

# SCHOOL FOOD POLICY COUNTRY FACTSHEETS



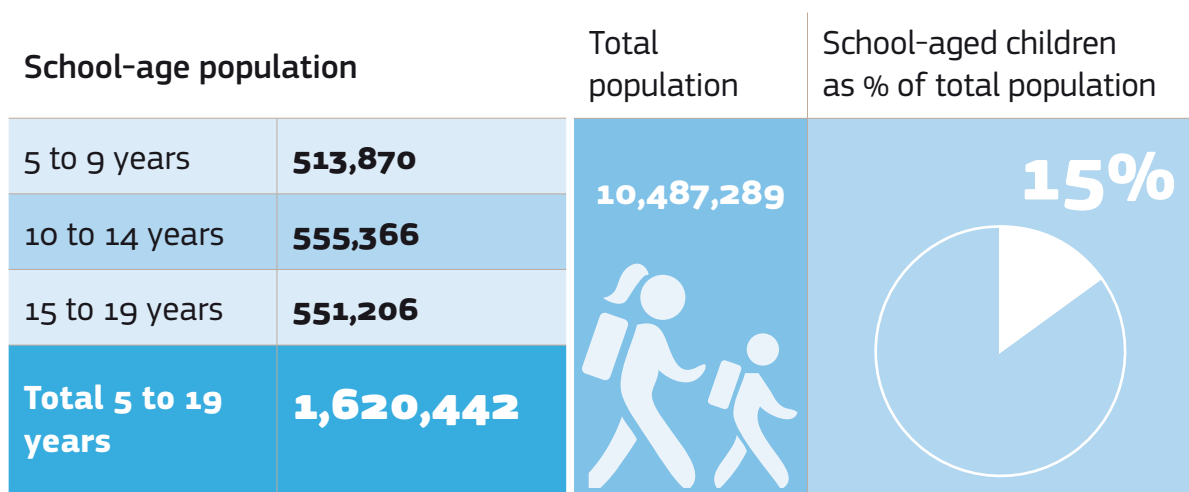
## PORTUGAL



<b>School food policy (voluntary)</b>	“Orientações sobre ementas e refeitórios escolares – 2013/2014”
<b>Developed by</b>	Ministry of Education
<b>Year of publication</b>	2013
<b>Web link(s)</b>	<a href="http://www.dge.mec.pt/data/educacaosaude/alimentacao/orientacoes_ementas_e_refeitorios_escolares_circular_1_agosto_2_1_2_.pdf">http://www.dge.mec.pt/data/educacaosaude/alimentacao/orientacoes_ementas_e_refeitorios_escolares_circular_1_agosto_2_1_2_.pdf</a> <a href="http://www.dgicd.min-edu.pt/educacaosaude/data/educacaosaude/accaosocialescolar/desdbufetes.pdf">http://www.dgicd.min-edu.pt/educacaosaude/data/educacaosaude/accaosocialescolar/desdbufetes.pdf</a>

# 1 General information

## Demographic data



Source: EUROSTAT, year 2013.

