

SCHOOL FOOD POLICY COUNTRY FACTSHEETS



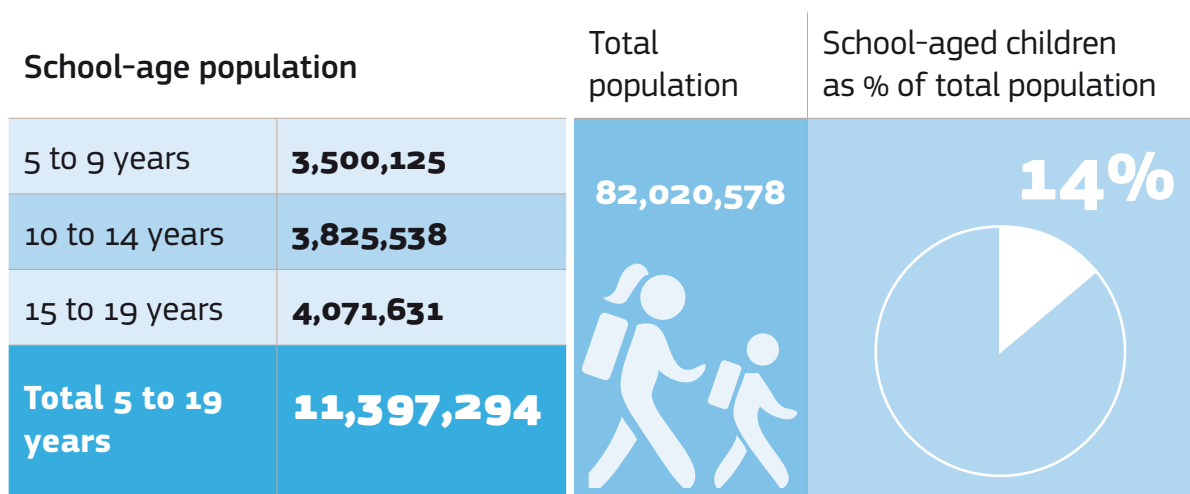
GERMANY



School food policy (voluntary)	“DGE-Qualitätsstandard für die Schulverpflegung”; networking centers on school food in all 16 federal states
Developed by	Ministry of Health; Ministry of Food and Agriculture
Year of publication	2011
Web link(s)	http://www.bmel.de/SharedDocs/Downloads/Ernaehrung/Kita-Schule/QualitaetsstandardsSchulverpflegung.pdf?__blob=publicationFile www.vernetzungsstellen-schulverpflegung.de

