

SCHOOL FOOD POLICY COUNTRY FACTSHEETS



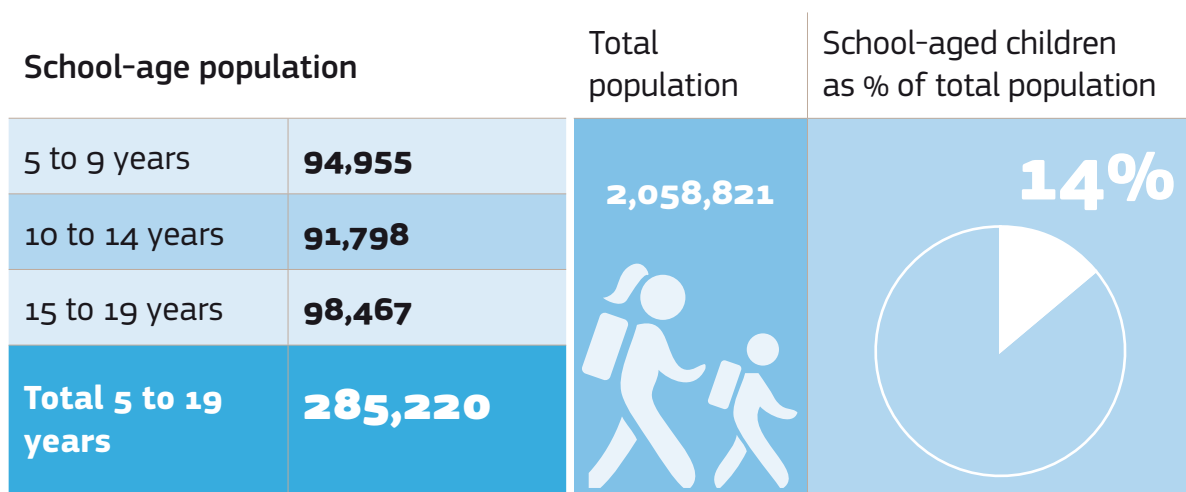
SLOVENIA



School food policy (mandatory)	“Razglašam Zakon o šolski prehrani (ZŠolPre-1), ki ga je sprejel Državni zbor Republike Slovenije na seji dne 28. decembra 2012.”
Developed by	Primarily responsible for developing school food policy is Ministry of Education, Science and Sport, in collaboration with Ministry of Health and other sectors
Year of publication	2011
Web link(s)	http://www.uradni-list.si/1/content?id=111596

1 General information

Demographic data



Source: EUROSTAT, year 2013.

