

SCHOOL FOOD POLICY COUNTRY FACTSHEETS



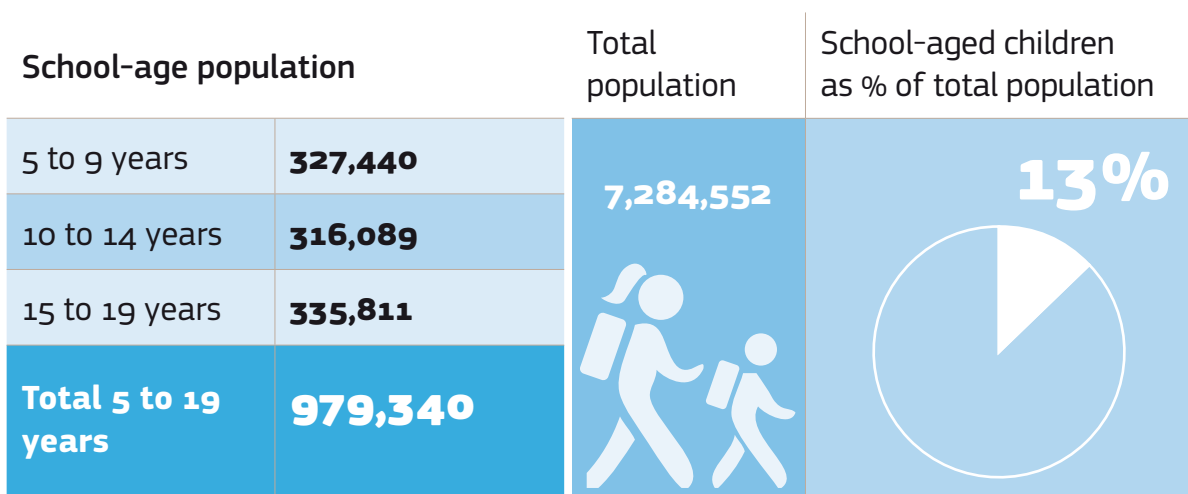
BULGARIA



School food policy (mandatory)	“Ordinance for healthy nutrition in school, 2009 and Recipe Book for school meals, 2012”
Developed by	Ministry of Health
Year of publication	2009, 2012
Web link(s)	http://lex.bg/en/laws/ldoc/2135752009 http://www.mh.government.bg/Articles.aspx?lang=bg-BG&pageid=391&categoryid=1564

General information

Demographic data



Source: EUROSTAT, year 2013.

Childhood overweight/obesity prevalence in Bulgaria

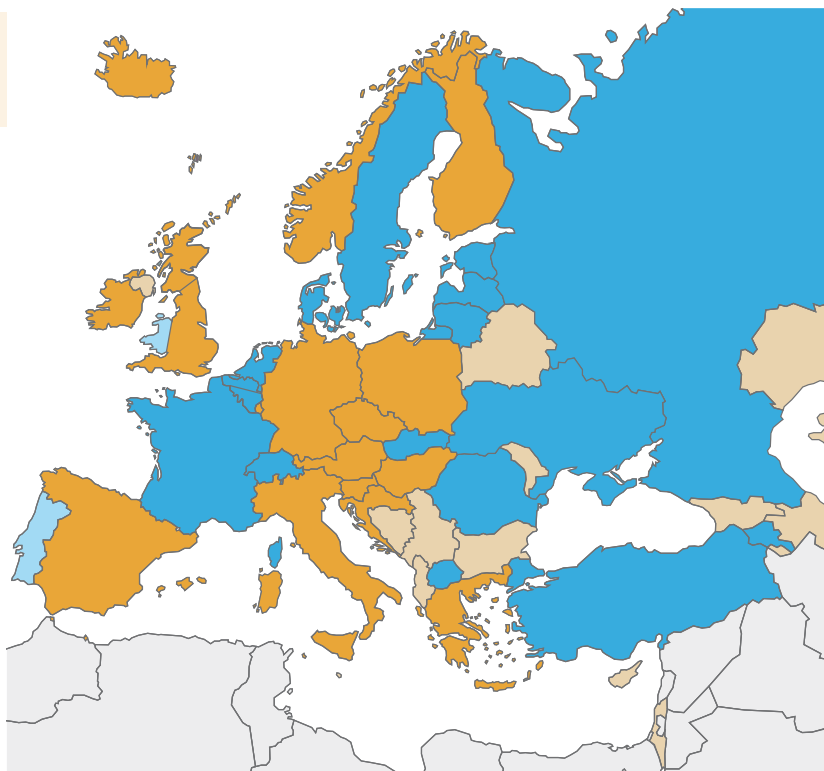
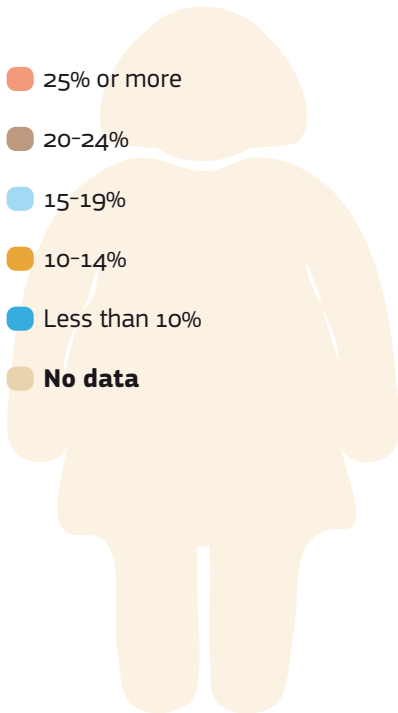
	Overweight (including obesity)	Obesity
	2007/8	2007/8
Boys (7 years)	28.2%	12.8%
Girls (7 years)	27.9%	12.8%

