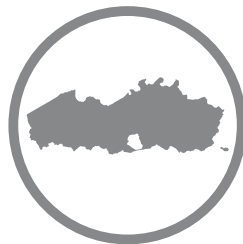


SCHOOL FOOD POLICY COUNTRY FACTSHEETS



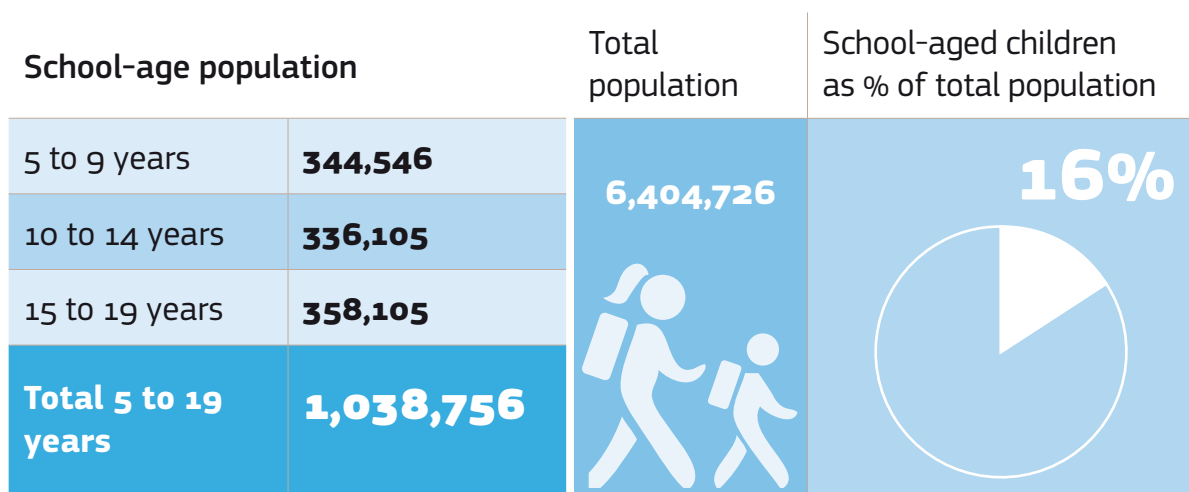
BE-FLANDERS



School food policy (voluntary)	“Gezond eten op school Praktijkgids voor de uitbouw van een evenwichtig voedings- en drankenaanbod op school”
Developed by	Ministry of Education and Flemish Institute for Health Promotion and Disease Prevention
Year of publication	2008
Web link(s)	http://ond.vlaanderen.be/voedselveiligheid/voedselkwaliteit/Gezond%20eten%20op%20school%20KBS%202008.pdf

General information

Demographic data



Source: EUROSTAT, year 2013.