Childhood overweight/obesity prevalence in Slovenia

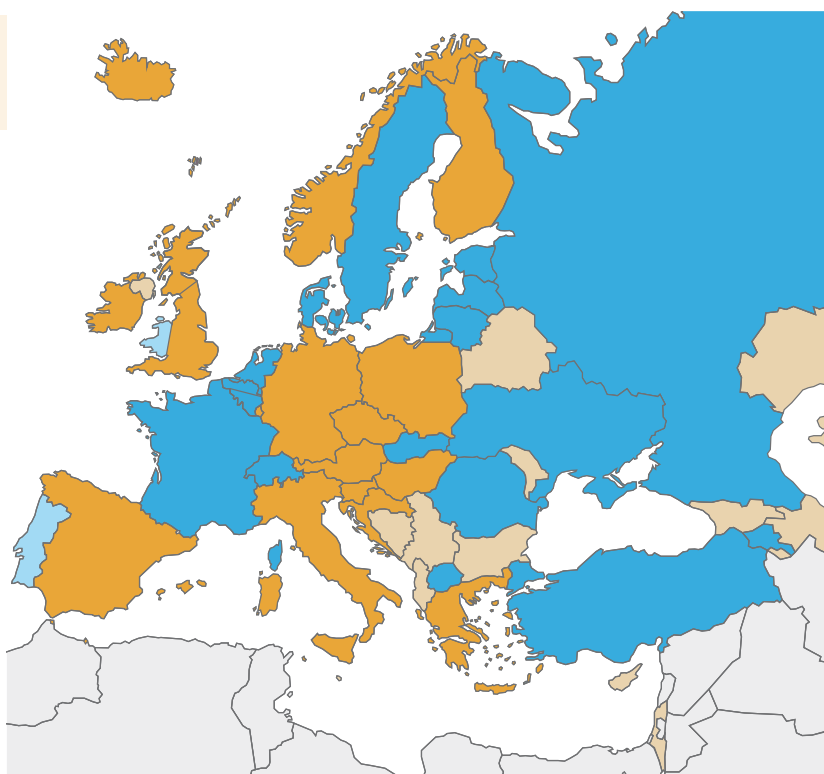
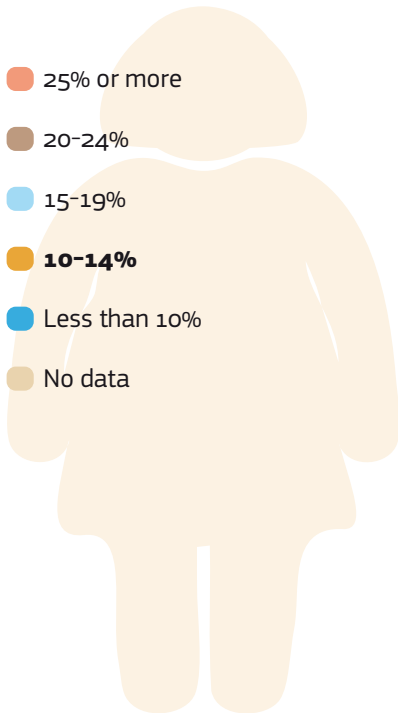
	Overweight (including obesity)		Obesity	
	2007/8	2009/10	2007/8	2009/10
Boys (6 years)	28.0%	23.5%	11.7%	10.0%
Boys (7 years)	32.5%	29.6%	15.6%	13.5%
Boys (8 years)	35.9%	36.1%	16.4%	17.6%
Girls (6 years)	23.6%	21.7%	8.4%	6.8%
Girls (7 years)	28.0%	24.8%	9.8%	9.4%
Girls (8 years)	31.7%	32.0%	10.9%	11.9%

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

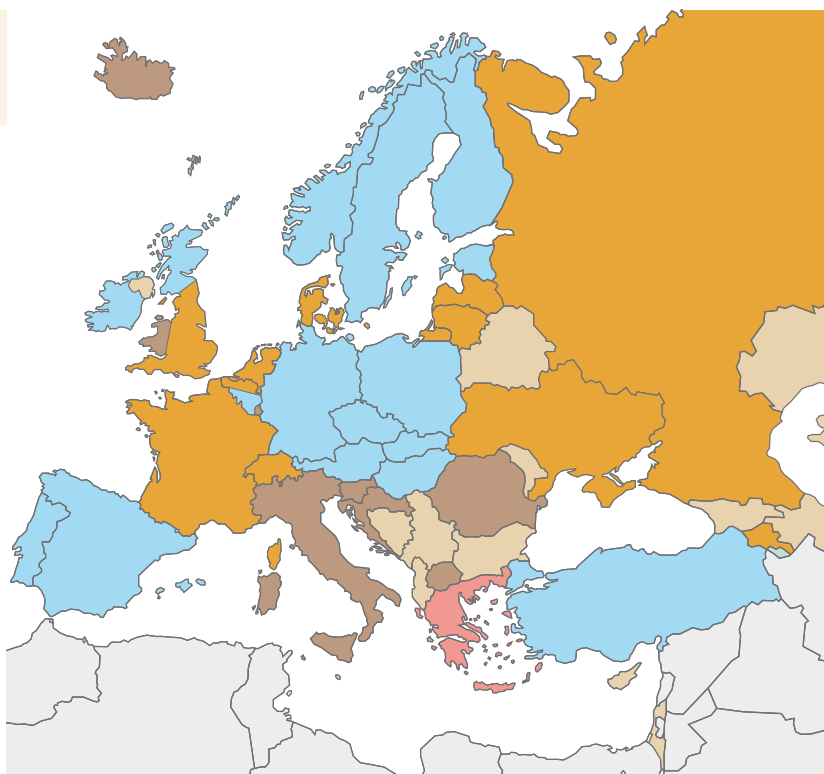
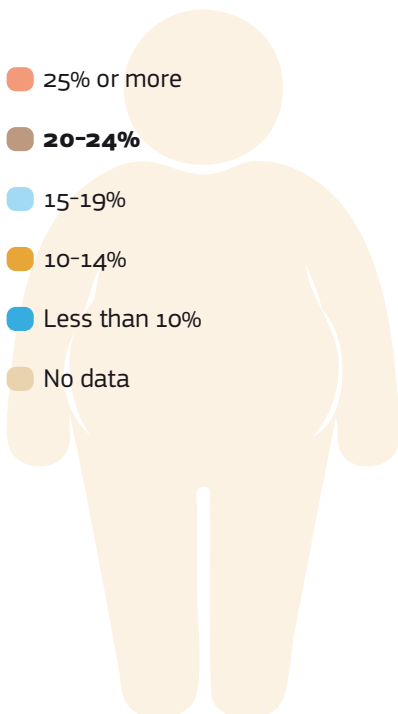
- 25% or more
- 20-24%
- 15-19%
- **10-14%**
- Less than 10%
- No data