## Childhood overweight/obesity prevalence in Portugal

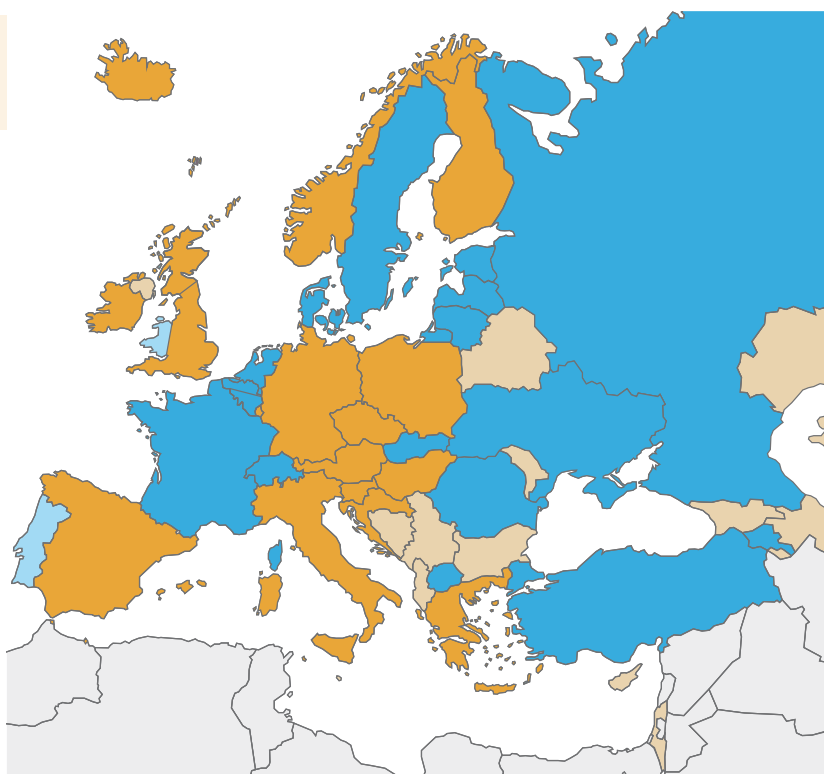
	Overweight (including obesity)		Obesity	
	2007/8	2009/10	2007/8	2009/10
Boys (7 years)	40.5%	31.5%	16.7%	14.2%
Girls (7 years)	35.5%	36.2%	12.6%	12.2%

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

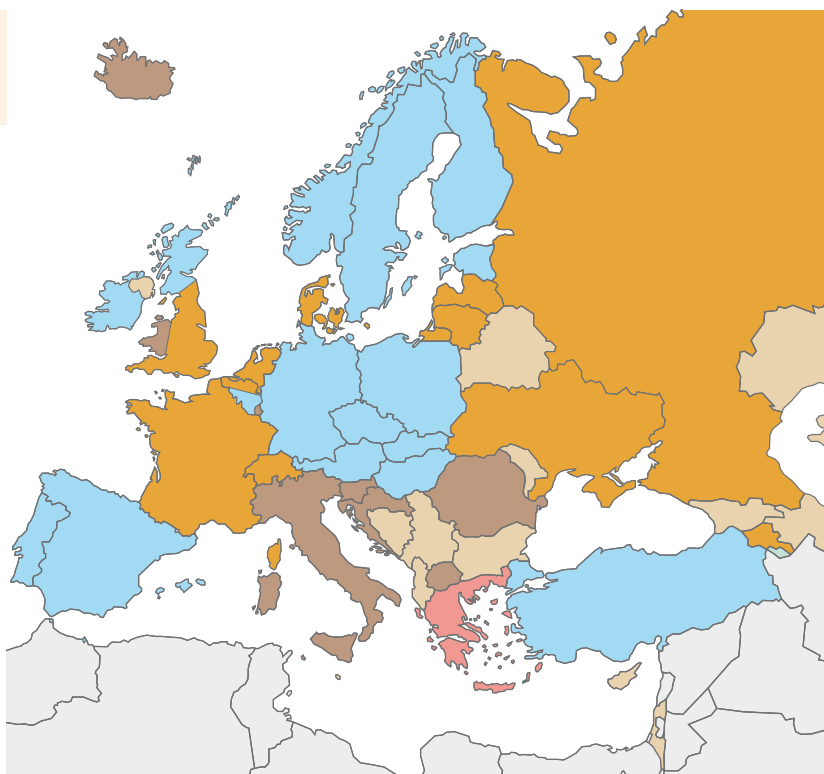
- 25% or more
- 20-24%
- 15-19%
- 10-14%
- Less than 10%**
- No data