Childhood overweight/obesity prevalence in Belgium

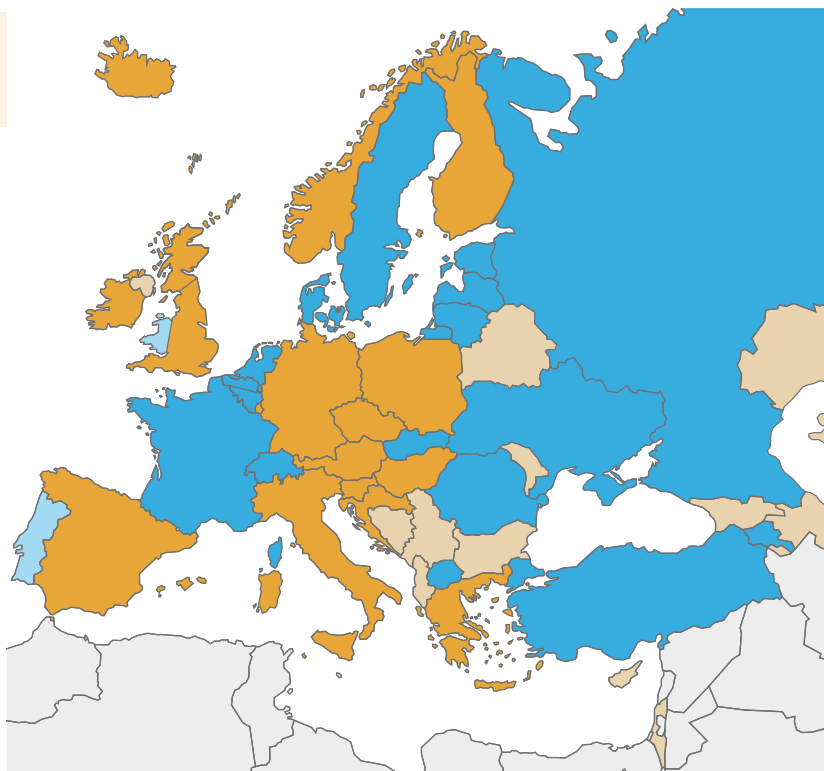
	Overweight (including obesity)		Obesity	
	2007/8	2009/10	2007/8	2009/10
Boys (6 years)	19.3%	6.0%	18.0%	5.8%
Boys (7 years)	23.4%	9.1%	23.1%	9.5%
Boys (8 years)	22.1%	8.1%	21.9%	7.9%
Boys (9 years)	27.4%	10.9%	27.3%	11.2%
Girls (6 years)	18.4%	5.1%	18.2%	5.2%
Girls (7 years)	24.3%	8.0%	24.1%	8.5%
Girls (8 years)	22.7%	6.3%	22.4%	6.7%
Girls (9 years)	27.1%	8.9%	26.6%	9.0%

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

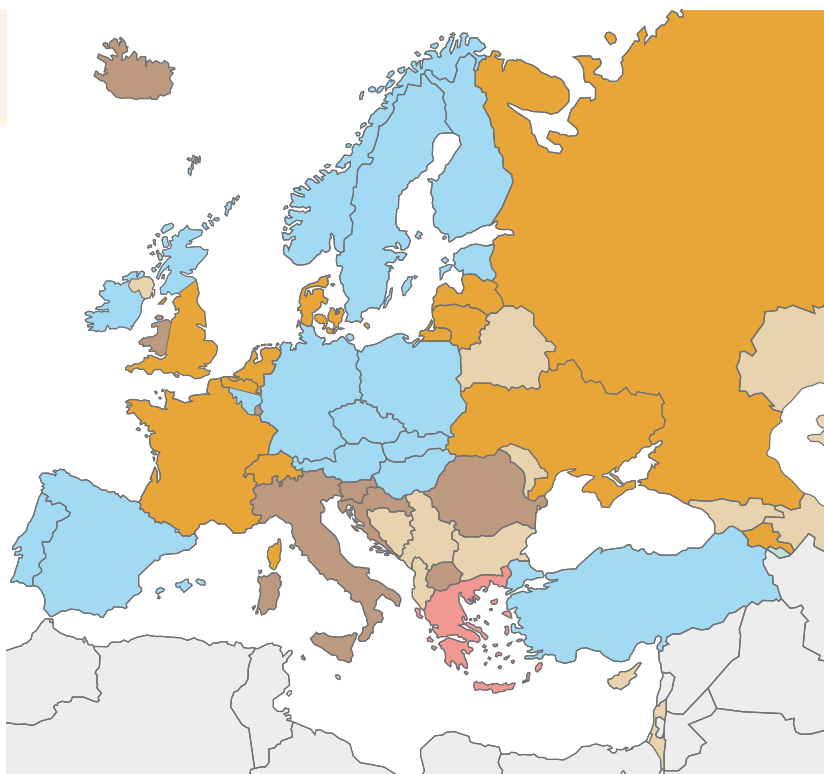
- 25% or more
- 20-24%
- 15-19%
- 10-14%
- **Less than 10%**
- No data