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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- **20-24%**
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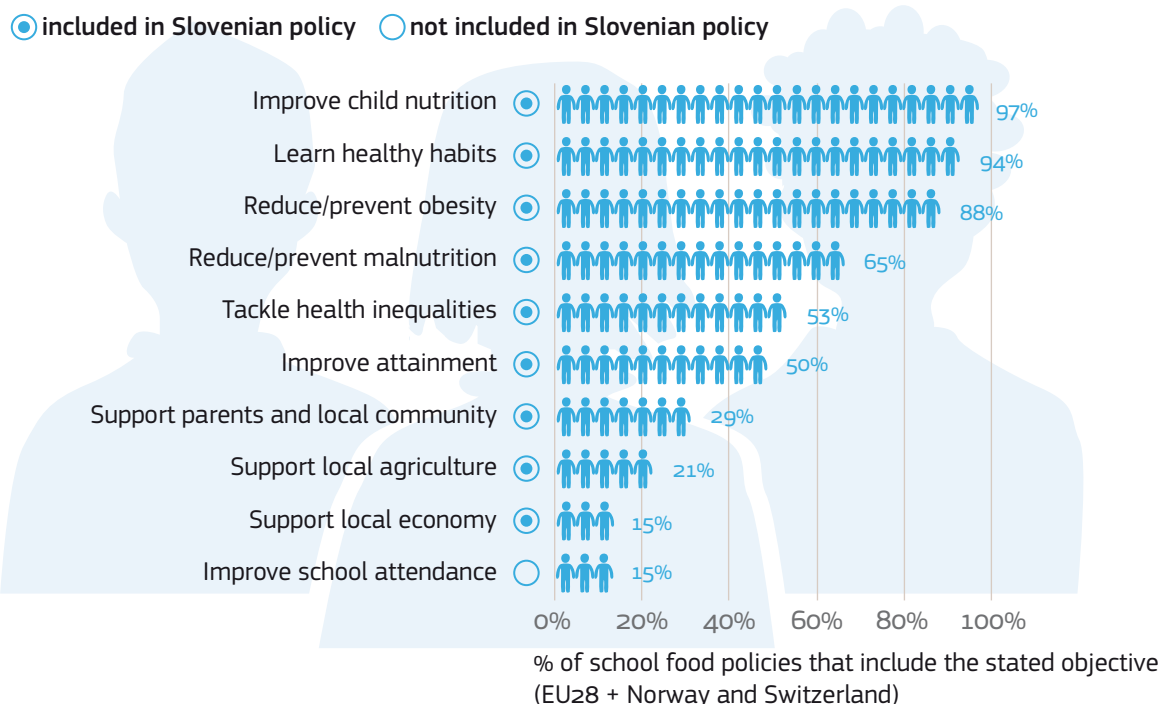


Note: HBSC teams provided disaggregated data for Belgium and the United Kingdom; these data appear in the map above.

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).