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

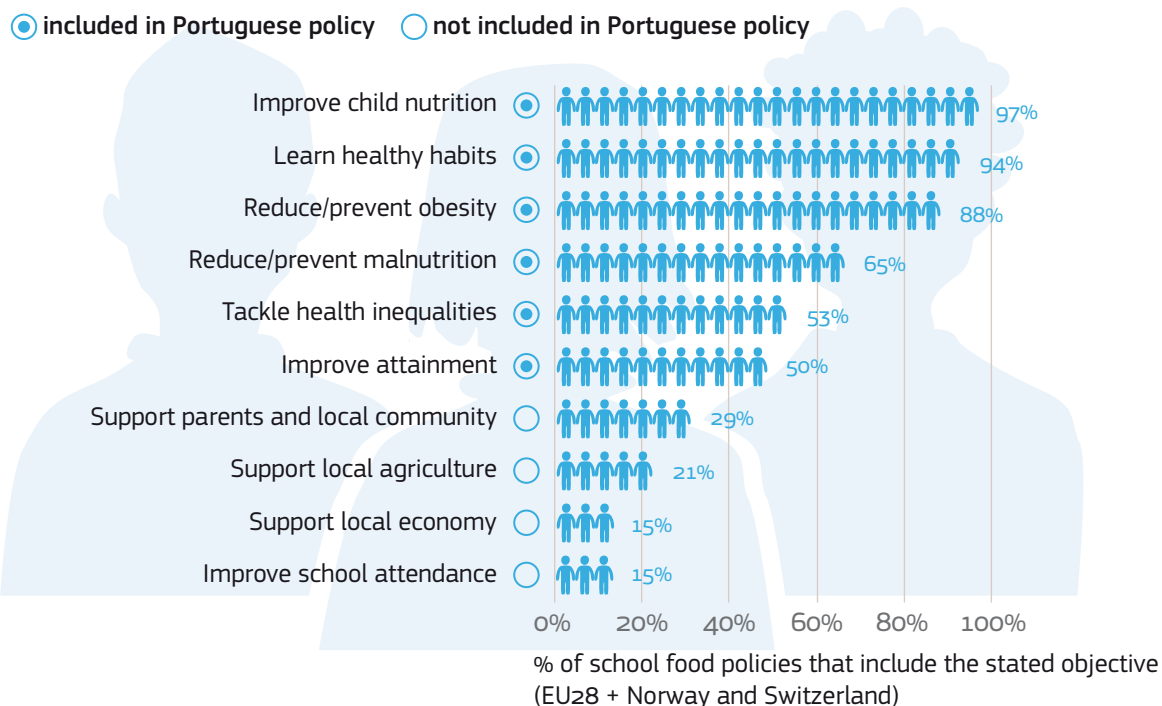


Note: HBSC teams provided disaggregated data for Belgium and the United Kingdom; these data appear in the map above.

