more
- 20-24%
- 15-19%
- **10-14%**
- Less than 10%
- No data



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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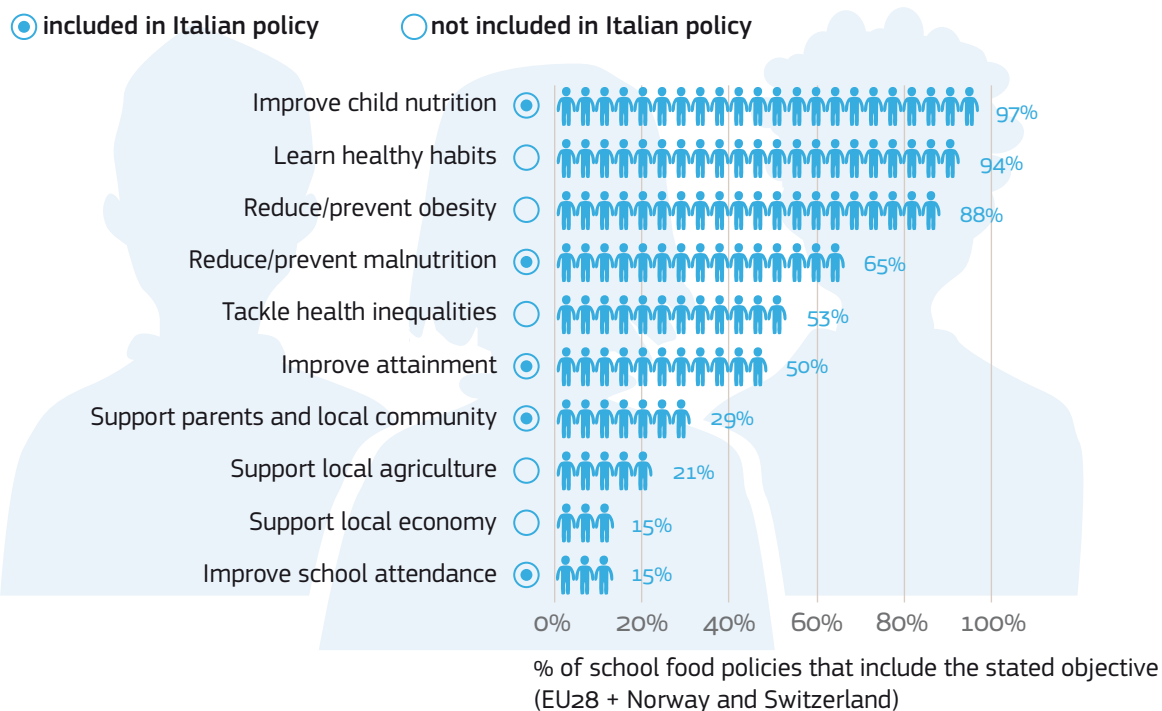


Note: HBSC teams provided disaggregated data for Belgium and the United Kingdom; these data appear in the map above.

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).