2

School food policy objectives

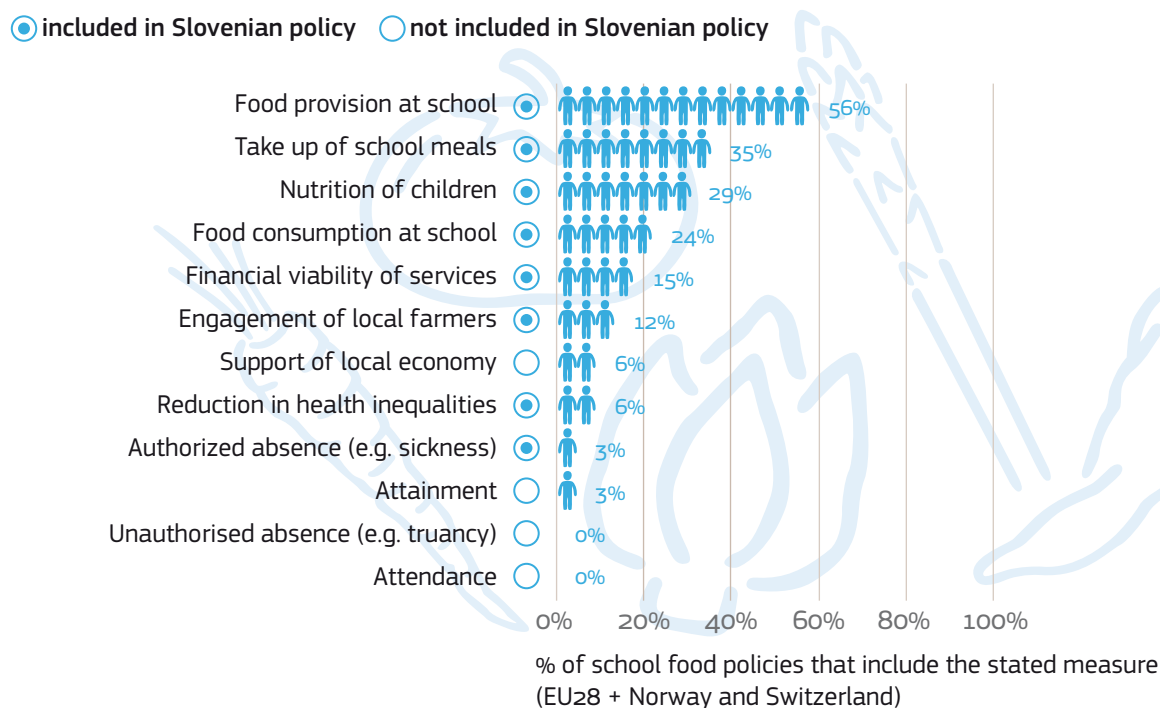


Other objectives:

- Teach food and personal hygiene; teach social skills; raise awareness on sustainable consumption, availability of high-quality school meals, optimal growth and cognitive development, responsible attitude to health and environment