General information

Demographic data



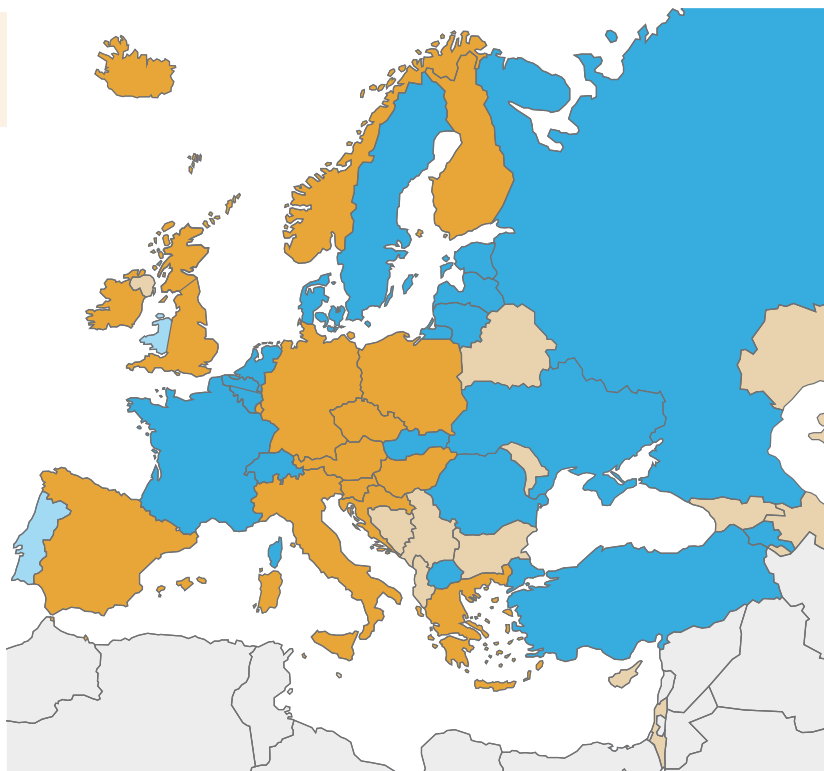
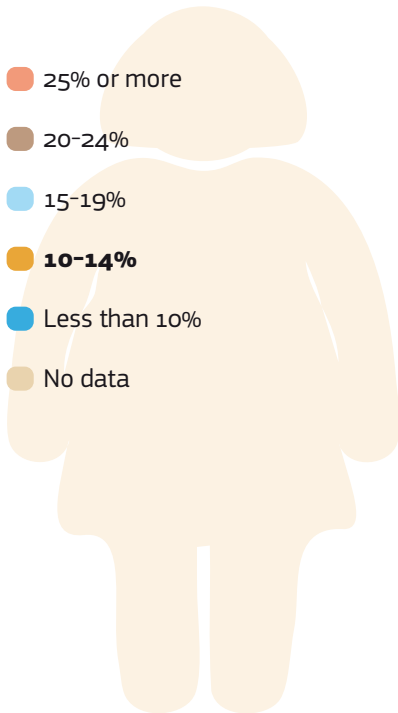
Source: EUROSTAT, year 2013.



Adolescent overweight/obesity prevalence in Europe

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

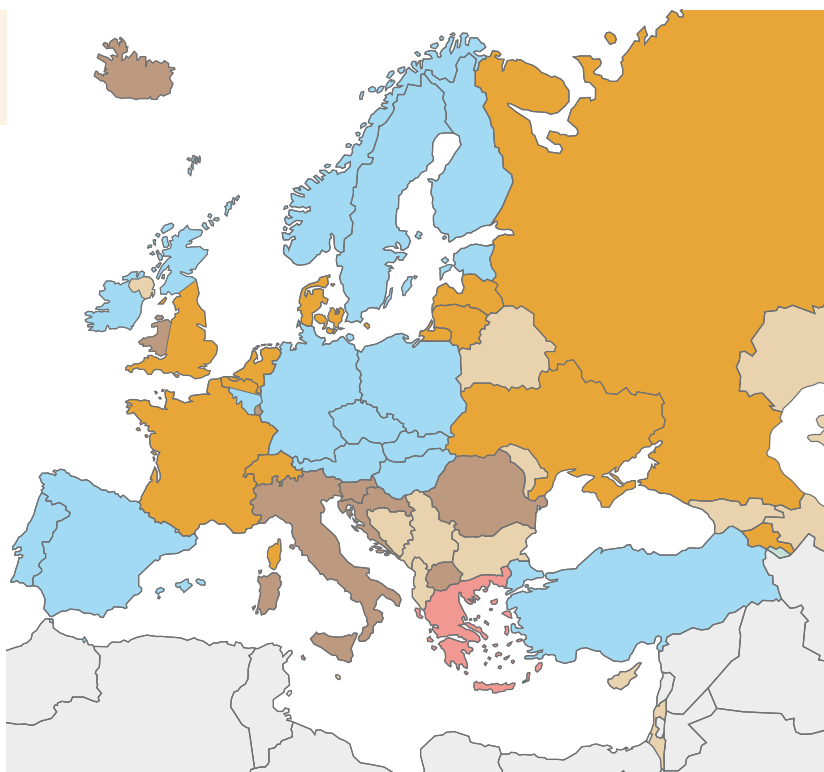
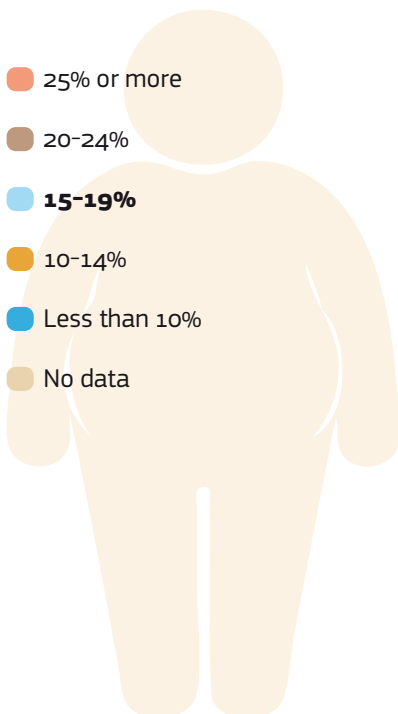
- 25% or more
- 20-24%
- 15-19%
- **10-14%**
- Less than 10%
- No data



