

SCHOOL FOOD POLICY COUNTRY FACTSHEETS



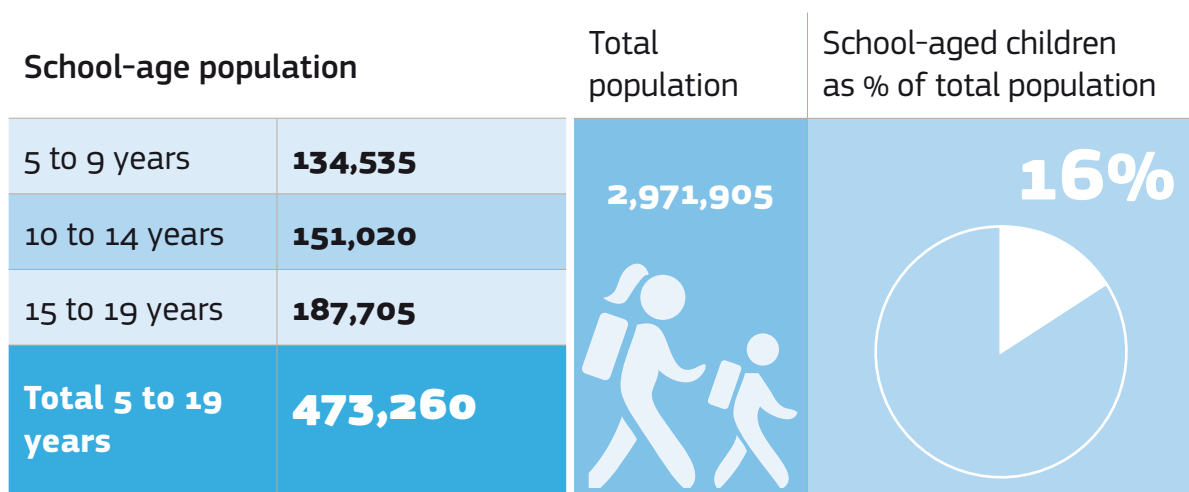
LITHUANIA



School food policy (mandatory)	“MAITINIMO ORGANIZAVIMO IKIMOKYKLINIO UGDYMO, BENDROJO UGDYMO MOKYKLOSE IR VAIKŲ SOCIALINĖS GLOBOS ĮSTAIGOSE TVARKOS APRAŠO PATVIRTINIMO 2011 m. lapkričio 11 d. Nr. V-964”
Developed by	Ministry of Health
Year of publication	2011
Web link(s)	http://www3.lrs.lt/pls/inter3/dokpaieska.showdoc_l?p_id=411986&p_query=&p_tr2=2

1 General information

Demographic data



Source: EUROSTAT, year 2013.

Childhood overweight/obesity prevalence in Lithuania

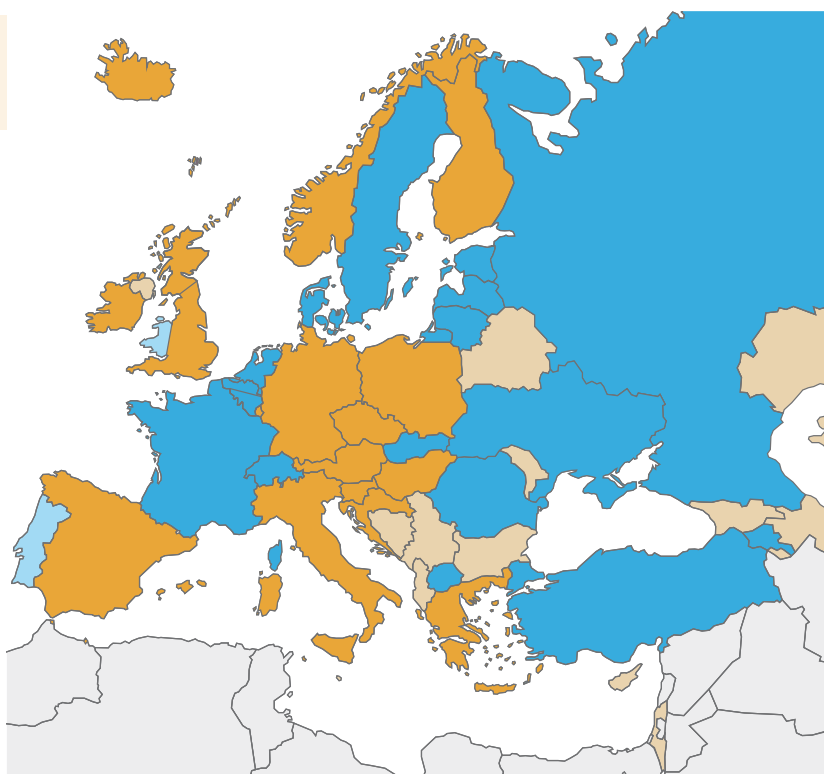
	Overweight (including obesity)		Obesity	
	2007/8	2009/10	2007/8	2009/10
Boys (7 years)	24.8%	24.4%	9.4%	9.5%
Girls (7 years)	21.0%	21.0%	7.2%	7.1%