3

Measures through which the policy is evaluated

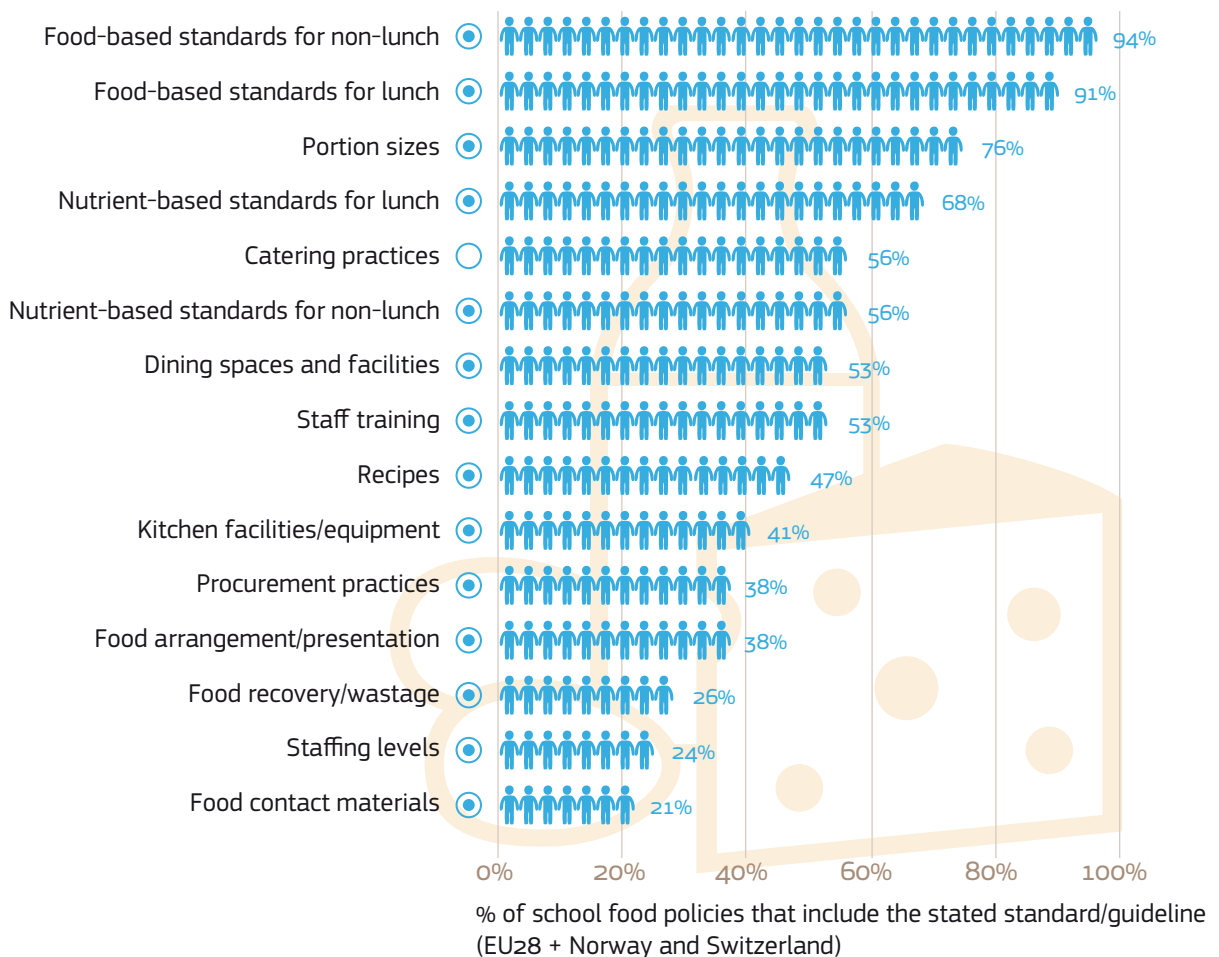


Other measures:

- Implementation of Guidelines for healthy nutrition in kindergartens and schools is also measured (e.g. organisation of school meals, methods of school meal planning, pupils' satisfaction with school meals, food waste, organisation of school nutrition action groups)