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

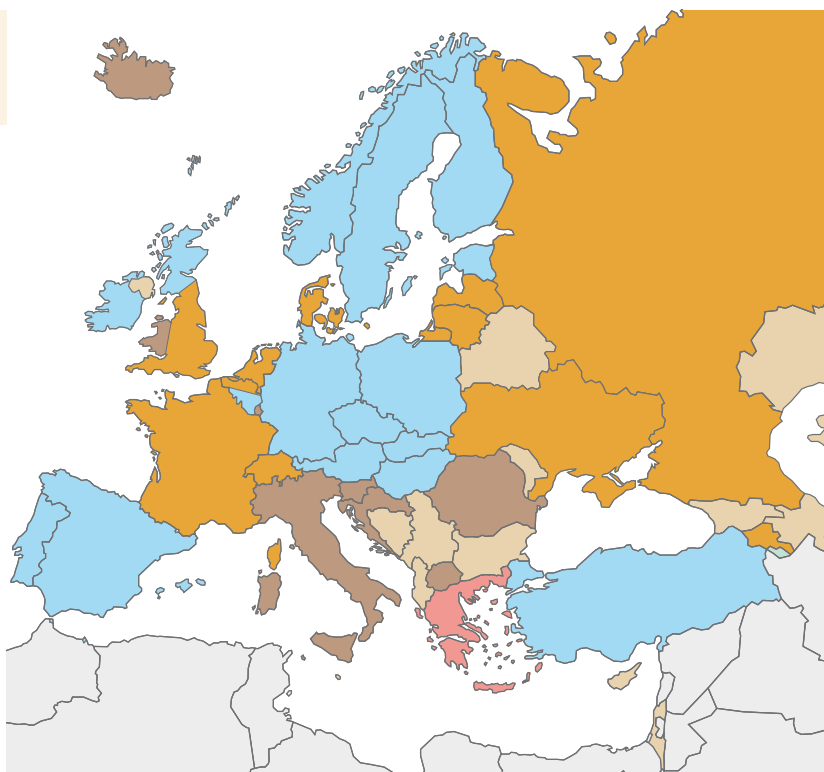
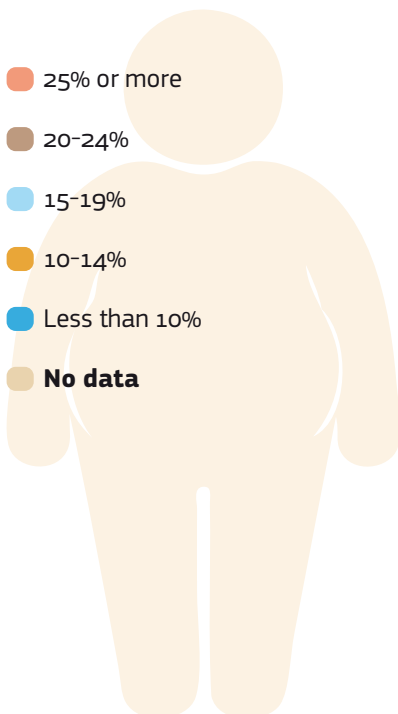
- 25% or more
- 20-24%
- 15-19%
- 10-14%
- Less than 10%
- **No data**