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



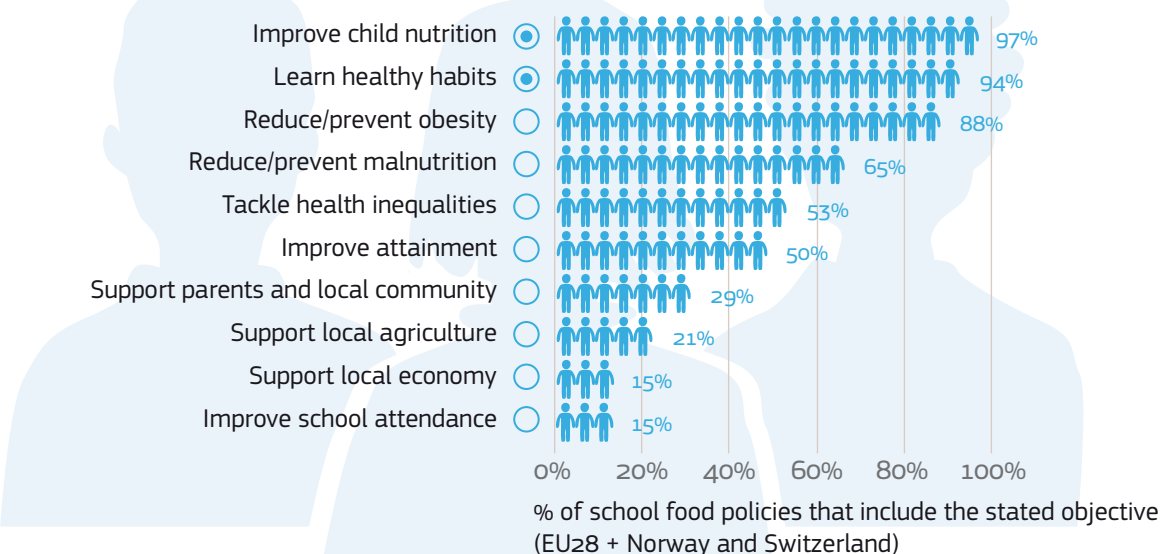
Note: HBSC teams provided disaggregated data for Belgium and the United Kingdom; these data appear in the map above.

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

included in BE-Flanders policy not included in BE-Flanders policy



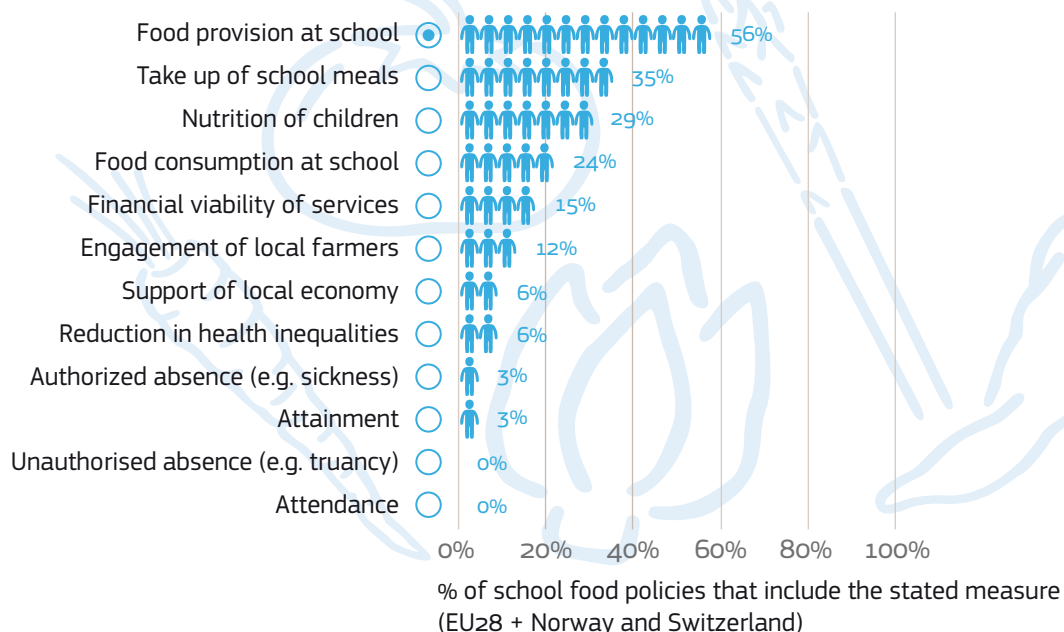
Other objectives:

- Make the healthy choice the easy choice; efficient food education; understanding food labelling; sustainable food behaviour