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

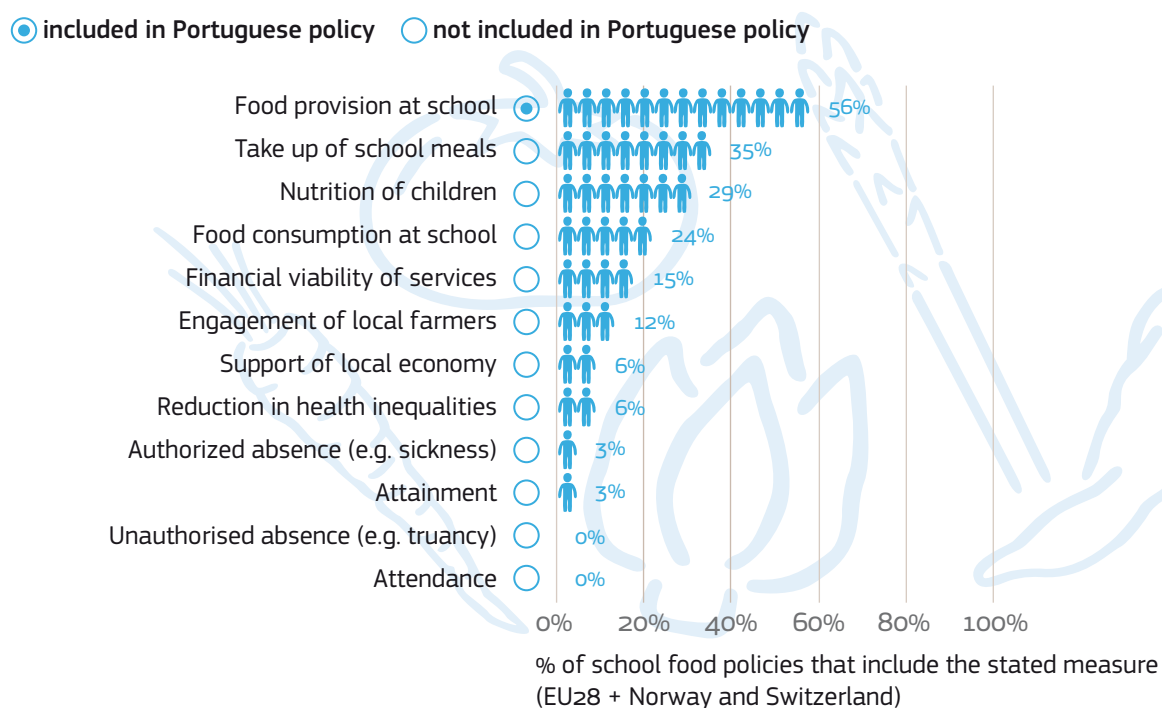


### Other objectives:

- Make school meal an educational experience; inform about seasonality of plant foods; provide safe food to all students; reduce salt intake