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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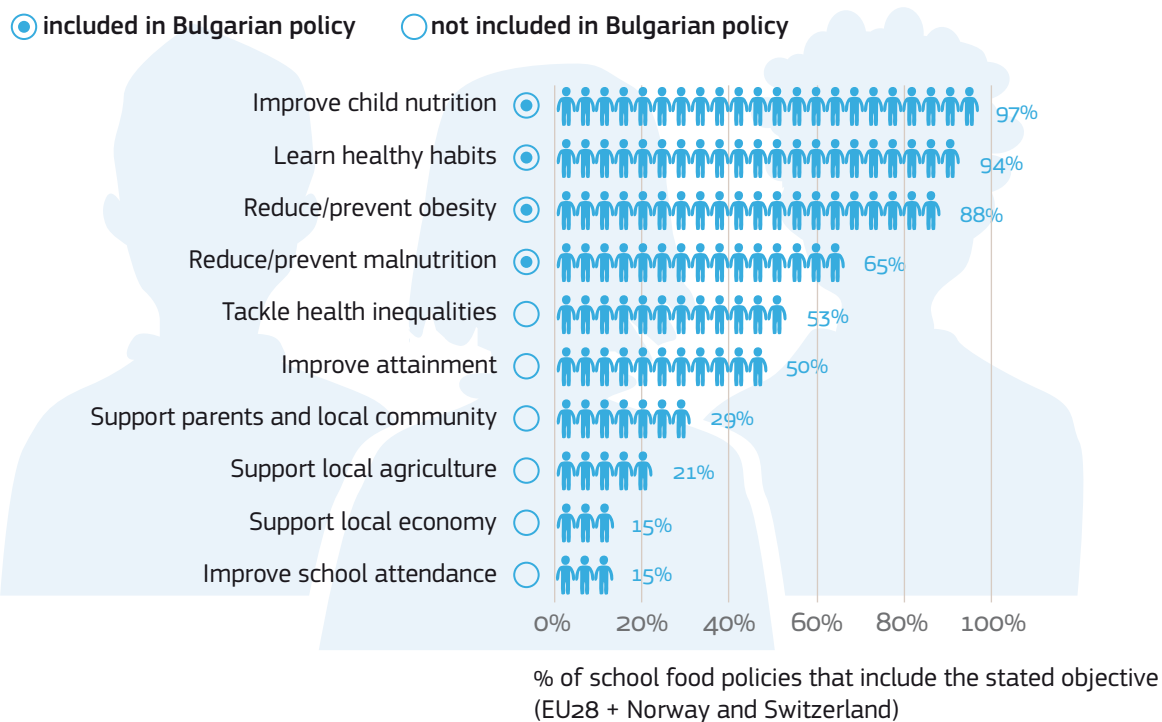


Note: HBSC teams provided disaggregated data for Belgium and the United Kingdom; these data appear in the map above.