3

Measures through which the policy is evaluated

included in BE-Flanders policy not included in BE-Flanders policy



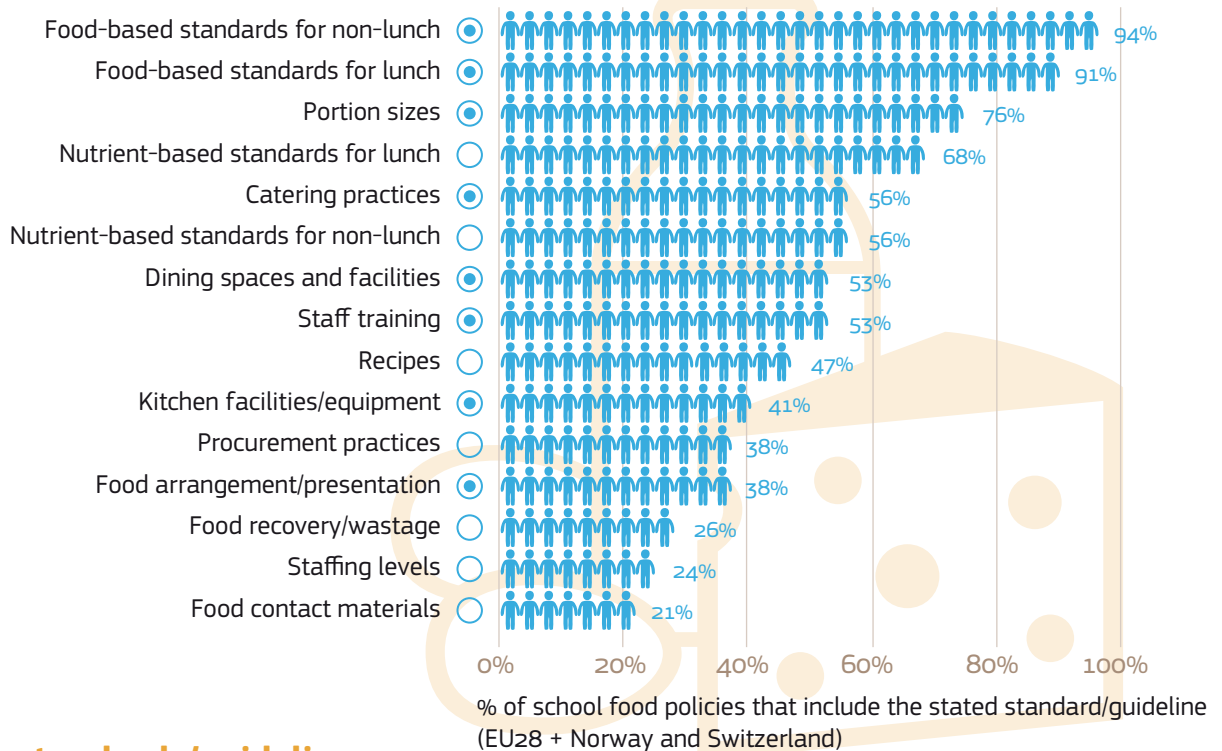
Other measures:

- Nutrition and health education; regulation and communication regarding school food; networking with third parties involved in school food; participation by students, staff and parents; <http://www.vigez.be/uploads/documentenbank/f9c7c6490988b8b449de67cf9835b9a1.pdf>