4 School food policy standards and guidelines

included in Slovenian policy not included in Slovenian policy

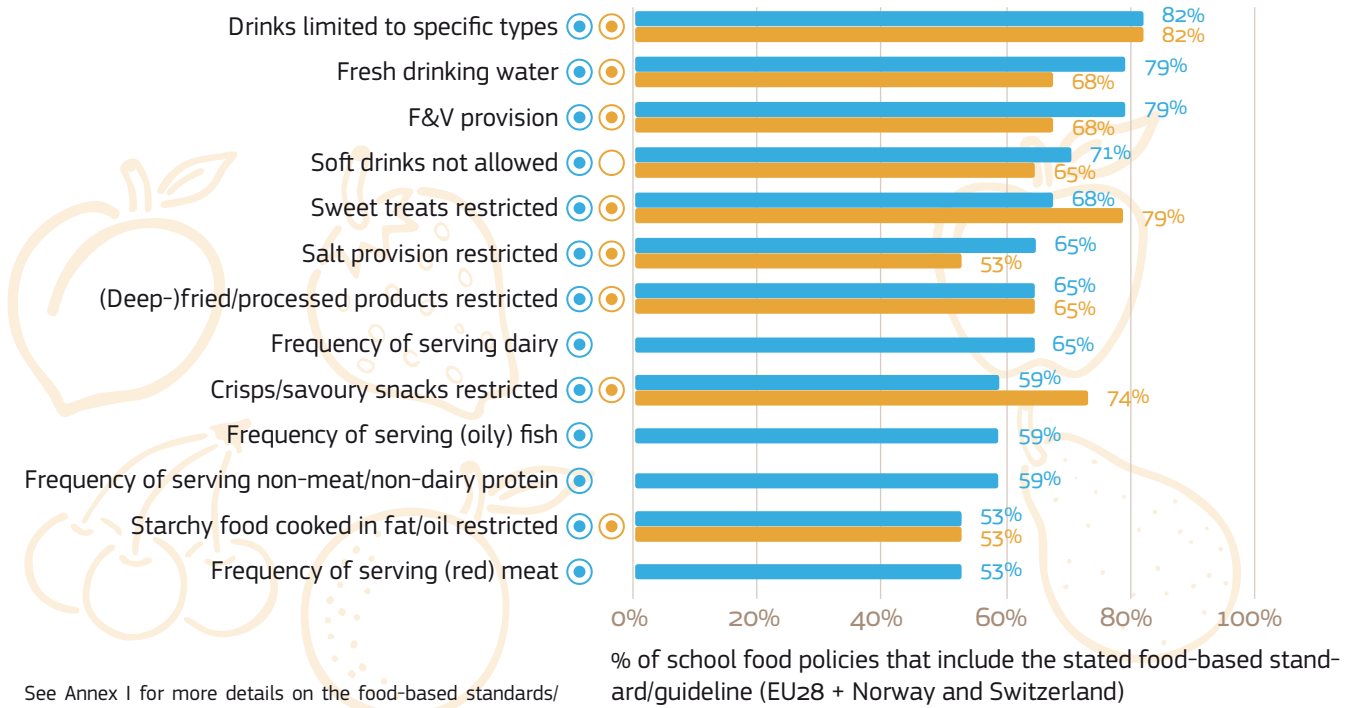


Other standards/guidelines:

- Practical planning of menus, processes for preparing meals, recommendations for food choices; frequency of food inclusions; recommendations for the purchase of food, organisation of school nutrition action group