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

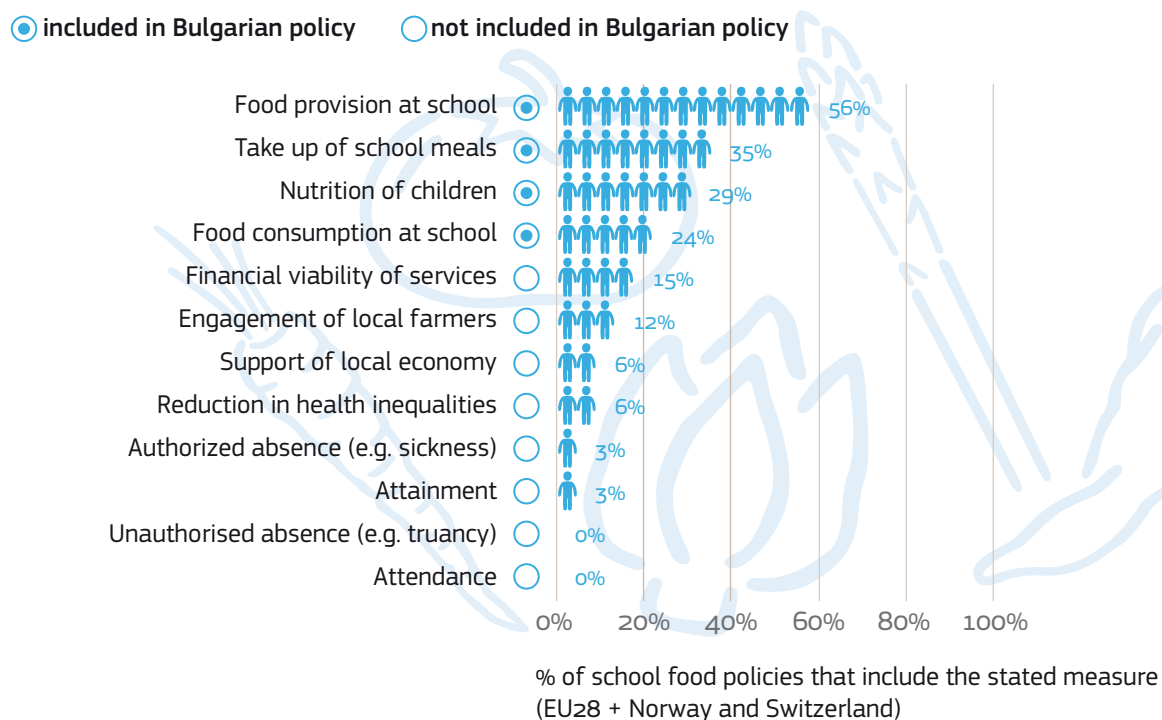


Other objectives:

- n/a

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Measures through which the policy is evaluated

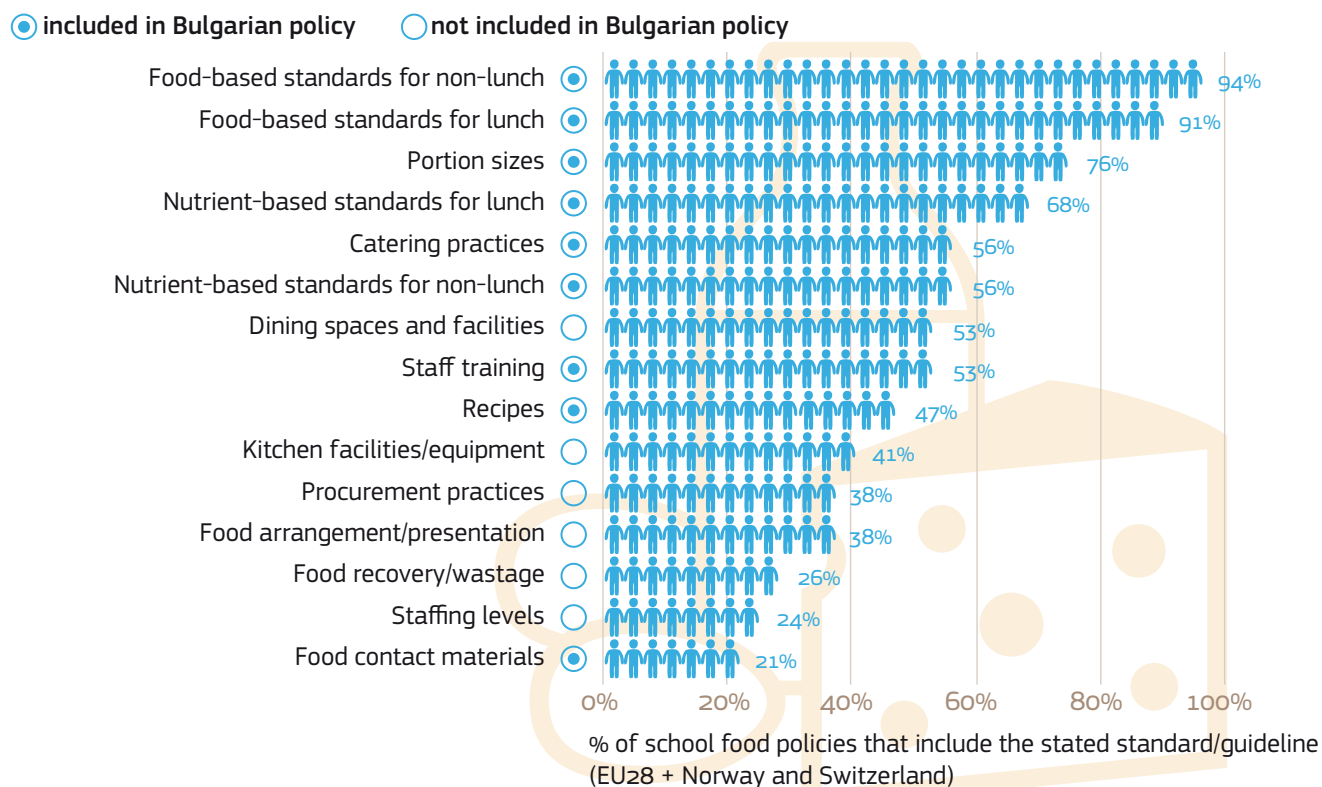


Other measures:

- n/a

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School food policy standards and guidelines

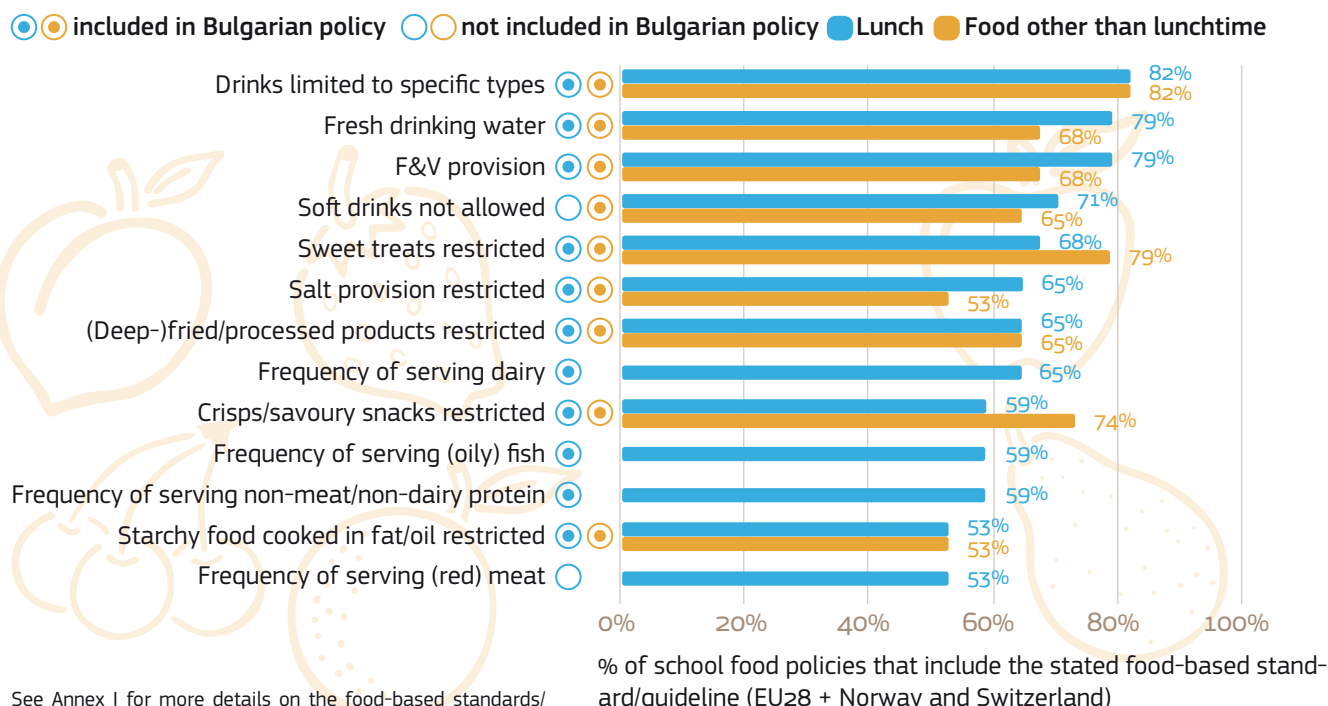


Other standards/guidelines:

- Food safety and quality specifications; weekly menus to be prepared with the participation of health care professionals