2

School food policy objectives

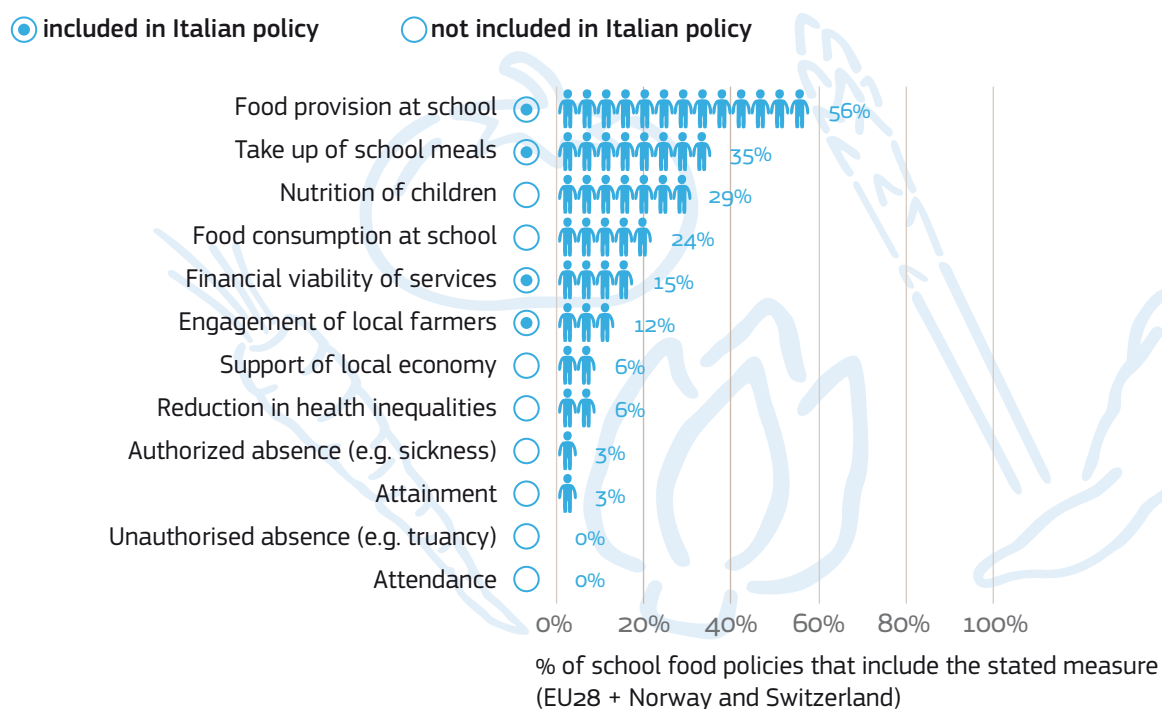


Other objectives:

- Health promotion and disease prevention
- Learn about food traditions

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Measures through which the policy is evaluated



Other measures:

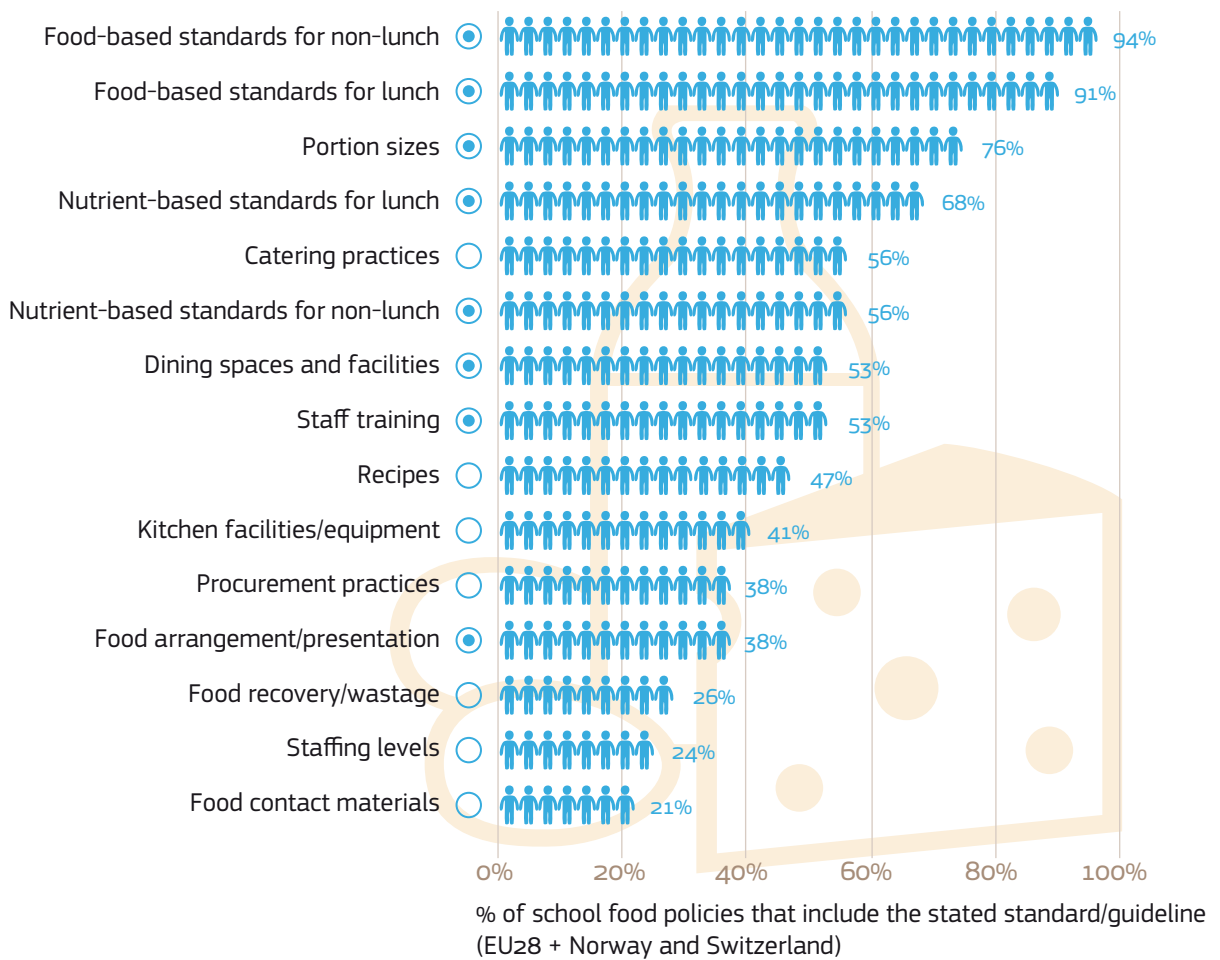
- To control portion sizes
- To control organization of service
- Continuing education of employees in canteen
- That contract/laws are followed; quality/price evaluation
- That menu and particularly diets like coeliac diet, are followed