4

School food policy standards and guidelines

● included in BE-Flanders policy ○ not included in BE-Flanders policy



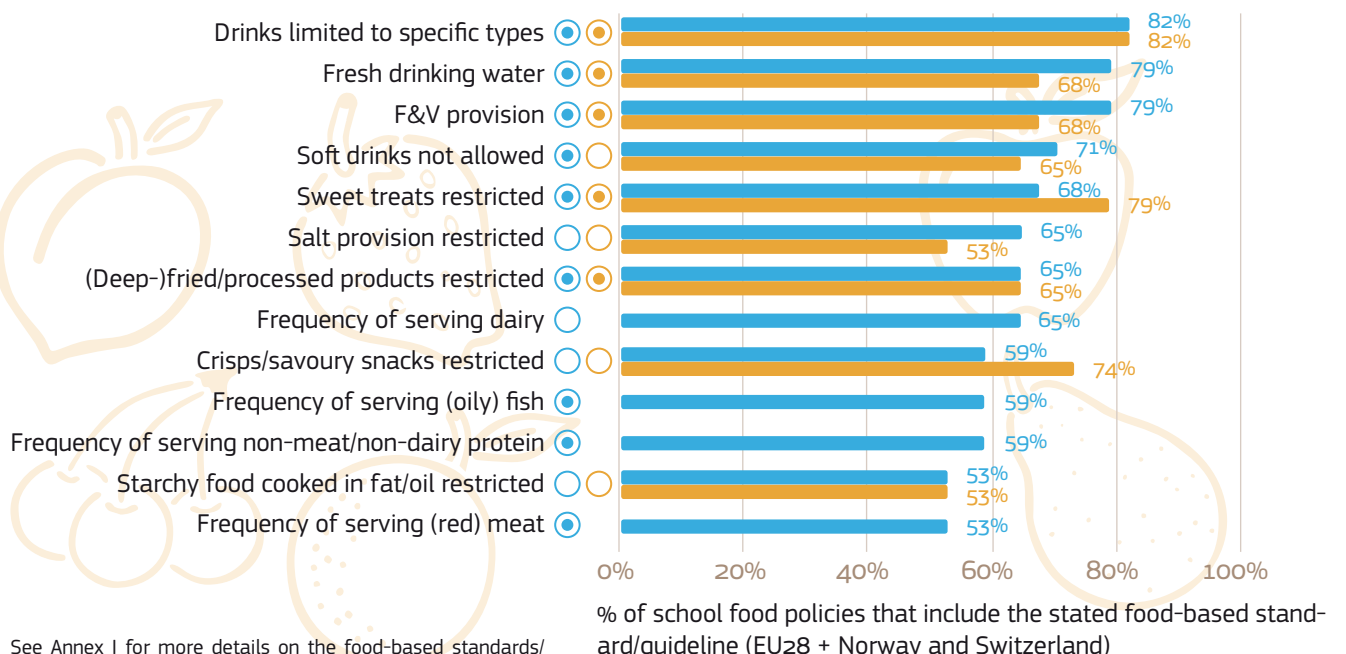
Other standards/guidelines:

- Food safety (HACCP); 10-day menu cycle; enough time for meal intake; food allergy and other medical conditions considered in food offer; religious and ethical aspects considered; vegetarian offer

5

Food-based standards

●● included in BE-Flanders policy ○○ not included in BE-Flanders policy ● Lunch ● Food other than lunchtime