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Food-based standards

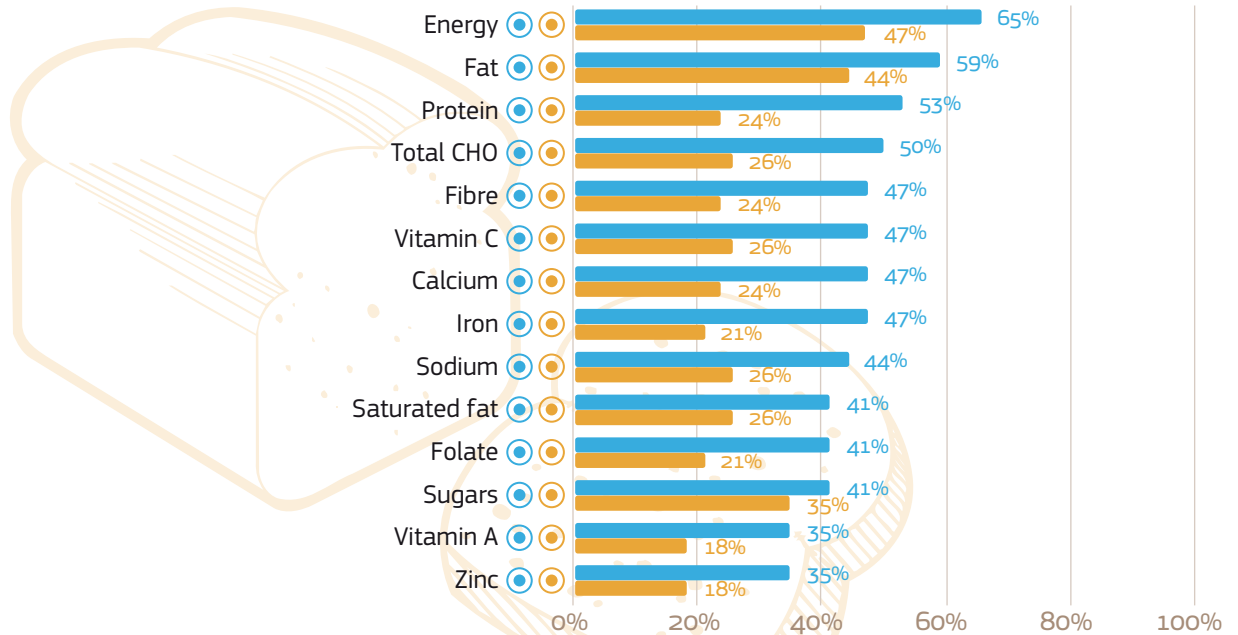


See Annex I for more details on the food-based standards/guidelines in Bulgaria.

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Nutrient-based standards

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



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

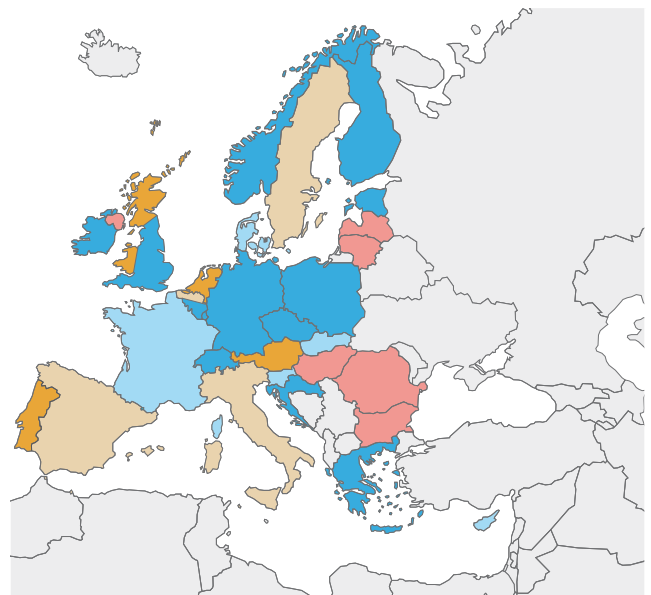
See Annex II for more details on the energy-/nutrient-based standards/guidelines in Bulgaria.

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Restrictions on vending machines on school premises

Bulgaria

- 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



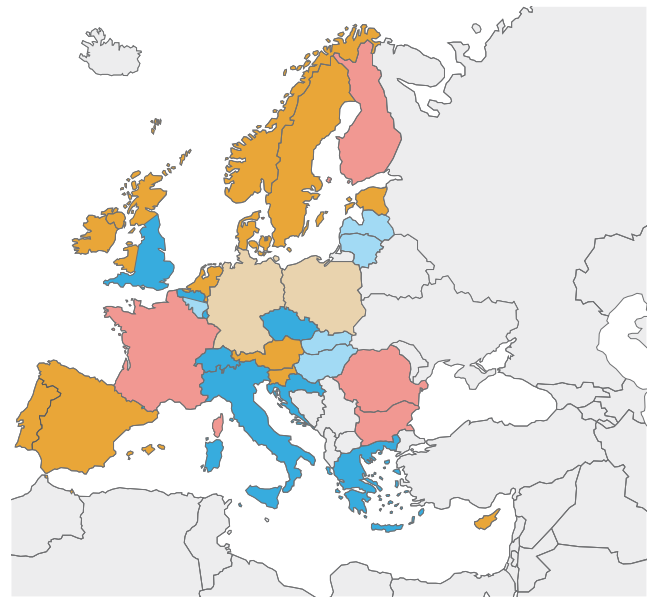
Vending machine restrictions on school premises across EU28 + Norway and Switzerland