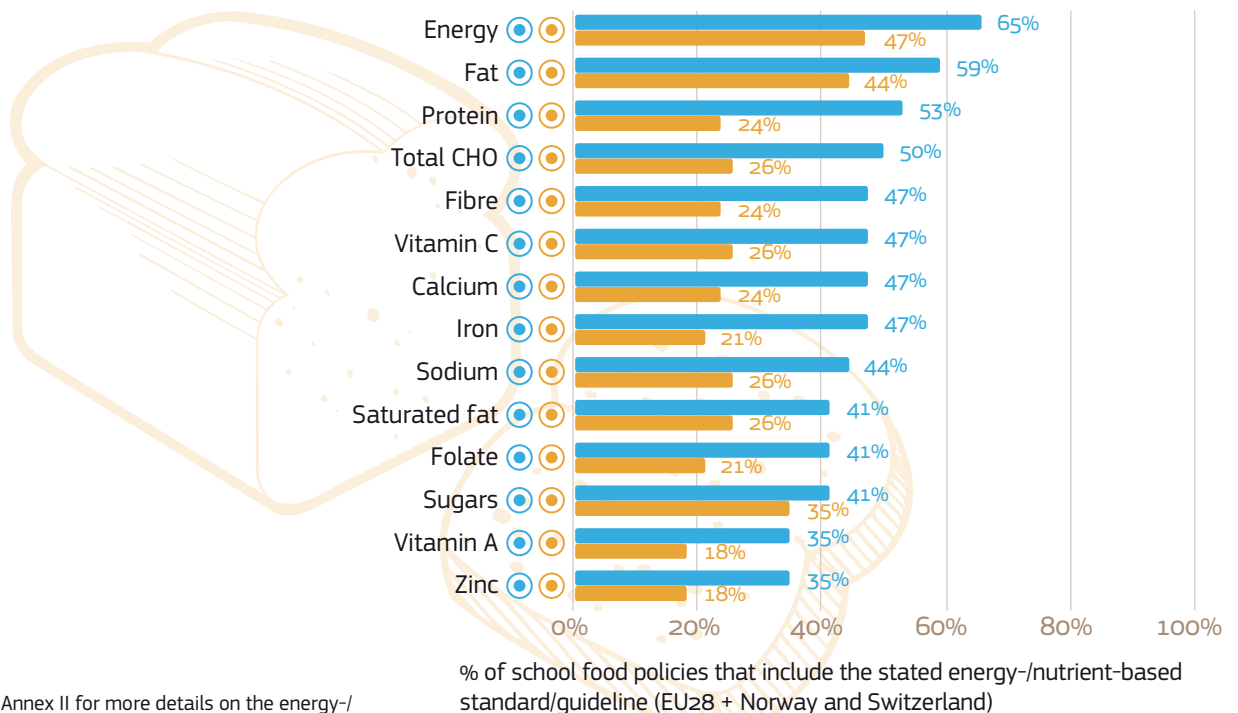
5 Food-based standards

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



6 Nutrient-based standards

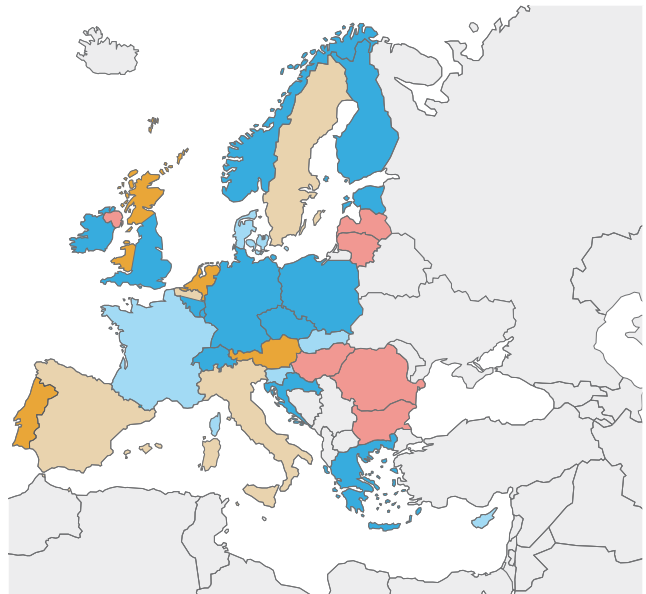
● ● included in Slovenian policy
 ○ ○ not included in Slovenian policy
 ■ Lunch
 ■ Food other than lunchtime



7 Restrictions on vending machines on school premises

Slovenia

- **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



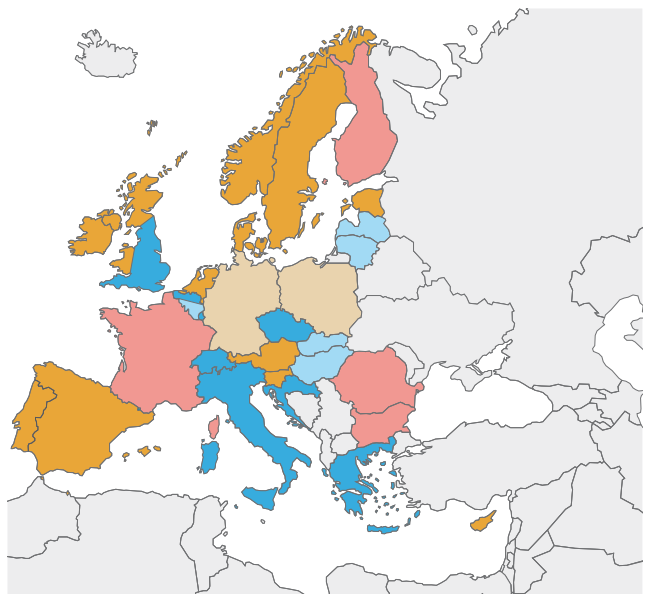
Vending machine restrictions on school premises across EU28 + Norway and Switzerland

8 Restrictions on marketing of food or drink on school premises

Slovenia

- 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

Ban on installation of vending machines in school areas is defined by School Meals Act; headmasters are responsible for restricting all kinds of marketing in school environments (textbooks, all kind of placement, ...) and regular response to every reported case of violation is provided by Ministry of Education, Science and Sport.

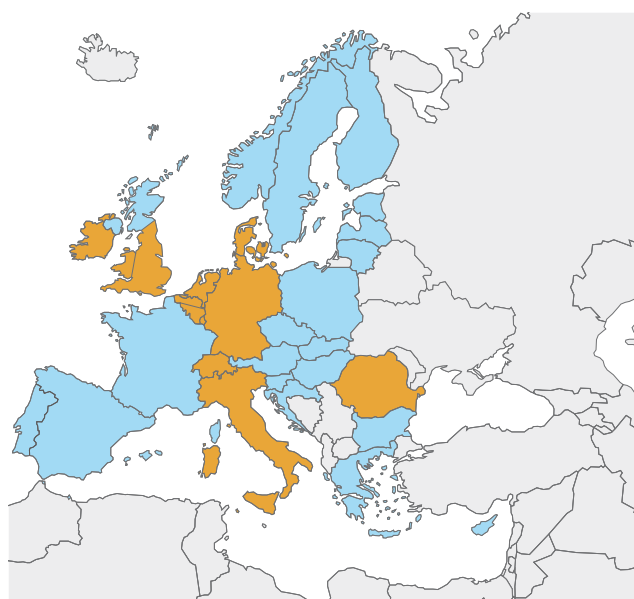


Food and drink marketing restrictions on school premises across EU28 + Norway and Switzerland

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

Slovenia

In addition, school has to define in annual work plan educational activities related to healthy eating promotion, and activities that encourage healthy eating and increase food culture.