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%
- **15-19%**
- 10-14%
- Less than 10%
- No data

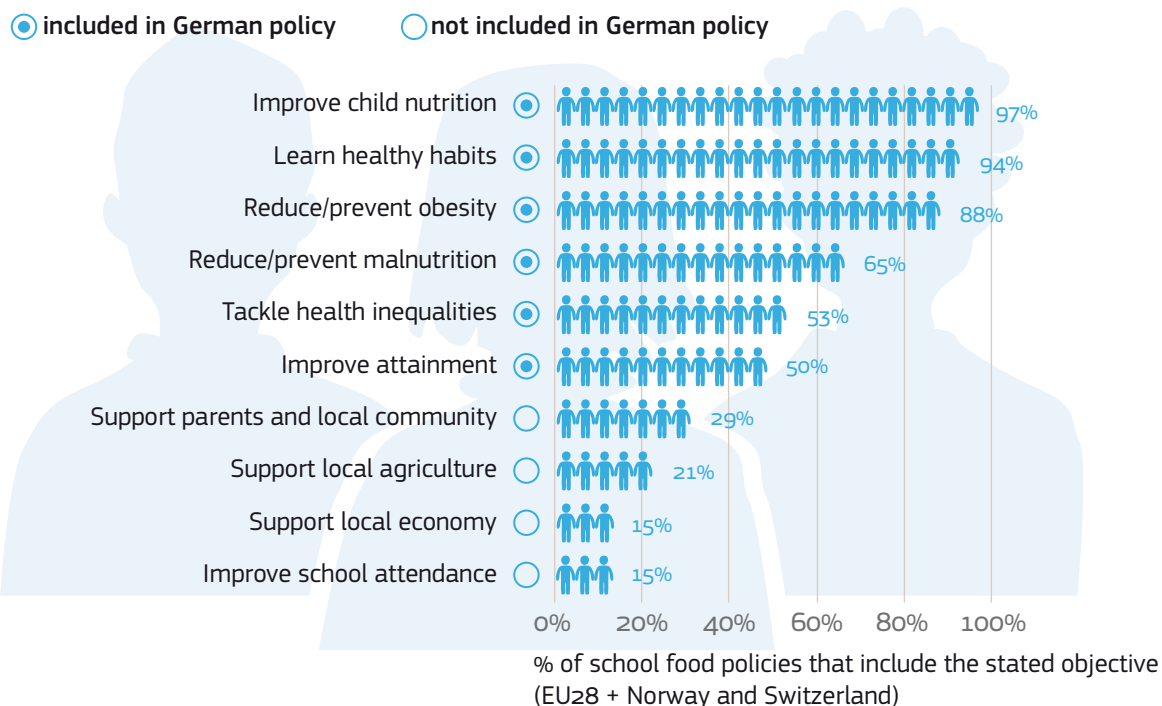


Note: HBSC teams provided disaggregated data for Belgium and the United Kingdom; these data appear in the map above.