8

Restrictions on marketing of food or drink on school premises

Bulgaria

- 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

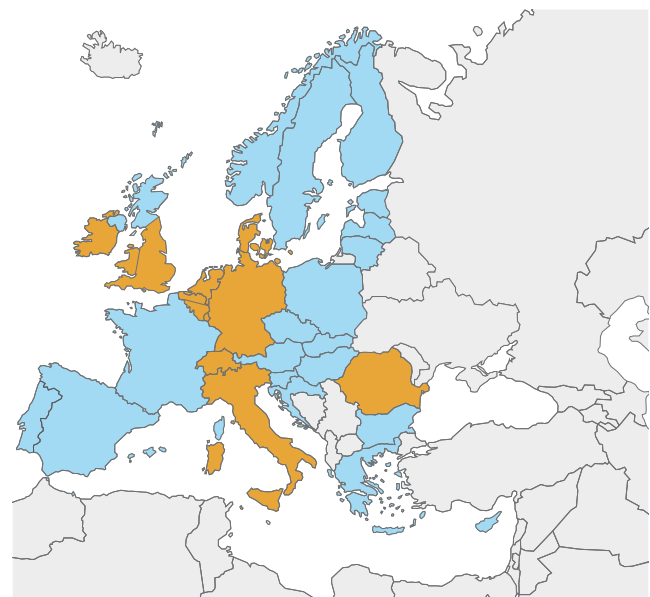


Food and drink marketing restrictions on school premises across EU28 + Norway and Switzerland

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

Bulgaria



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

Additional information on Bulgarian 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	for all-day dining, min. 400 g of fruit & vegetables provided daily; menu must include fresh and seasonal fruit and/or vegetables	for all-day dining, min. 400 g of fruit & vegetables provided daily; menu must include fresh and seasonal fruit and/or vegetables
Specified number of times (red) meat served	-	n/a
Specified number of times other sources of protein served	daily at least one representative from the group of meat, poultry, fish, eggs, legumes; fish at least once per week; dairy daily	n/a
Specified number of times dairy products served	for all-day dining, daily menu should include at least 400 g of yoghurt or milk and at least 30 g of cheese; yoghurt may be included as component of breakfast, snacks or in dishes and desserts; milk as beverage or incorporated in desserts	n/a
Specified number of times (oily) fish should be on the school lunch menu	at least 1/wk	n/a
Restrictions on availability of fried, deep-fried or processed products	fried foods offered in school canteens maximum twice per week; when offering fried foods, use only fresh fat, without overheating of the fat, not using hydrogenated vegetable fat, replacing frying fat at the end of each and not re-using this fat in other preparations; fried potato and cereal products, fried nuts, fried pasta should not be offered in canteens, cafeterias and vending machines for snacks and drinks; generic recommendation to use lower-fat modes of preparation	fried foods offered in school canteens maximum twice per week; when offering fried foods, use only fresh fat, without overheating of the fat, not using hydrogenated vegetable fat, replacing frying fat at the end of each and not re-using this fat in other preparations; fried potato and cereal products, fried nuts, fried pasta should not be offered in canteens, cafeterias and vending machines for snacks and drinks; generic recommendation to use lower-fat modes of preparation
Sweet treats (chocolate, confectionery, cakes, biscuits, etc.) restricted	chocolate and sugar confectionery and confectionery high in fat and sugar (cakes and pastries with cream and/or butter cream, syrup sweets) should not be offered in canteens, cafeterias and vending machines for snacks and drinks	chocolate and sugar confectionery and confectionery high in fat and sugar (cakes and pastries with cream and/or butter cream, syrup sweets) should not be offered in canteens, cafeterias and vending machines for snacks and drinks
Starchy food cooked in fat or oil restricted	generic recommendation to use lower-fat modes of preparation	generic recommendation to use lower-fat modes of preparation
Crisps and savoury snacks restricted	fried and salted products not allowed	fried and salted products not allowed
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)	only bottled natural mineral, spring and table waters, 100% natural fruit & vegetable juices; fruit and fruit & vegetable nectars with max. 20% mono- and disaccharides; milk and milk/yoghurt drinks with max. 2% fat; fruit and herbal tea; hot chocolate	only bottled natural mineral, spring and table waters, 100% natural fruit & vegetable juices; fruit and fruit & vegetable nectars with max. 20% mono- and disaccharides; milk and milk/yoghurt drinks with max. 2% fat; fruit and herbal tea; hot chocolate