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

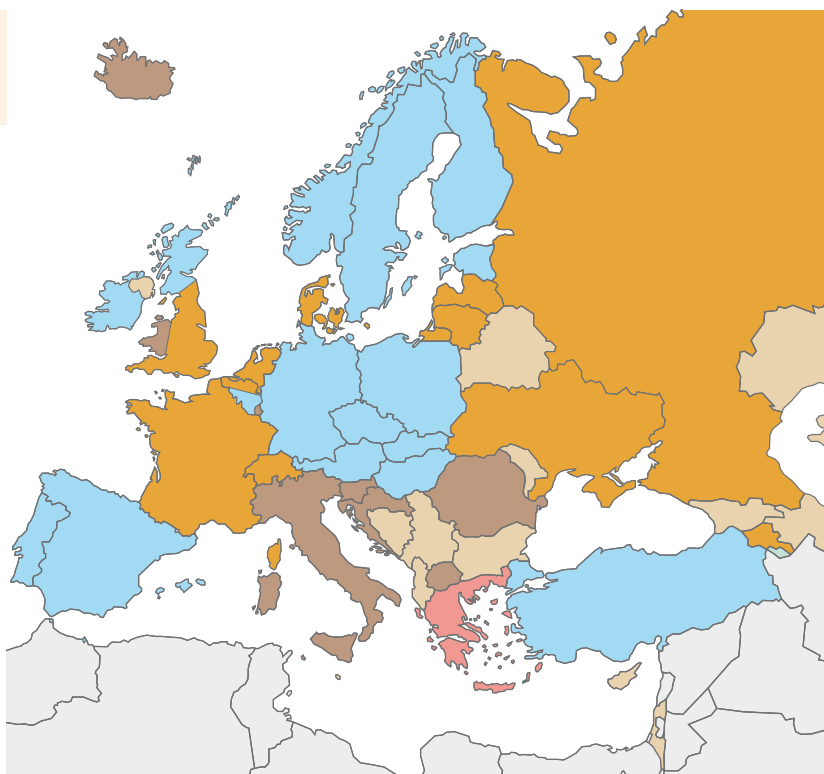
- 25% or more
- 20-24%
- 15-19%
- 10-14%
- Less than 10%**
- No data