# 3

## Measures through which the policy is evaluated

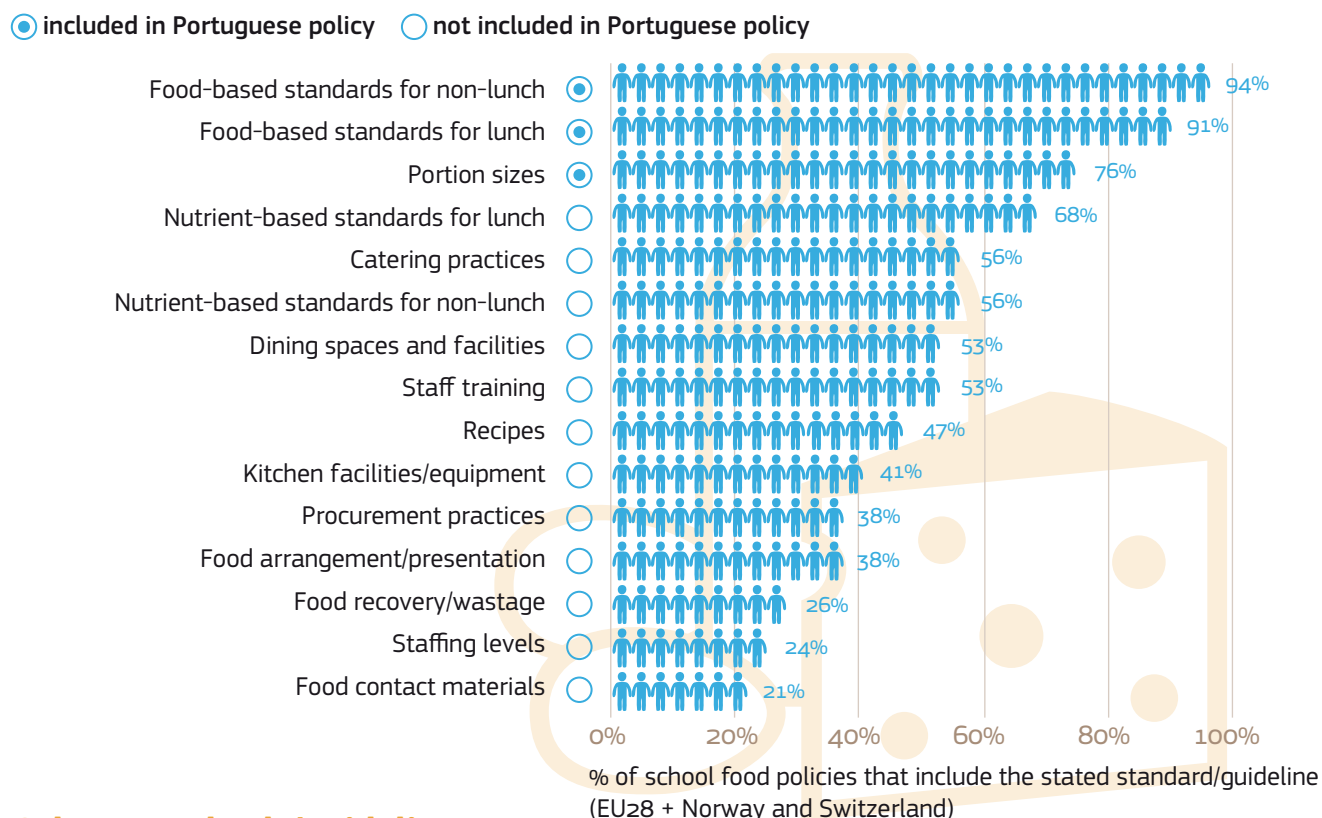


### Other measures:

- Hygiene of establishment; performance of staff

# 4

## School food policy standards and guidelines

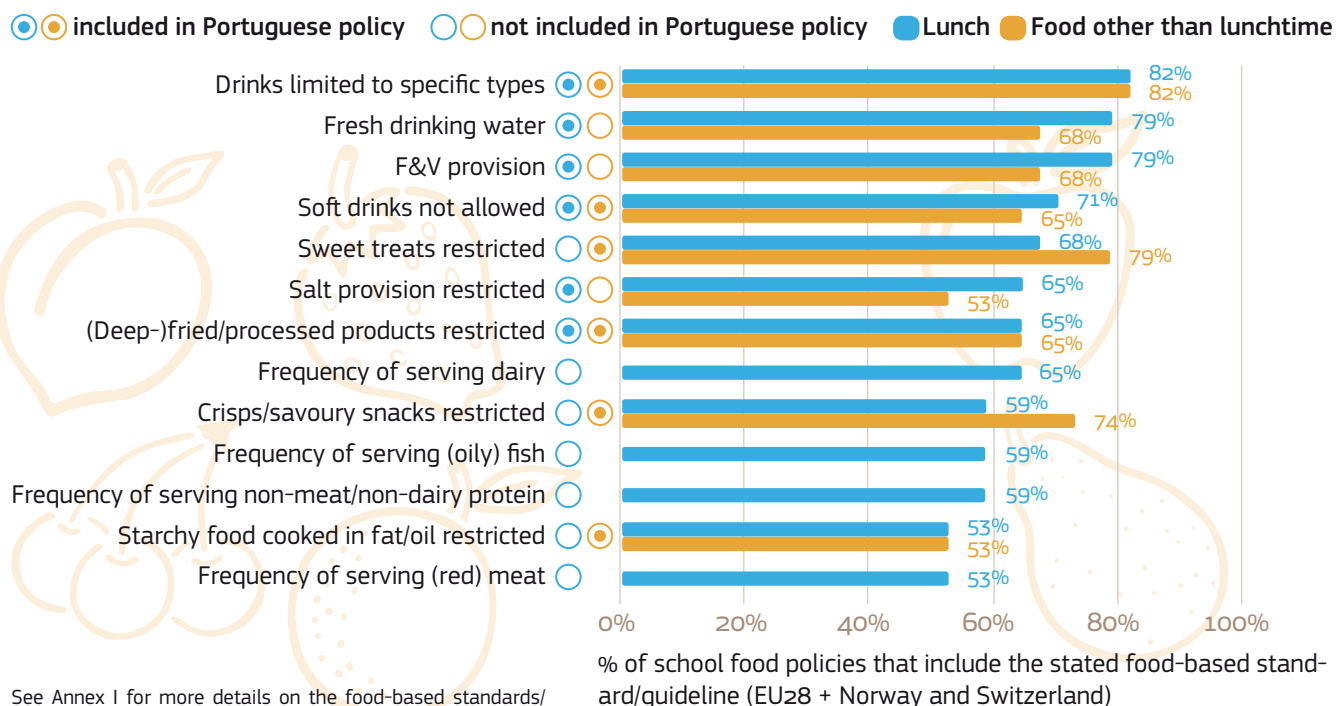