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

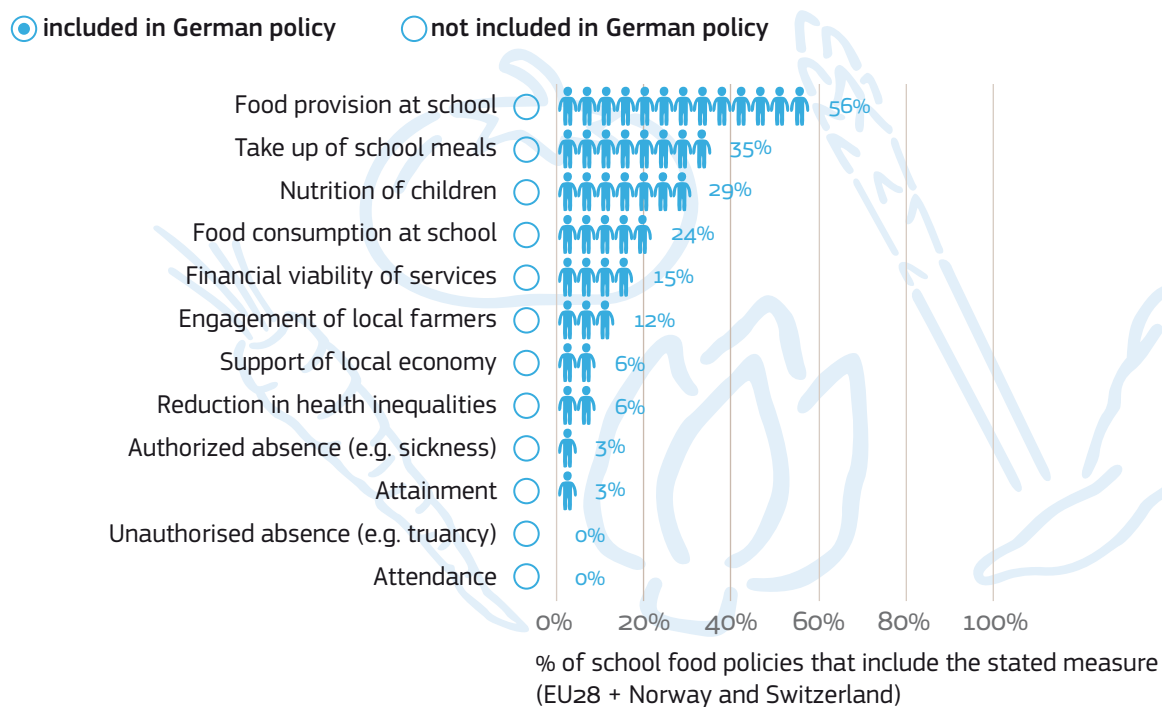


Other objectives:

- Address eating disorders; prevent diet-related diseases

3

Measures through which the policy is evaluated

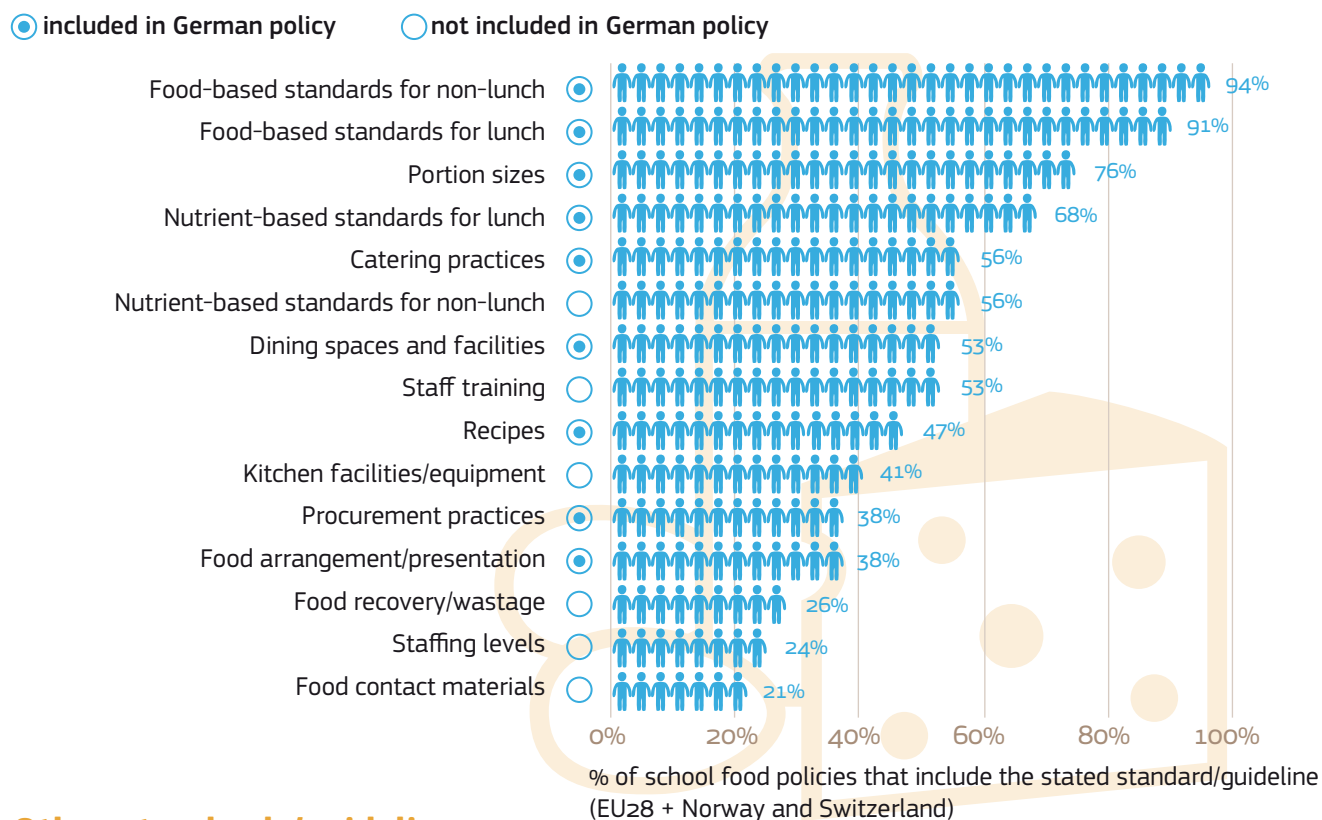


Other measures:

- Regular evaluations (studies) of school food quality at national and federal levels