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

- 25% or more
- 20-24%
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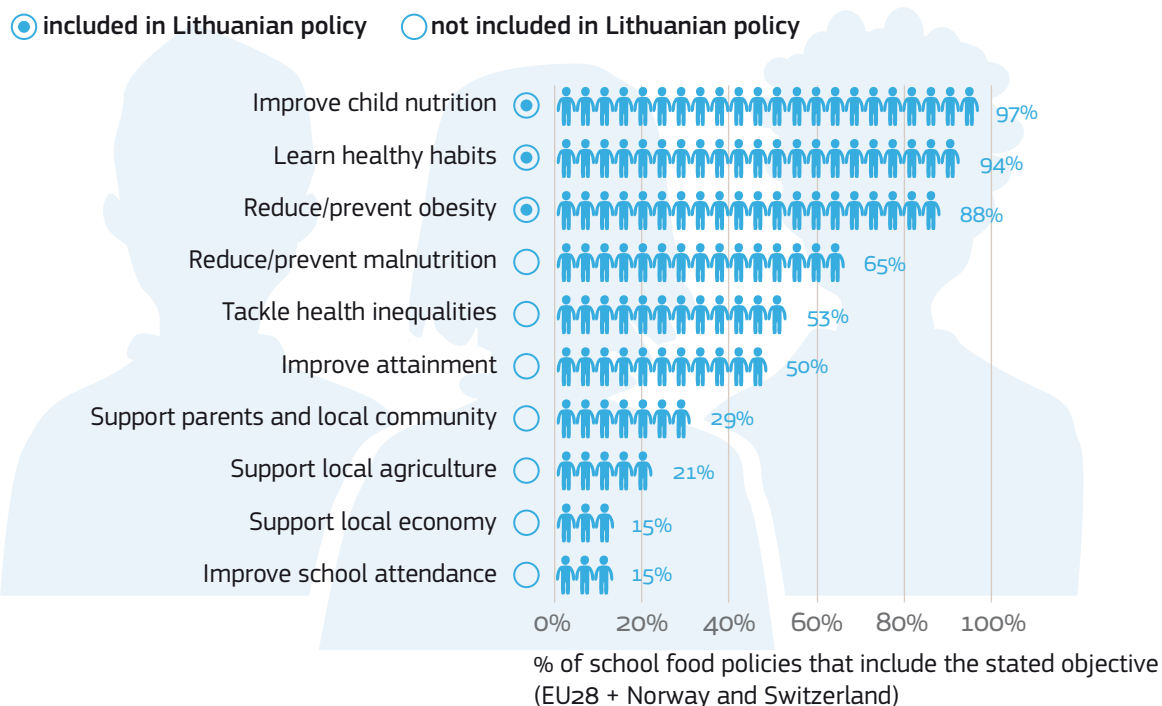


Note: HBSC teams provided disaggregated data for Belgium and the United Kingdom; these data appear in the map above.

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

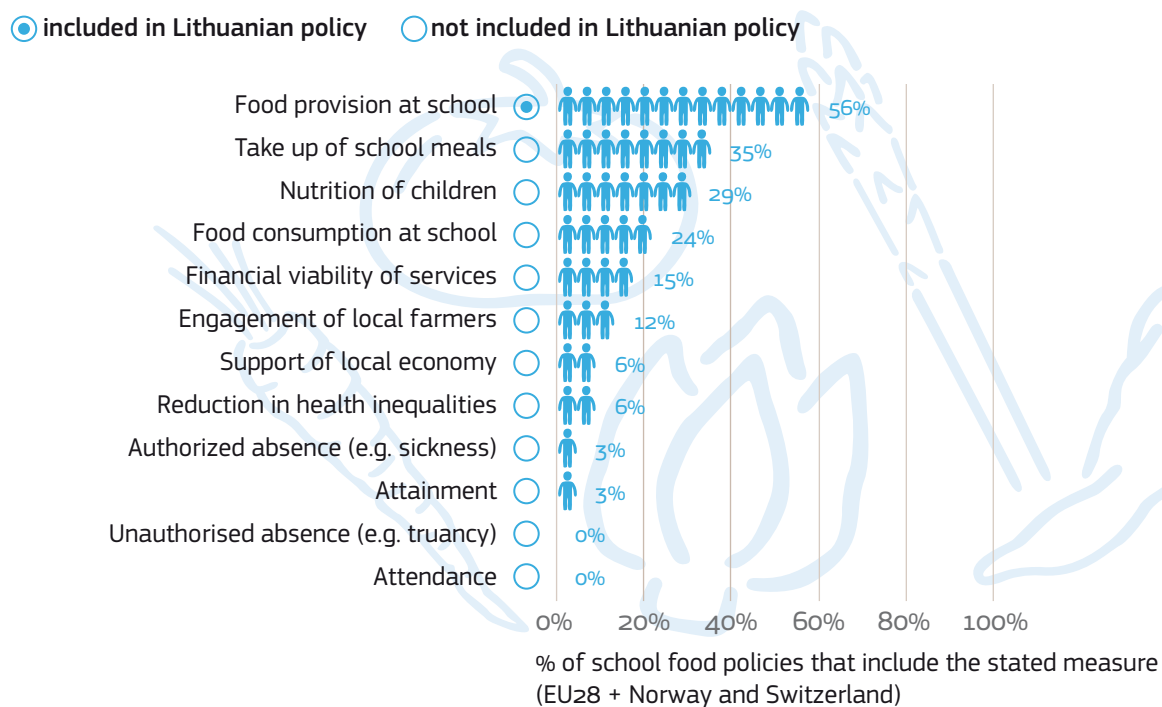


Other objectives:

- Enable health

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Measures through which the policy is evaluated

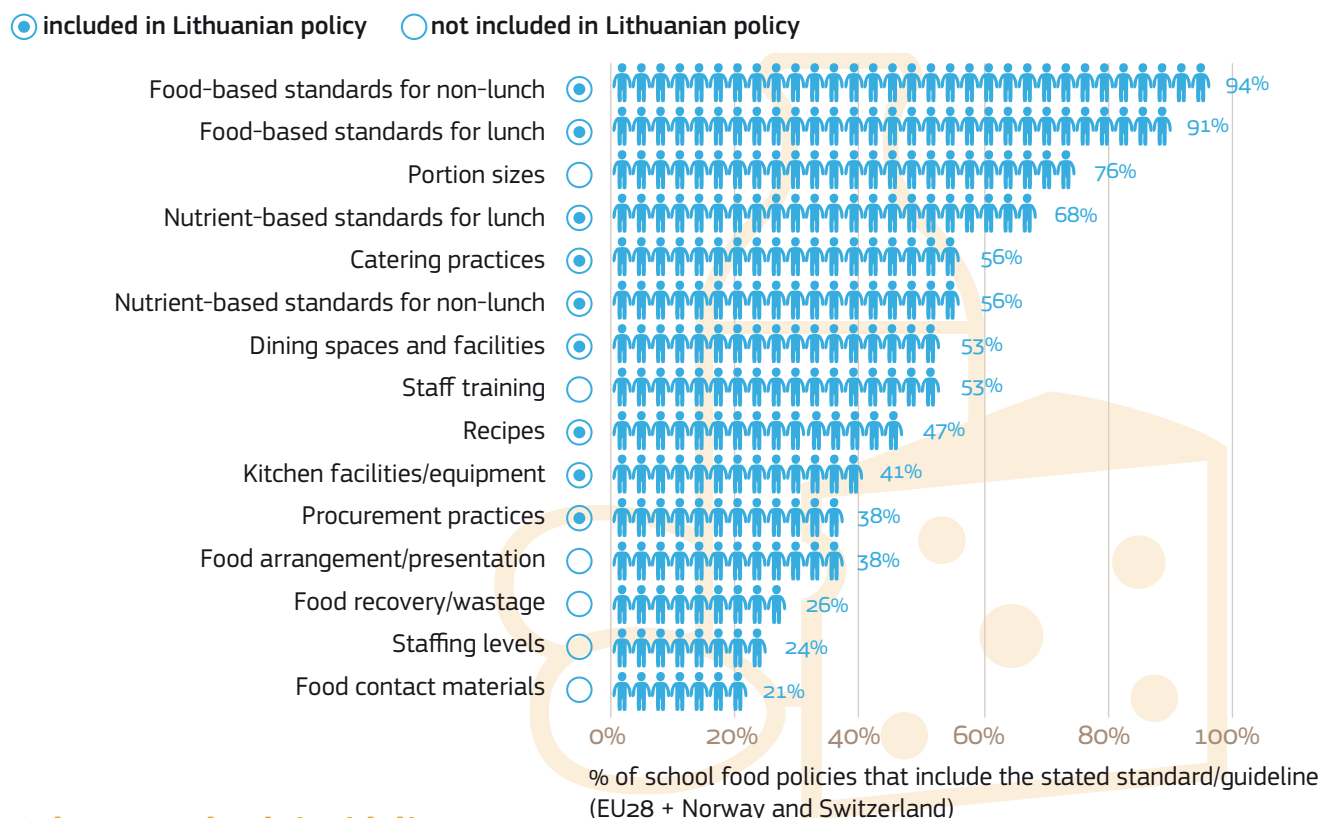


Other measures:

- Local public health authority evaluates menus within 15 days of receipt

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School food policy standards and guidelines