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School food policy standards and guidelines

included in Italian policy

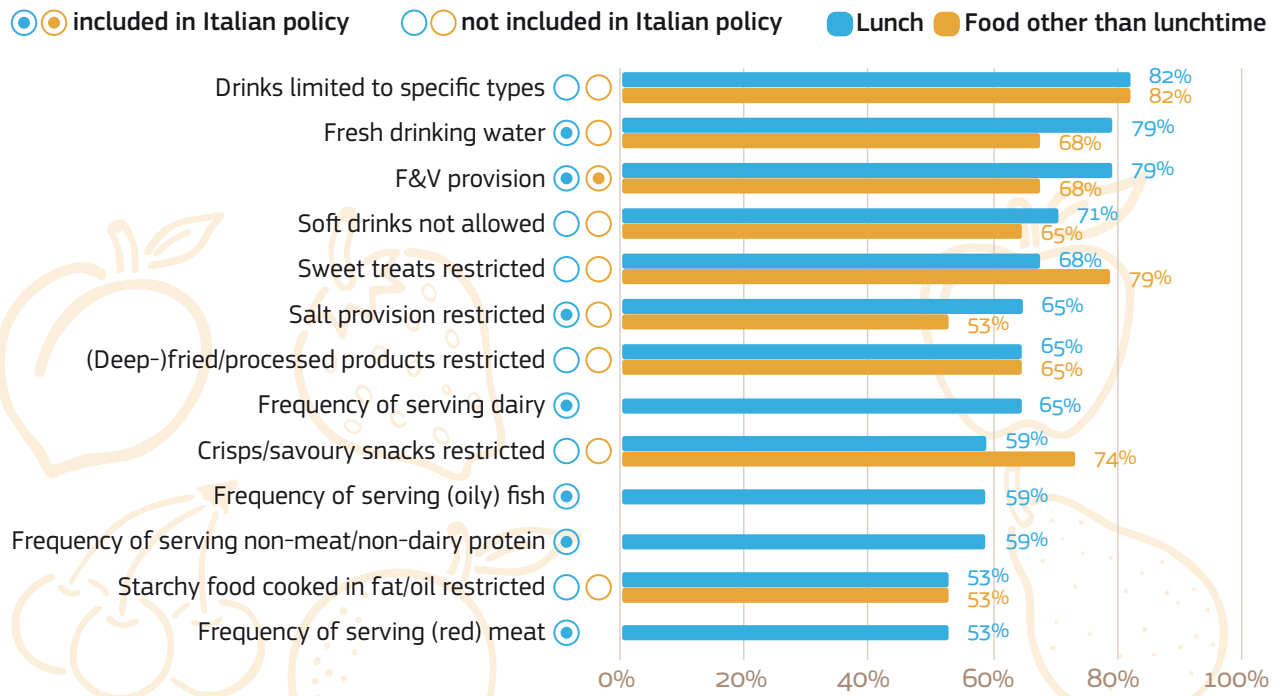
not included in Italian policy



Other standards/guidelines:

- Enough time to eat

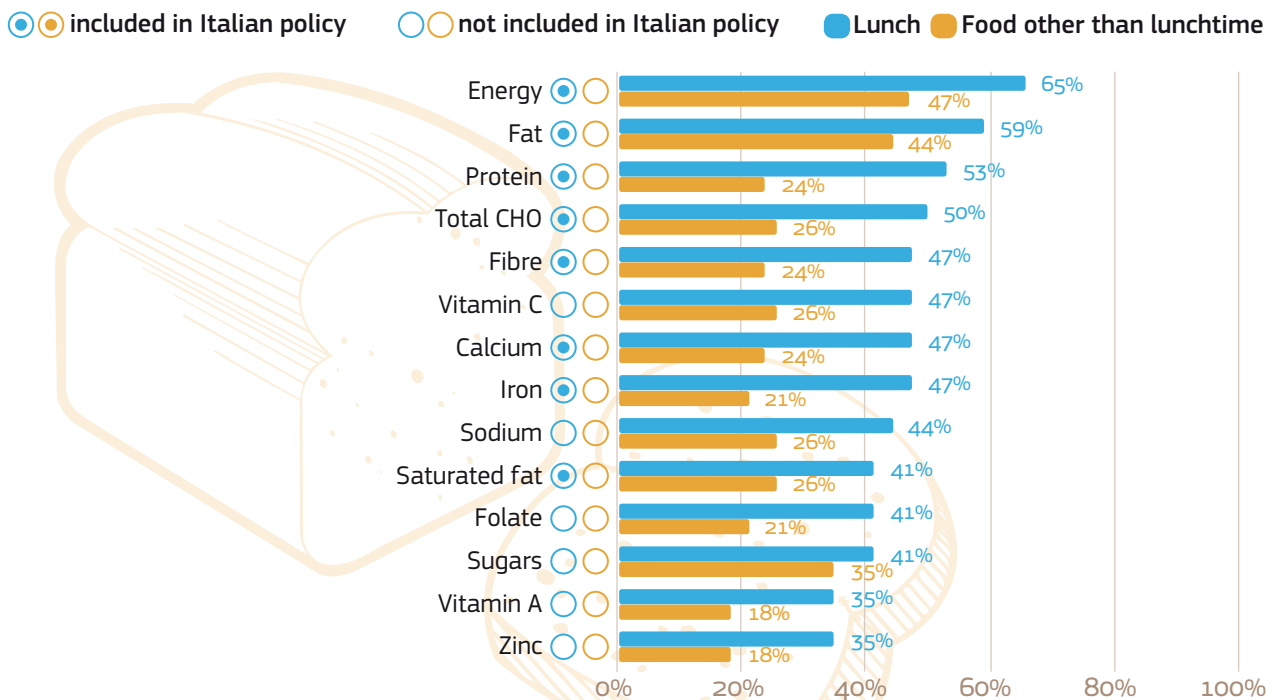
5 Food-based standards



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

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

6 Nutrient-based standards



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

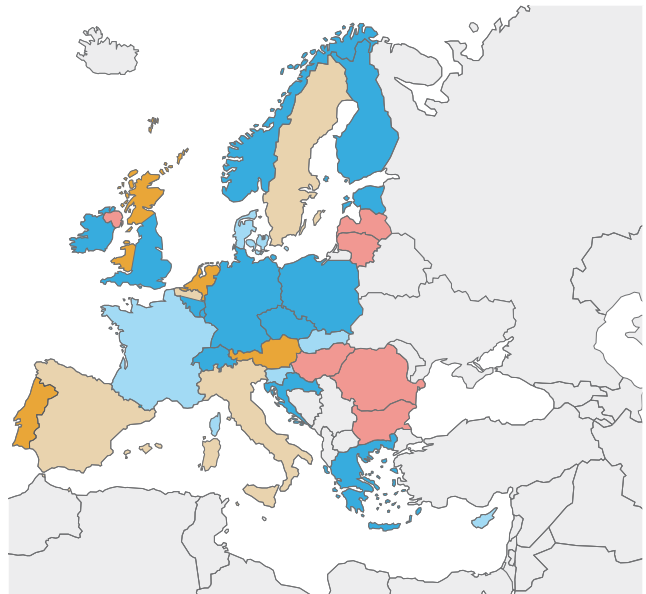
See Annex II for more details on the energy-/nutrient-based standards/guidelines in Italy.

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Restrictions on vending machines on school premises

Italy

- 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



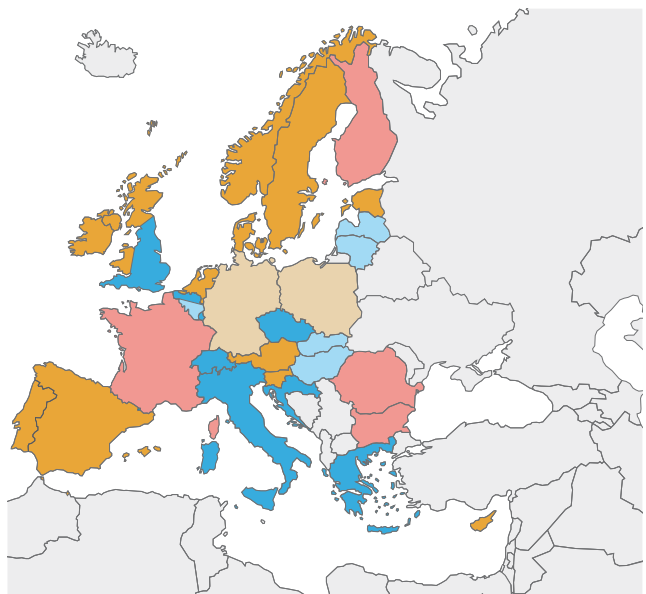
Vending machine restrictions on school premises across EU28 + Norway and Switzerland