4

School food policy standards and guidelines

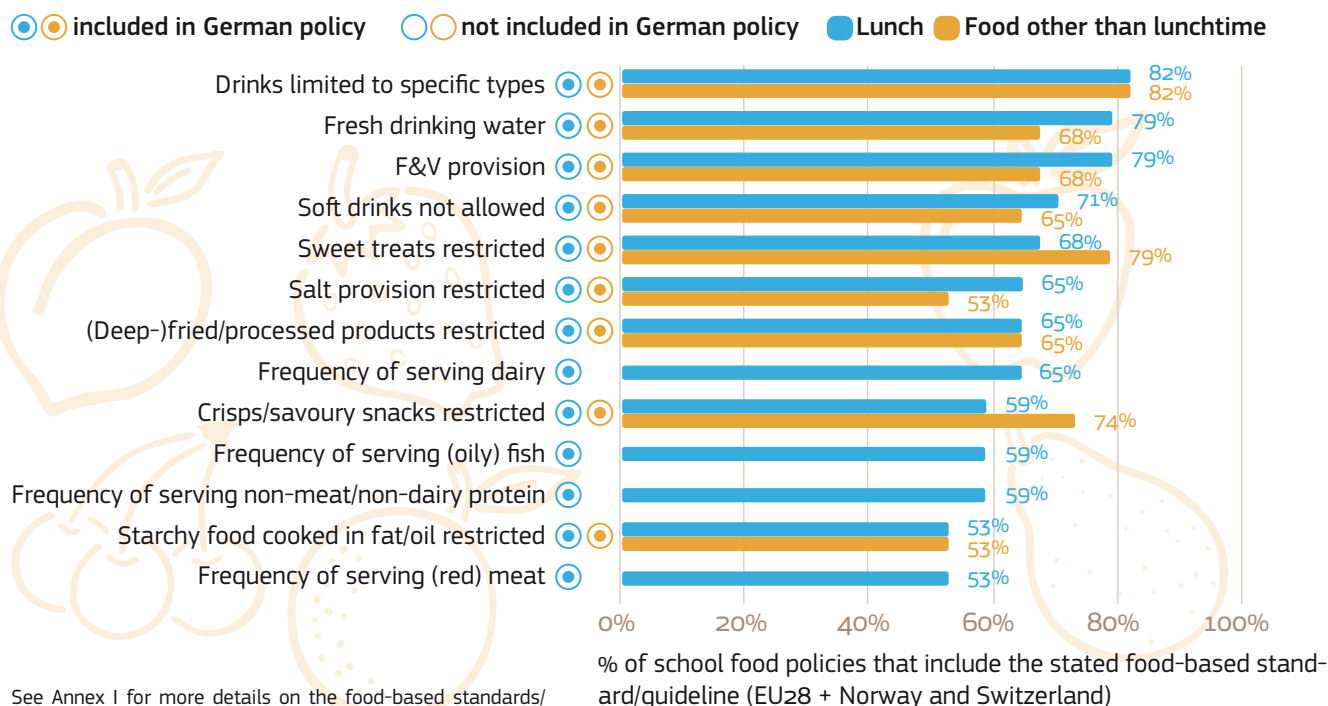


Other standards/guidelines:

- Food cultures (e.g. vegetarian); religious aspects (e.g. use of pork meat)