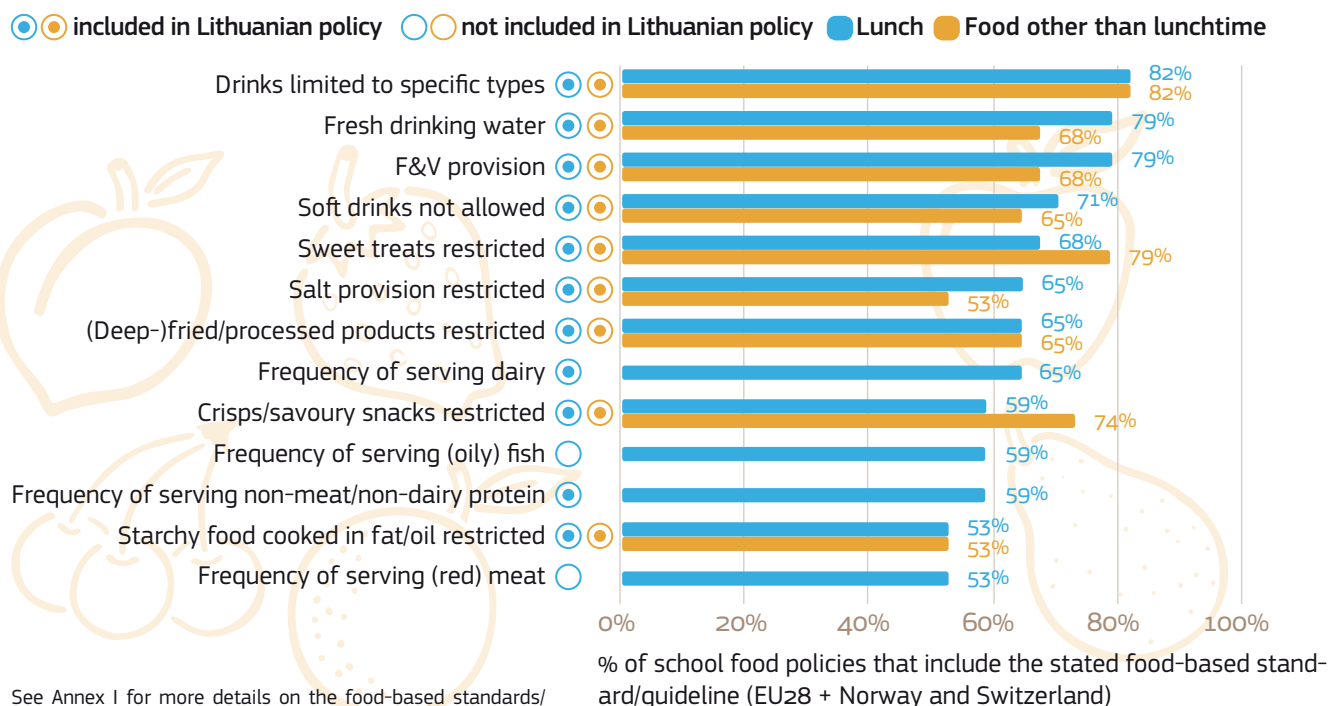


Other standards/guidelines:

- n/a

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Food-based standards

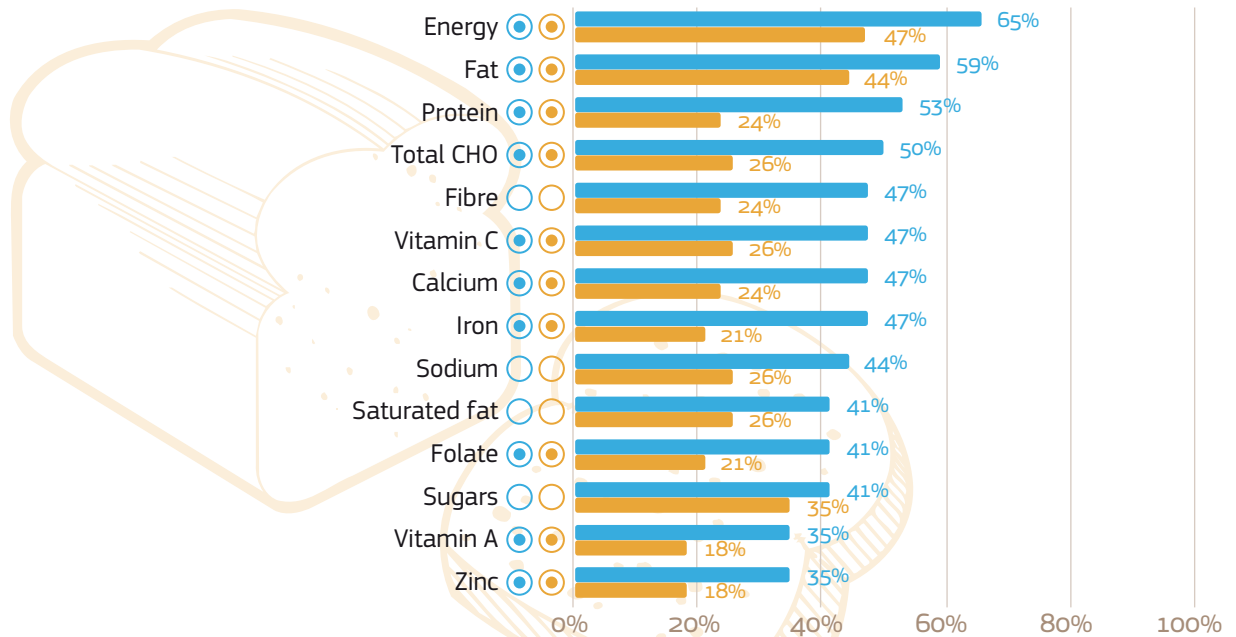


See Annex I for more details on the food-based standards/guidelines in Lithuania.

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Nutrient-based standards

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



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

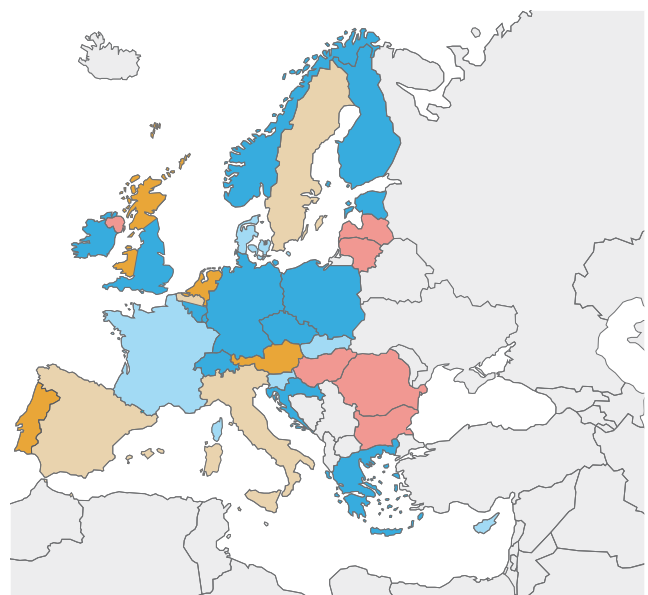
See Annex II for more details on the energy-/nutrient-based standards/guidelines in Lithuania.

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Restrictions on vending machines on school premises

Lithuania

- 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

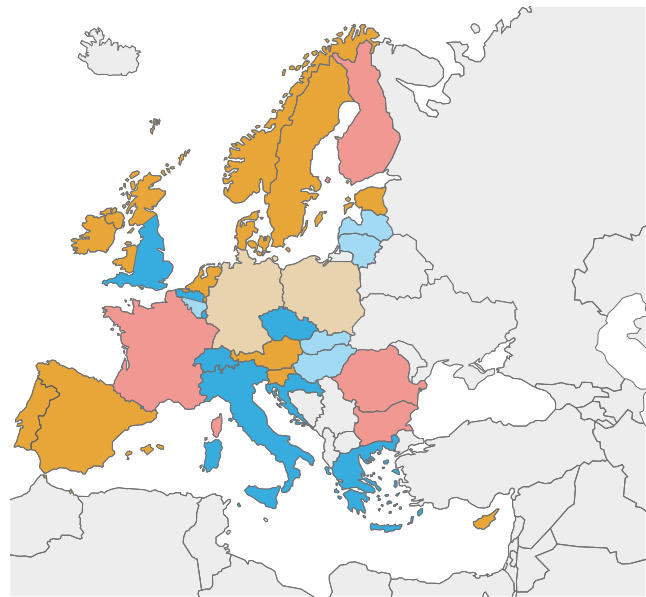
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Restrictions on marketing of food or drink on school premises