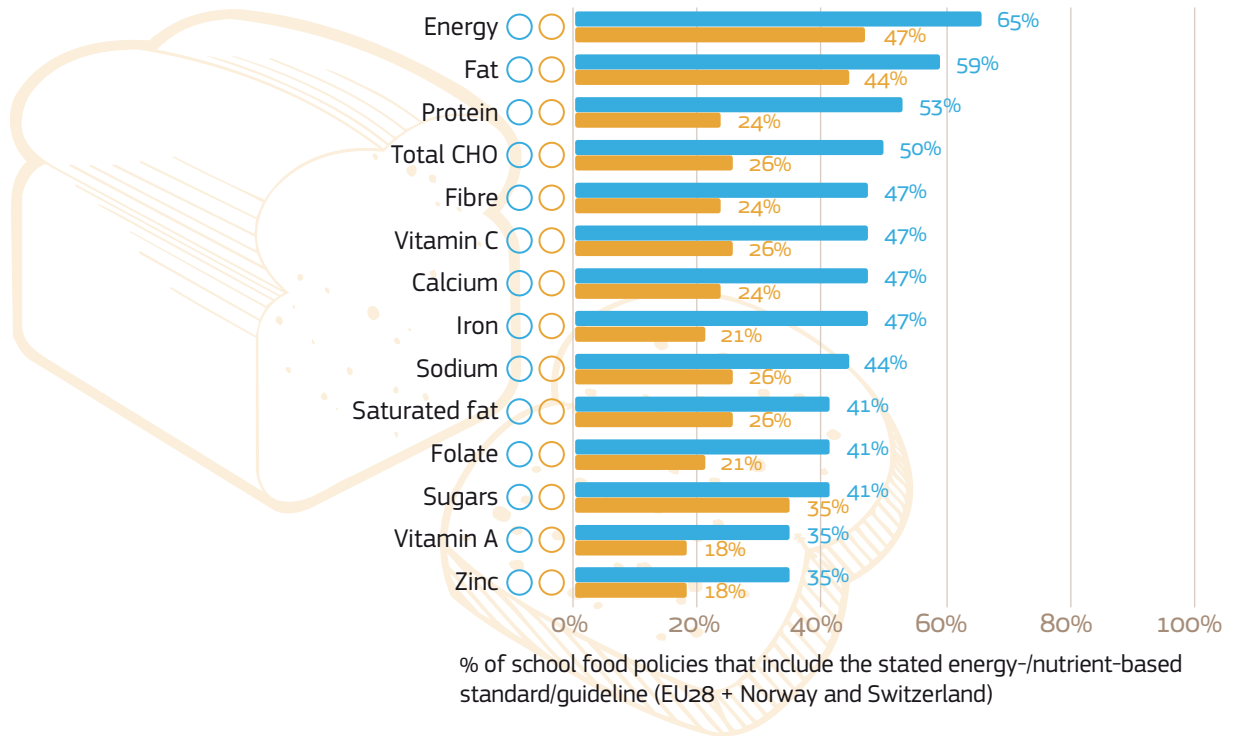


See Annex I for more details on the food-based standards/guidelines in BE-Flanders.

6

Nutrient-based standards

● ● included in BE-Flanders policy
 ○ ○ not included in BE-Flanders policy
 ■ Lunch
 ■ Food other than lunchtime

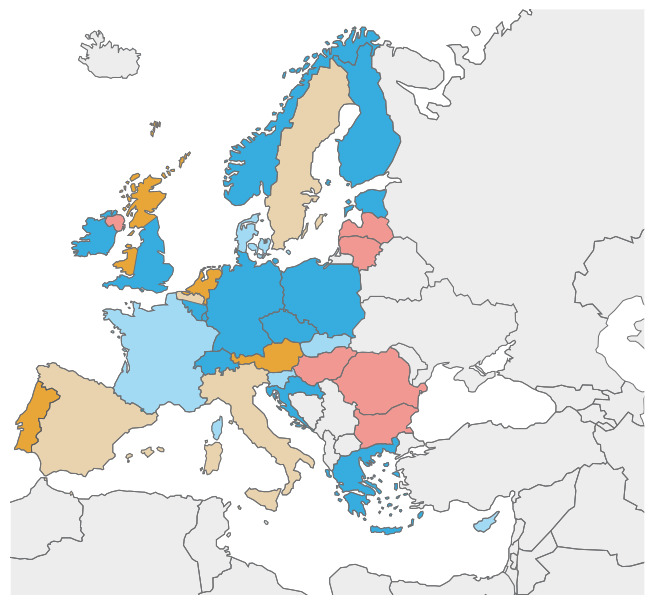


7

Restrictions on vending machines on school premises

BE-Flanders

- 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



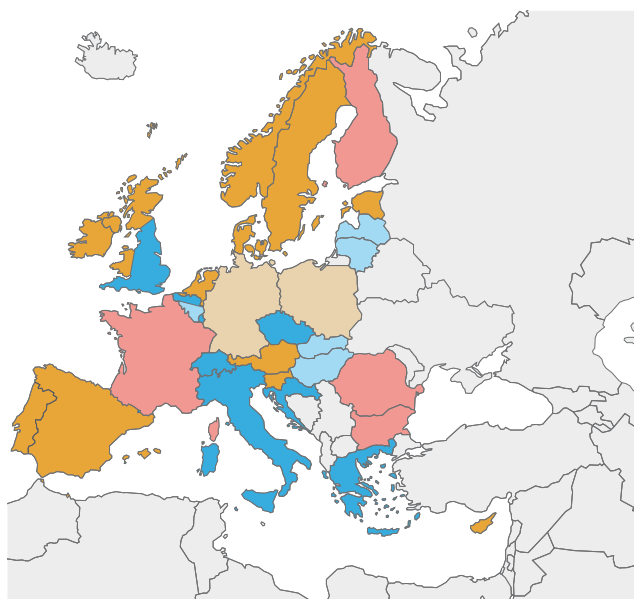
Vending machine restrictions on school premises across EU28 + Norway and Switzerland