5

Food-based standards

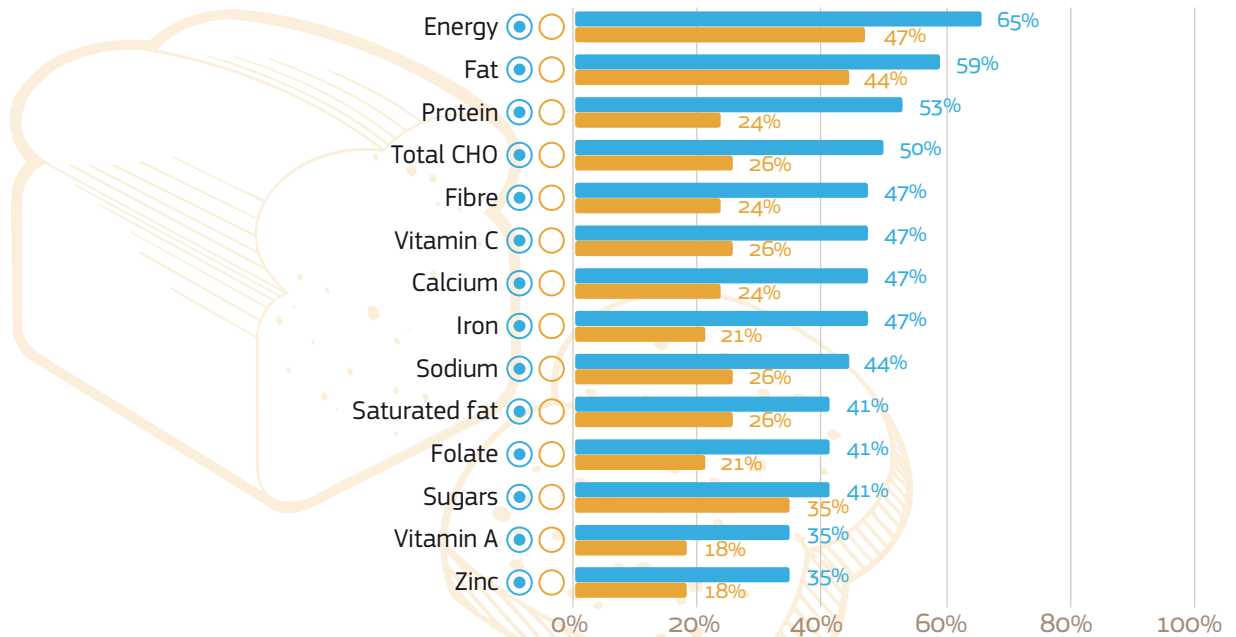


See Annex I for more details on the food-based standards/guidelines in Germany.

6

Nutrient-based standards

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



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

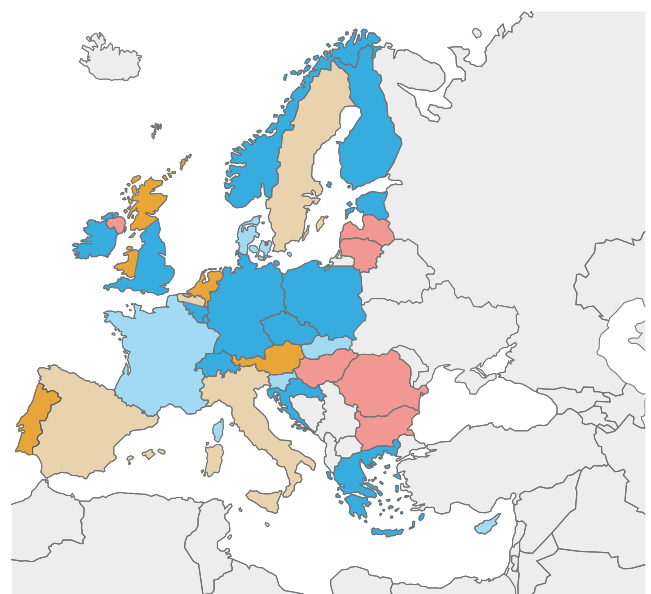
See Annex II for more details on the energy-/nutrient-based standards/guidelines in Germany.

7

Restrictions on vending machines on school premises

Germany

- 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

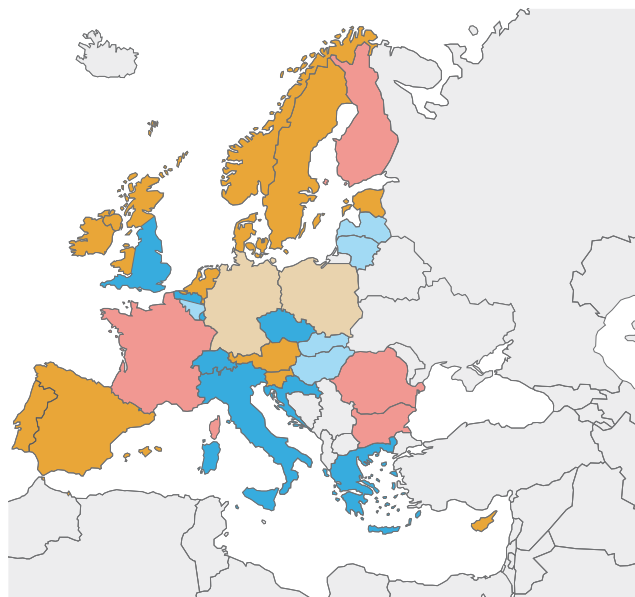
8

Restrictions on marketing of food or drink on school premises

Germany

- 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

Sponsoring by external partners is acknowledged as a means to increase school budget, but a clear distinction is made from product-specific marketing