### Other standards/guidelines:

- Guidelines for school coffee shops

# 5

## Food-based standards

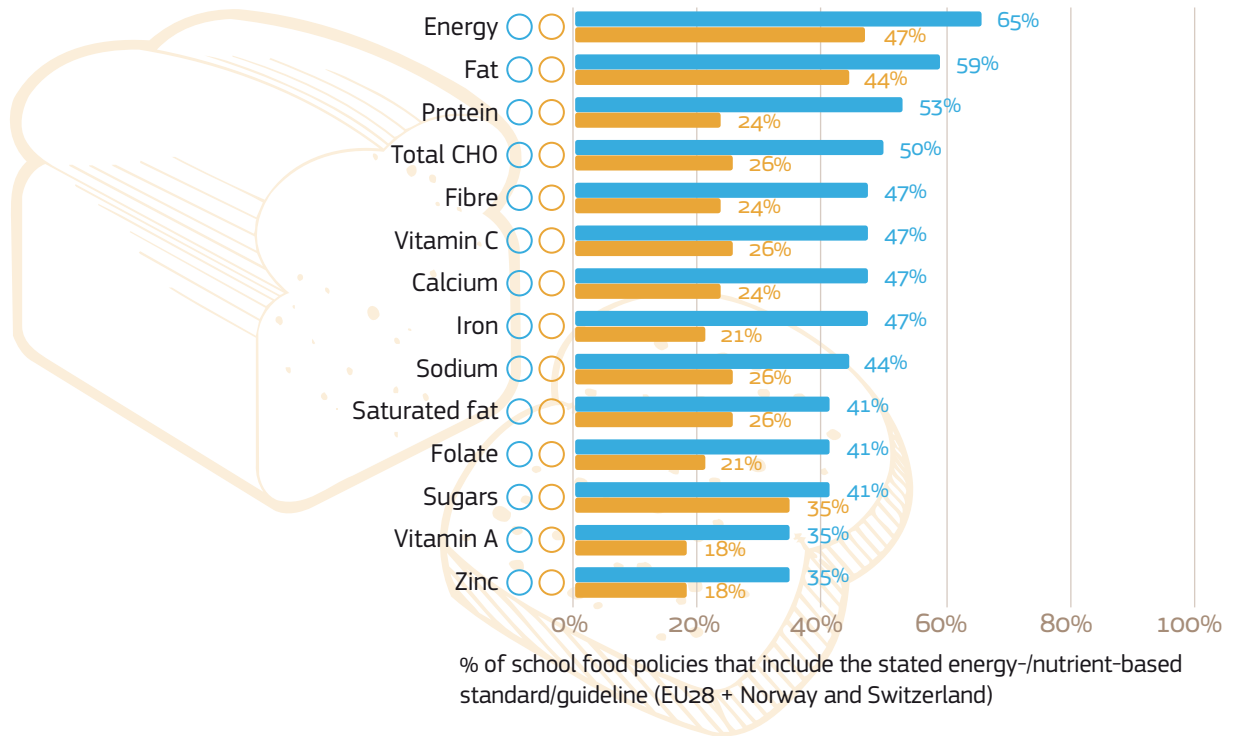


See Annex I for more details on the food-based standards/guidelines in Portugal.