8

Restrictions on marketing of food or drink on school premises

BE-Flanders

- 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**



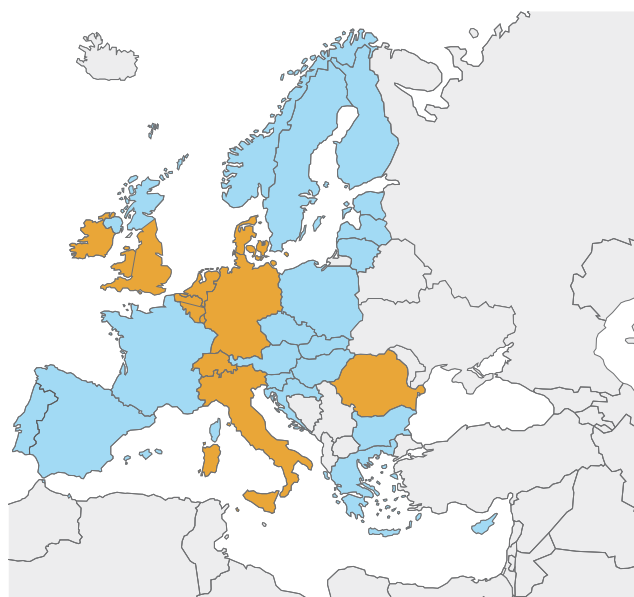
Food and drink marketing restrictions on school premises across EU28 + Norway and Switzerland

9

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

BE-Flanders

School food guideline mentions importance of educating children and adolescents about healthy eating and lifestyle; 1. Education: 1.1. At school, a physical activity and diet project (possibly extending across subject or class) is developed that discusses exercise and healthy diet in the lessons; 1.2. Students and parents get tips and pointers towards the planning of balanced meals and the proper execution of movements and sports; 1.3. There is information given to parents (and teachers) on exercise and healthy diet (eg in the form of an information evening); 1.4. Teachers have the opportunity to follow a training course in relation to an integrated exercise and nutrition policy at school; 1.5. Attention is paid to safety (exercising correctly, traffic)



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

Additional information on Flanders 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	Weekly menu offers a variety of vegetables; lunch meal contains a large portion of vegetables (half the plate); at least 2/wk fresh fruit for dessert	x
Specified number of times (red) meat served	Not specified as red meat: 4x lean, 4x moderately fat meat per 10 days; limit fatty meats; meat portion is 100 g	n/a
Specified number of times other sources of protein served	Replace meat with plant protein source 1/wk	n/a
Specified number of times dairy products served	-	n/a
Specified number of times (oily) fish should be on the school lunch menu	2x per 10 days fish (lean and oily)	n/a
Restrictions on availability of fried, deep-fried or processed products	Less than 1/wk deep-fried dish	Only offered non-daily or only occasionally
Sweet treats (chocolate, confectionery, cakes, biscuits, etc.) restricted	Max. 1/wk pastry, biscuits or ice cream	Only offered non-daily or only occasionally
Starchy food cooked in fat or oil restricted	-	-
Crisps and savoury snacks restricted	-	-
Fresh drinking water must be provided and be easily accessible	Water supply: 2.1. Depending on the number of pupils there are multiple distribution points available to ensure that students at least during breaks have the chance to drink (free) water; 2.2. There is free water available at any time of the school day for all students; 2.3. In the refectory water or low-fat milk is offered; 2.4. The students get the chance to drink water before and after exercise	Water supply: 2.1. Depending on the number of pupils there are multiple distribution points available to ensure that students at least during breaks have the chance to drink (free) water; 2.2. There is free water available at any time of the school day for all students; 2.3. In the refectory water or low-fat milk is offered; 2.4. The students get the chance to drink water before and after exercise
Drinks limited to specific types (e.g. milk, fruit juice, water, combination of these)	Beverage offer: 3.1. Every outlet, vending machine, shop or other distribution point at school has a balanced selection of drinks consisting of water, milk and fruit juices; 3.2. Balanced drinks are promoted by offering a lower price or more access points; avoid offering alcoholic beverages	Beverage offer: 3.1. Every outlet, vending machine, shop or other distribution point at school has a balanced selection of drinks consisting of water, milk and fruit juices; 3.2. Balanced drinks are promoted by offering a lower price or more access points; avoid offering alcoholic beverages
Soft-drinks (e.g. sugar-sweetened or artificially-sweetened soft drinks, squash) restricted	Consume only occasionally	-
Salt provision is restricted	-	-