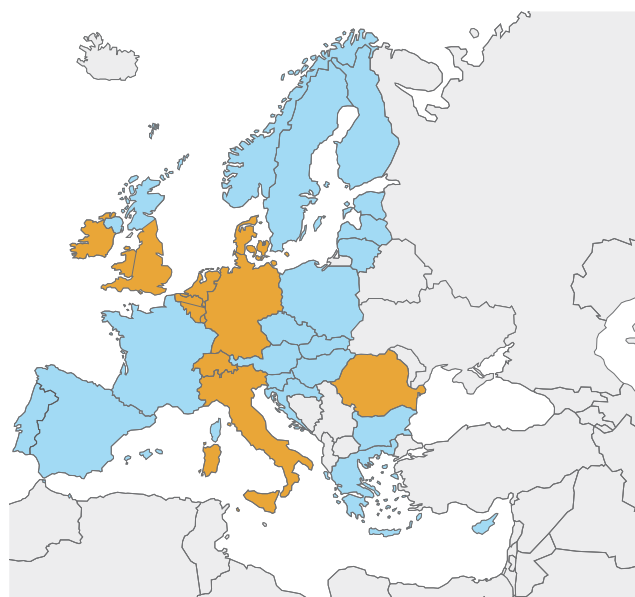
Food and drink marketing restrictions on school premises across EU28 + Norway and Switzerland

9

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

Germany

Actual implementation of food education measures – which are seen as important – is in the hands of the federal states



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

Additional information on German 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	Min. 8/20 for fruit and 20/20 for vegetable	20/20 fruit, fresh or frozen, no added sugar; 20/20 vegetable or salad, vegetable fresh or frozen
Specified number of times (red) meat served	Max. 8/20 meat, of which max. 4/20 processed meat	n/a
Specified number of times other sources of protein served	Min. 4/20 fish, of which 1-2 fatty fish; max. 2/20 egg dishes	n/a
Specified number of times dairy products served	Min. 8/20	n/a
Specified number of times (oily) fish should be on the school lunch menu	1-2/20 fatty fish	n/a
Restrictions on availability of fried, deep-fried or processed products	Max. 4/20 deep-fried (potato) or bread-crumbed products	x
Sweet treats (chocolate, confectionery, cakes, biscuits, etc.) restricted	Max. 2/20 sweet main dishes	No sweets should be offered
Starchy food cooked in fat or oil restricted	Max. 4/20 deep-fried or bread-crumbed products (not limited to starchy foods)	x
Crisps and savoury snacks restricted	In principle we work with a positive listing, i.e. what is allowed, but in effect this results in a restriction of such food	Only nuts and seeds without added salt or sugar
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)	x	x
Soft-drinks (e.g. sugar-sweetened or artificially-sweetened soft drinks, squash) restricted	x	Water mentioned as optimal choice, but no clear statements against soft drinks
Salt provision is restricted	Use salt sparingly; must be iodised salt	Only mention of salt in relation to savoury snacks

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

	Lunch	Other than lunch
Other	<p>Menu cycle of minimum 4 weeks (20 days); one ovo-lacto-vegetarian choice daily; seasonal produce; regional and cultural food habits considered; meat-providing species varied regularly; efforts to include students with food allergies and intolerances; students ideas/wish lists considered in food offer; alternative meat offer in case of pork dishes;</p> <p>http://www.bmel.de/SharedDocs/Downloads/Ernaehrung/Kita-Schule/QualitaetsstandardsSchulverpflegung.pdf?__blob=publicationFile</p>	<p>http://www.bmel.de/SharedDocs/Downloads/Ernaehrung/Kita-Schule/QualitaetsstandardsSchulverpflegung.pdf?__blob=publicationFile</p>

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

	Lunch	Other than lunch
Energy	x	-
Fat	x	-
Saturated fat	x	-
Total carbohydrate	x	-
Non-milk extrinsic sugars	x	-
Fibre	x	-
Protein	x	-
Iron	x	-
Zinc	x	-
Calcium	x	-
Vitamin A	x	-
Vitamin C	x	-
Folate	x	-
Sodium	x	-
Other	<p>Vitamins E and B₁; magnesium; D-A-CH recommendations (which list more than those nutrients explicitly stated in the policy document);</p> <p>http://www.dge.de/modules.php?name=Content&pa=showpage&pid=3</p>	-