Lithuania

- **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

Advertising not allowed at schools concerning the “prohibited food” listed in paragraph 17 of the policy



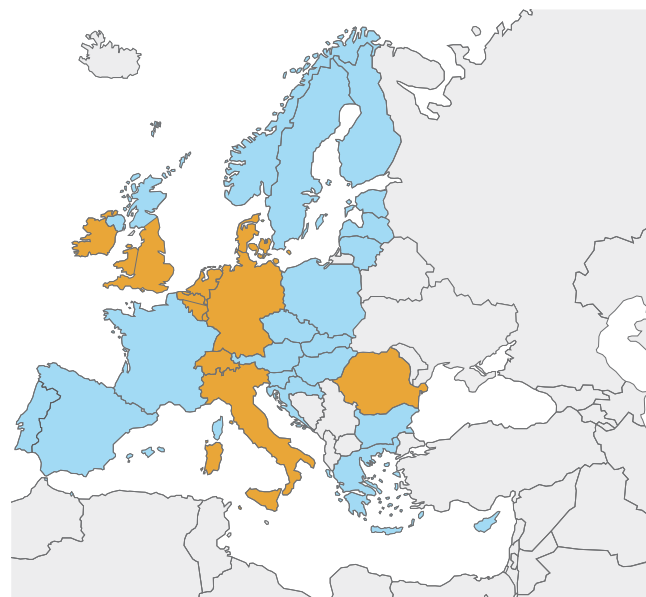
Food and drink marketing restrictions on school premises across EU28 + Norway and Switzerland

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

Lithuania

Topic of healthy nutrition is mandatory, but is incorporated in several subjects, especially biology and natural science; guidelines for the promotion of healthy nutrition and physical activity in schools are provided to school teachers; these topics are also included in the undergraduate/postgraduate education of teachers.



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

Additional information on Lithuanian 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	Fruit & vegetables (recommended fresh) are obligatory at lunchtime; schools are encouraged to participate in EU-funded School Fruit Scheme	Schools are encouraged to participate in EU-funded School Fruit Scheme
Specified number of times (red) meat served	-	n/a
Specified number of times other sources of protein served	Hot lunch should be rich in protein, and lunch has to be served every day	n/a
Specified number of times dairy products served	Schools are encouraged to participate in EU-funded School Milk Scheme	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	"Oil-boiled" foodstuffs prohibited	"Oil-boiled" foodstuffs prohibited
Sweet treats (chocolate, confectionery, cakes, biscuits, etc.) restricted	Sweets, chocolate, products with chocolate or cream prohibited	Sweets, chocolate, products with chocolate or cream prohibited
Starchy food cooked in fat or oil restricted	Potato and corn prohibited	Potato and corn prohibited
Crisps and savoury snacks restricted	Savoury pastry prohibited	Savoury pastry prohibited
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)	Juice, milk and water are mentioned	Water, juice and milk are mentioned
Soft-drinks (e.g. sugar-sweetened or artificially-sweetened soft drinks, squash) restricted	Soft drinks and energy drinks prohibited	Soft drinks and energy drinks prohibited
Salt provision is restricted	x	x