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

	Lunch	Other than lunch
Other	<p>Meals: 4.1. Bread meals offered by the school include mainly wholemeal bread with vegetables; 4.2. Bread eaters have the opportunity to drink fresh soup with their meal; 4.3. Mayonnaise or other sauces and butter are not by default spread on rolls; 4.4. Hot meals are well balanced and consist among others of a moderate amount of meat and a large portion of vegetables; 4.5. For dessert fruit or milk dishes are offered to form a wholesome meal; 4.6. Sufficient time for meal intake (minimum 30 minutes) is provided for all pupils; 4.7. In the refectory a pleasant climate prevails: quiet, cosy, atmospheric and clean; 4.8. If breakfast is offered, this is well balanced (juice, milk product, multigrain bread, lean filling); 4.9. Healthy sandwiches and dishes are specifically promoted); 6. Opportunities for physical activity: 6.1. Each student can participate in a lunch sports activity during at least one lunch per week; 6.2. After-school sports activities are provided; 6.3. Pupils are encouraged to come to school by bike or on foot (bike pooling/walking school bus) as much as possible; 6.4. During the breaks, students are encouraged to move for example through the presence of game boxes, hopscotch,; 6.5. If a trip is done, the destination is preferably reachable by foot or by bike or otherwise active transport is preferred over other forms; 7. Agreements and Regulations: 7.1. There are agreements on the loan of sports equipment and the use of sports facilities by the students during breaks or after school; 7.2. There are agreements with the parents about bringing sweets (eg treats) and beverages (such as soft drinks) to school; 7.3. The school shop and other outlets offer balanced drinks and snacks; 7.4. Balanced drinks and snacks are specifically promoted (pricing, variety, quality); 7.5. The regulations for teachers and other school stakeholders (management, staff, parents, others) is similar to that of the students and they also adhere to the agreements; 8. Process / gender: 8.1. The initial situation at the school is analysed by creating an inventory of all the actions in the field of nutrition and exercise already undertaken at school; 8.2. Based on the analysis, there are priority issues within the team that have to be worked on; 8.3. For priority attention various objectives are formulated to be achieved within a certain time period; 8.4. The specific results are checked against the various objectives set; 9. Involvement / participation: 9.1. Within the school there is a panel or other consultative body with which the exercise and nutrition policy can be discussed; 9.2. Parents are clearly informed of the exercise and nutrition policy at school and the changes that are made; 9.3. Students are always clearly informed of the movement and nutrition at school and the changes that are made; 9.4. The parents via e.g. parent working group or other organ can have their say in the development of the exercise and nutrition policy at school; 9.5. There is a good interaction with the students (participation through student councils or other panels) in terms of exercise and nutrition policy at school; 9.6. The entire school has a say in setting up the exercise and nutrition policy; 10. Partners / networking: 10.1. The school uses the services of external partners for the development of an exercise and nutrition policy. There is collaboration with BLOSO/SVS, CLB, Logo, parents' association, student council, municipal sports department, sports clubs, youth groups or other external partners</p>	<p>Snack policy: 5.1. Each outlet, vending machine, shop or other distribution point at school has a balanced range of snacks (fruit, high-fibre biscuits, dairy); 5.2. There is a range of fresh fruit during the break, every day or on certain days of the week; 5.3. Balanced snacks are promoted by offering lower prices or easier access; 5.4. During a trip (sports day, field trip) a healthy snack such as fruit or high-fibre cereal biscuits is offered; secondary school students are allowed a wider range of snack foods as they are considered more able to make conscious food choices</p>