# 6

## Nutrient-based standards

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

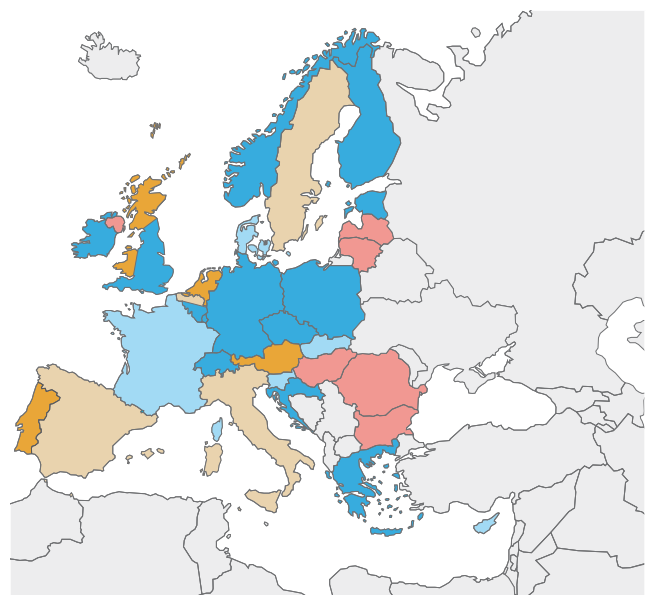


# 7

## Restrictions on vending machines on school premises

### Portugal

- 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



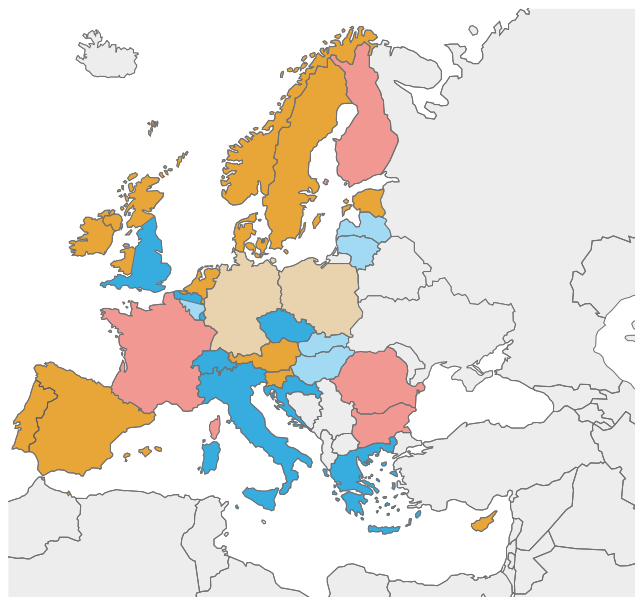
Vending machine restrictions on school premises across EU28 + Norway and Switzerland

# 8

## Restrictions on marketing of food or drink on school premises

### Portugal

- 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

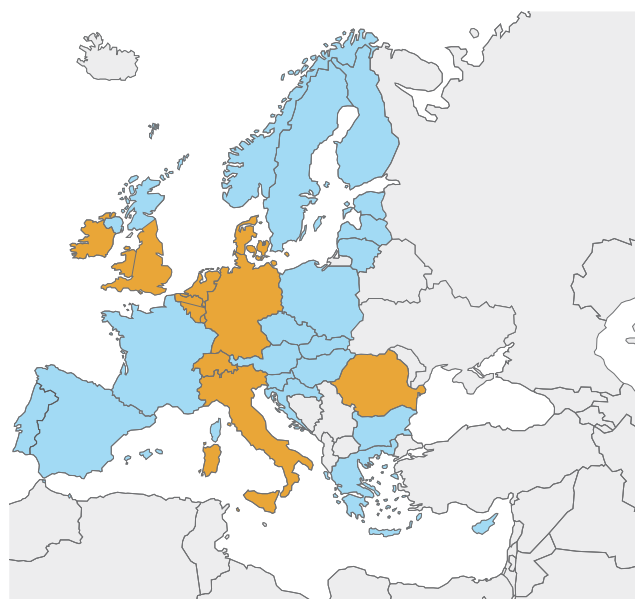
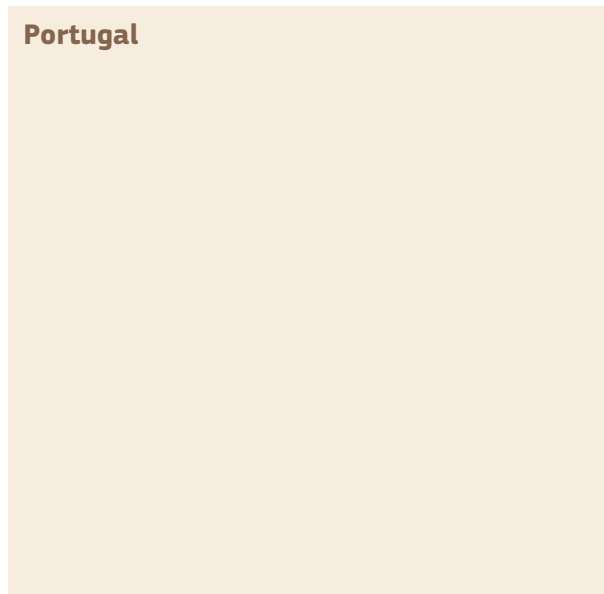