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

	Lunch	Other than lunch
Other	<p>Amendment of Hygiene Norm was approved in 2010, restricting unhealthy food in school catering, especially in vending machines;</p> <p>PROHIBITED FOODS: Children's school meals are prohibited to supply the food groups: potato, corn or other chips and other fried, roasted or puffed products, candies, chocolate and its products, confectionery glaze, chocolate, cream, savoury pastry (with more sodium than 0.4 g per 100 g) of food products and chewing gum with food additives (in the Procedure, Appendix 3), soft drinks, energy drinks, beverages and food products made from (or containing) coffee tree, coffee bean or extract, chicory, deep or grain beverages (coffee substitutes) Kisiel, bouillon concentrates, smoked fish, canned meat and fish products (which are allowed in the general education institutions organized summer camps or at the conclusion of the food packets to the home), non-industrial production of canned products; steaks ; mechanically separated meat and meat products, offal (kidneys, brain, lungs), dietary supplements, food produced from genetically modified organisms (hereinafter - GMOs), or the food, which is composed of GMOs [5.2, 5.13, 5.25, 5.29]</p> <p>RECOMMENDED FOODS: vegetables, potatoes, fruits, and berries dishes, juices (especially fresh), grain (bread products , cereals products) and legume products, milk and milk products, lean meat and meat products, fish and products, oil (to be used less animal fat, fatty meat and meat products must be replaced lean meat, poultry, fish or vegetables, legumes, animal fats and margarine, where possible, changes in oil), eggs, drinking water and natural mineral and the source of water (non-carbonated)</p>	<p>Amendment of Hygiene Norm was approved in 2010, restricting unhealthy food in school catering, especially in vending machines;</p> <p>PROHIBITED FOODS: Children's school meals are prohibited to supply the food groups: potato, corn or other chips and other fried, roasted or puffed products, candies, chocolate and its products, confectionery glaze, chocolate, cream, savoury pastry (with more sodium than 0.4 g per 100 g) of food products and chewing gum with food additives (in the Procedure, Appendix 3), soft drinks, energy drinks, beverages and food products made from (or containing) coffee tree, coffee bean or extract, chicory, deep or grain beverages (coffee substitutes) Kisiel, bouillon concentrates, smoked fish, canned meat and fish products (which are allowed in the general education institutions organized summer camps or at the conclusion of the food packets to the home), non-industrial production of canned products; steaks ; mechanically separated meat and meat products, offal (kidneys, brain, lungs), dietary supplements, food produced from genetically modified organisms (hereinafter - GMOs), or the food, which is composed of GMOs [5.2, 5.13, 5.25, 5.29]</p> <p>RECOMMENDED FOODS: vegetables, potatoes, fruits, and berries dishes, juices (especially fresh), grain (bread products , cereals products) and legume products, milk and milk products, lean meat and meat products, fish and products, oil (to be used less animal fat, fatty meat and meat products must be replaced lean meat, poultry, fish or vegetables, legumes, animal fats and margarine, where possible, changes in oil), eggs, drinking water and natural mineral and the source of water (non-carbonated)</p>

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

	Lunch	Other than lunch
Energy	Breakfast 20-25%, lunch 30-40%, afternoon snack 10-15%, dinner 20-25%). RDI 2030-2890 kcal a day (level depends on three age groups: 7-10, 11-14, 15-18, and sex)	Breakfast 20-25%, lunch 30-40%, afternoon snack 10-15%, dinner 20-25%). RDI 2030-2890 kcal a day (level depends on three age groups: 7-10, 11-14, 15-18, and sex)
Fat	RDI 66-93 g (level depends on three age groups: 7-10, 11-14, 15-18, and sex)	RDI 66-93 g (level depends on three age groups: 7-10, 11-14, 15-18, and sex)
Saturated fat	-	-
Total carbohydrate	RDI 294-396 g	RDI 294-396 g
Non-milk extrinsic sugars	-	-
Fibre	-	-
Protein	RDI 65-95 g	RDI 65-95 g
Iron	RDI 10-18 mg	RDI 10-18 mg
Zinc	RDI 7-15 mg	RDI 7-15 mg
Calcium	RDI 700-800 mg	RDI 700-800 mg
Vitamin A	RDI 700-1000 mcg	RDI 700-1000 mcg
Vitamin C	RDI 45-60 mg	RDI 45-60 mg
Folate	RDI 80-200 mcg	RDI 80-200 mcg
Sodium	-	-
Other	P RDI 800-1200 mg, Mg RDI 250-400 mg, I RDI 120-150 mcg, E RDI 7-10 mg, D RDI 5 mcg, B1 RDI 1.1-1.4 mg; B2 RDI 1.3-1.7 mg; B6 RDI 1.5-2.0 mg; niacin RDI 13-18 mg; B12 RDI 3.0 mcg	P RDI 800-1200 mg, Mg RDI 250-400 mg, I RDI 120-150 mcg, E RDI 7-10 mg, D RDI 5 mcg, B1 RDI 1.1-1.4 mg; B2 RDI 1.3-1.7 mg; B6 RDI 1.5-2.0 mg; niacin RDI 13-18 mg; B12 RDI 3.0 mcg

RDI = Reference Daily Intake.