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

	Lunch	Other than lunch
Soft-drinks (e.g. sugar-sweetened or artificially-sweetened soft drinks, squash) restricted	-	x
Salt provision is restricted	limit addition of salt in food preparation; pre-soak salty products like cheese and olives in water; pickles only in winter and max 1 per week for lunch-only facilities and 2 per week for all-day dining	limit addition of salt in food preparation; pre-soak salty products like cheese and olives in water; pickles only in winter and max 1 per week for lunch-only facilities and 2 per week for all-day dining; recipe book for school meals with salt limits
Other	include wholegrain options for bread at least twice per week, for pasta and cereal-based snacks at least once per week; offer skinless poultry and veal, pork, lamb without visible fat; no sausages for main dishes; meat products and sausage with reduced fat included in snacks; lower-fat cheese and other dairy products to replace regular-fat versions in snacks; where snacks are offered, must include sandwich choice from three groups: 1) with milk component; 2) with lean meats, meat products, fish and eggs; 3) with vegetables (fresh, cooked, baked, stewed, preserved); 1 and 2 must also include fresh vegetable component); must include one wholemeal option per sandwich group; schools may only use butter, sunflower oil and olive oil in food preparation; canned fruit & vegetables may not contain preservatives, colours or sweeteners; fruit and herbal teas may not contain added colours or flavours; use only salt iodised with potassium iodate; http://www.mh.government.bg/Articles.aspx?lang=bg-BG&pageid=391&categoryid=1564	include wholegrain options for bread at least twice per week, for pasta and cereal-based snacks at least once per week; offer skinless poultry and veal, pork, lamb without visible fat; no sausages for main dishes; meat products and sausage with reduced fat included in snacks; lower-fat cheese and other dairy products to replace regular-fat versions in snacks; where snacks are offered, must include sandwich choice from three groups: 1) with milk component; 2) with lean meats, meat products, fish and eggs; 3) with vegetables (fresh, cooked, baked, stewed, preserved); 1 and 2 must also include fresh vegetable component); must include one wholemeal option per sandwich group; http://www.mh.government.bg/Download-Handler.ashx?id=8917

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

	Lunch	Other than lunch
Energy	specified by age group (6-10y, 10-14y, 14-19y), based on DRV for each age group, fixed distribution across 4-5 daily meal times	specified by age group (6-10y, 10-14y, 14-19y), based on DRV for each age group, fixed distribution across 4-5 daily meal times
Fat	specified by age group (6-10y, 10-14y, 14-19y) based on DRV for each age group; limits specified for milk/dairy products, and no vegetable fats may be added to these	specified by age group (6-10y, 10-14y, 14-19y) based on DRV for each age group; limits specified for milk/dairy products, and no vegetable fats may be added to these
Saturated fat	x	x
Total carbohydrate	specified by age group (6-10y, 10-14y, 14-19y), based on DRV for each age group	specified by age group (6-10y, 10-14y, 14-19y), based on DRV for each age group
Non-milk extrinsic sugars	added sugars	added sugars
Fibre	based on DRV for each age group	based on DRV for each age group
Protein	specified by age group (6-10y, 10-14y, 14-19y), based on DRV for each age group	specified by age group (6-10y, 10-14y, 14-19y), based on national dietary guidelines
Iron	based on DRV for each age group	based on DRV for each age group
Zinc	based on DRV for each age group	based on DRV for each age group
Calcium	based on DRV for each age group	based on DRV for each age group
Vitamin A	based on DRV for each age group	based on DRV for each age group
Vitamin C	based on DRV for each age group	based on DRV for each age group
Folate	based on DRV for each age group	based on DRV for each age group
Sodium	based on DRV for each age group	based on DRV for each age group
Other	Vitamins D, E, K, thiamine, riboflavin, niacin, folate, B12; minerals K, Ca, P, Mg, I, Se, F, Cu; cholesterol, MUFA, PUFA (n-3 and n-6), TFA; http://www.fnap.government.bg/UserFiles/File/doc/NAREDBA23%202005%20fiziologic-nite_normi.doc	Vitamins D, E, K, thiamine, riboflavin, niacin, B12; minerals K, Ca, P, Mg, I, Se, F, Cu; cholesterol, MUFA, PUFA (n-3 and n-6), TFA; DRV for each age group; http://www.fnap.government.bg/UserFiles/File/doc/NAREDBA23%202005%20fiziologic-nite_normi.doc

DRV = Dietary Reference Value; MUFA = mono-unsaturated fatty acids; PUFA = poly-unsaturated fatty acids; TFA = trans fatty acids.