● **Mandatory food/nutrition education**
 ● Voluntary food/nutrition education

Annex I

Additional information on Slovenian 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 and/or vegetables are recommended in every meal; recommendation for mid-morning snack + lunch is 1-1.5 units of fruits and 1-2.5 units of vegetable, depending on child or adolescent age	Provide fruit and/or vegetables with every meal)
Specified number of times (red) meat served	Protein foods such as meat and poultry, milk and products, eggs, legumes and nuts are recommended 7 days per week; meat and poultry as such are recommended max 5 times per week, which means 3-4 times per week at working days	n/a
Specified number of times other sources of protein served	Protein foods such as milk and products, eggs, legumes and nuts are recommended 7 days per week	n/a
Specified number of times dairy products served	Milk and dairy products should be included in school meals on daily basis, regardless in which meal	n/a

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

	Lunch	Other than lunch
Specified number of times (oily) fish should be on the school lunch menu	Fish should be included in school meals once up to max twice per week, regardless in which meal	n/a
Restrictions on availability of fried, deep-fried or processed products	Guidelines recommendation according to list of non-recommended foods: rare inclusion in the menu (e.g. 2/mo) and in small quantities	Guidelines recommendation according to list of non-recommended foods: rare inclusion in the menu (e.g. 2/mo) and in small quantities
Sweet treats (chocolate, confectionery, cakes, biscuits, etc.) restricted	Guidelines recommendation according to list of non-recommended foods: rare inclusion in the menu (e.g. 2/mo) and in small quantities	Guidelines recommendation according to list of non-recommended foods: rare inclusion in the menu (e.g. 2/mo) and in small quantities
Starchy food cooked in fat or oil restricted	Guidelines recommendation according to list of non-recommended foods: rare inclusion in the menu (e.g. 2/mo) and in small quantities	Guidelines recommendation according to list of non-recommended foods: rare inclusion in the menu (e.g. 2/mo) and in small quantities
Crisps and savoury snacks restricted	Guidelines recommendation according to list of non-recommended foods: rare inclusion in the menu (e.g. 2/mo) and in small quantities	Guidelines recommendation according to the list of non-recommended foods: rare inclusion in the menu (e.g. 2 times per month) and in small quantities
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, other unsweetened or lightly sweetened beverages; fruit and vegetable juices; calories contained in juices must be considered in total menu energy content	Guidelines recommended types are: tap water, mineral water, unsweetened or lightly sweetened tea; fruit and vegetable juices
Soft-drinks (e.g. sugar-sweetened or artificially-sweetened soft drinks, squash) restricted	Guidelines recommendation according to list of non-recommended foods: rare inclusion in the menu (e.g. 2/mo) and in small quantities	-
Salt provision is restricted	Moderate use of salt in the daily diet; mandatory use of iodised salt in accordance with the legislation on food preparation	Moderate use of salt in the daily diet; mandatory use of iodised salt in accordance with the legislation on food preparation

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

	Lunch	Other than lunch
Other	<p>Enough time and an appropriate environment for meals must be offered and in a manner which conveys a positive attitude towards eating;</p> <p>http://www.mizs.gov.si/fileadmin/mizs.gov.si/pageuploads/podrocje/Prehrana/Smernice_prehrana_2010.pdf; http://www.mz.gov.si/fileadmin/mz.gov.si/pageuploads/javno_zdravje_09/Smernice_zdravega_prehranjevanja.pdf; http://www.mz.gov.si/fileadmin/mz.gov.si/pageuploads/javno_zdravje_09/prehrana/ZRSS_uvod_low_res_pop.pdf; http://www.mz.gov.si/si/medijsko_sredisce/novica/browse/2/article/698/5805/27ffce8a04/?tx_ttnews[year]=2008</p>	<p>Enough time and an appropriate environment for meals must be offered and in a manner which conveys a positive attitude towards eating; advise against installing vending machines with sugary, fatty, salty snacks and sweet-flavoured drinks</p>