8

Restrictions on marketing of food or drink on school premises

Italy

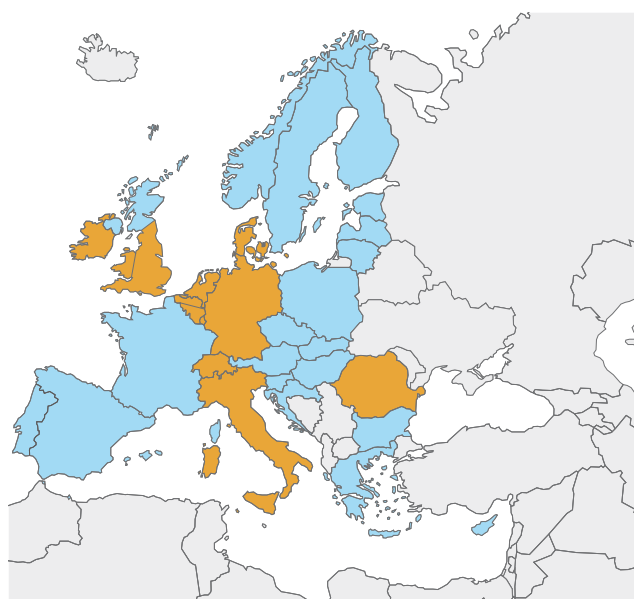
- Specific marketing limits for drinks high in sugar, foods high in sugar, and savoury snacks high in fat or salt (HFSS foods/drinks), combined with restrictions of a more generic kind or focussing on other types of foods/drinks as well
- Marketing restrictions only on HFSS foods/drinks
- Food marketing 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

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

Italy



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

Annex I

Additional information on 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	Both fruit and vegetables should be a part of the lunch every day	Snack in the morning/afternoon should be fruit & vegetable-based
Specified number of times (red) meat served	Meat (all kinds of) 1-2/week	n/a
Specified number of times other sources of protein served	Fish 1-2/week; 1 egg/week; "salumi" 2/month; legumes 1-2/week	n/a
Specified number of times dairy products served	Cheese 1/week	n/a
Specified number of times (oily) fish should be on the school lunch menu	Fish (all kind of) 1-2/week	n/a
Restrictions on availability of fried, deep-fried or processed products	-	-

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

	Lunch	Other than lunch
Sweet treats (chocolate, confectionery, cakes, biscuits, etc.) restricted	-	-
Starchy food cooked in fat or oil restricted	-	-
Crisps and savoury snacks restricted	-	-
Fresh drinking water must be provided and be easily accessible	x	-
Drinks limited to specific types (e.g. milk, fruit juice, water, combination of these)	-	-
Soft-drinks (e.g. sugar-sweetened or artificially-sweetened soft drinks, squash) restricted	-	-
Salt provision is restricted	Iodised, and moderate use	-
Other	Cereals every day; bread every day; potatoes max. 1/week; meals like lasagne/pizza 1/ week; Change the menu spring-summer and autumn-winter to use food of the different seasons; use the same menu in 4-5 weeks intervals. Offer alternatives based on religion, culture or other ethical reasons.	-

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

	Lunch	Other than lunch
Energy	Lunch should provide 35% of daily energy (440-640 kcal/pre-school; 520-810 kcal/primary school; 700-830 kcal/secondary school); difference at same school level depends on recommendations concerning sex, age and level of physical activity	Snack in the morning/afternoon should each consist of 8-10% of the total daily kcal intake
Fat	30% of the lunch	-
Saturated fat	Max. 30% of total fat	-
Total carbohydrate	55% of the lunch	-
Non-milk extrinsic sugars	-	-
Fibre	5/6/7.5 g depending on school level	-

Additional information on energy-/nutrient-based standards for lunch and foods other than lunch (cont.)

	Lunch	Other than lunch
Protein	15% of the lunch; animal:vegetable protein ratio 2:3	-
Iron	5/6/9 mg depending on school level	-
Zinc	-	-
Calcium	280/350/420 mg depending on school level	-
Vitamin A	-	-
Vitamin C	-	-
Folate	-	-
Sodium	-	-
Other	http://www.salute.gov.it/imgs/c_17_pubblicazioni_1248_allegato.pdf	-