Food and drink marketing restrictions on school premises across EU28 + Norway and Switzerland

# 9

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

### Portugal



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

## Additional information on Portuguese 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	Raw vegetables (salads) and/or cooked vegetables likely to be seasoned and served separately (e.g., green bean salad, courgettes, etc.) must be served daily, preferably in a separate dish, with at least three varieties and according to portion specification provided; cooked vegetables should wherever possible be part of side dishes (e.g. grilled salmon with baked potato and broccoli; Russian salad with tuna, etc.); for seasoning, should be available onion rings, lemon, coriander, parsley and oregano in proper spice packaging; dessert constituted of various fruit daily, preferably of the season, at least three varieties, according to specified amounts; simultaneously with raw fruit can be served boiled or roasted fruit without added sugar, no more than once a week; simultaneously with raw fruit, but on a different day than cooked/roasted fruit, fresh/vegetable gelatin/ice milk/yoghurt may also be served once a week	-
Specified number of times (red) meat served	-	n/a
Specified number of times other sources of protein served	-	n/a
Specified number of times dairy products served	-	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	Menus including fried foods min 1/fortnight	x
Sweet treats (chocolate, confectionery, cakes, biscuits, etc.) restricted	-	x
Starchy food cooked in fat or oil restricted	-	x
Crisps and savoury snacks restricted	-	x
Fresh drinking water must be provided and be easily accessible	x	-



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

	Lunch	Other than lunch
Drinks limited to specific types (e.g. milk, fruit juice, water, combination of these)	Only water	x
Soft-drinks (e.g. sugar-sweetened or artificially-sweetened soft drinks, squash) restricted	Not allowed	x
Salt provision is restricted	Use iodised salt	-
Other	Cream soup max 2/wk; vegetable-based soup min 1/wk; chicken soup max 1/mo; fish soup max 1/m; dish incl. pulses min 1/wk; poultry dishes appropriate 1/wk; dishes with eggs max 2/mo; dishes with steak/chop/schnitzel/steamed or roasted sliced meat max 1/wk; dishes with meat or fish chopped, sliced or chipped (a) in small servings min 2/wk; fish dishes max 1/wk; meat and fish dishes on alternating days; starchy sides: rice, pasta or potato on alternating days and prepared in different ways; different type of bread daily; details of food options in different groups specified; orientation document for school buffets gives further detail	Where schools have food vending machines: food selection must obey exclusively the characteristics of genres to promote in particular dairy products, bread and sandwiches, water, drinks as specified; regarding fruit, recommended to use minimally processed fruit by washing, cutting and cleaning, and preserved by cold through own packaging; foods "to limit" or "not to be made available" cannot be part of the portfolio of vending machines (e.g. HFSS foods, low-fibre foods, foods containing significant amounts of sweeteners, preservatives or colourants); where equipment permits, the operation of this should be complementary with the opening hours of the buffet; thus, students should not have access during lunchtime

HFSS = High Fat / Sugar / Salt.