

SCHOOL FOOD POLICY COUNTRY FACTSHEETS



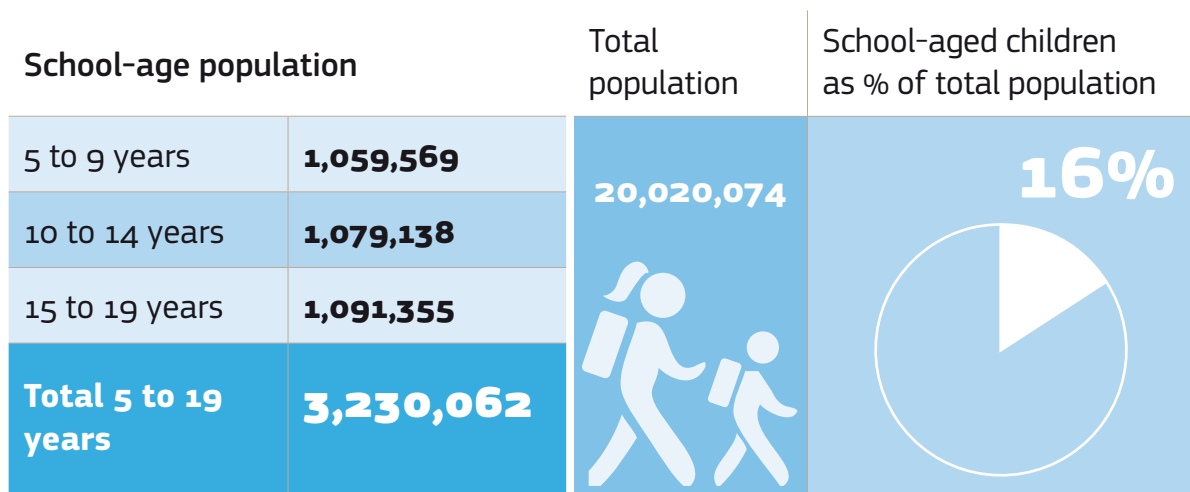
ROMANIA



School food policy (mandatory)	<p>“ORDIN comitet nutritie 27 martie 2008 pentru înființarea Comitetului Național pentru Alimentație și Nutriție”</p> <p>“ORDIN Nr 1563 din 2008 pentru aprobarea Listei alimentelor nerecomandate preșcolărilor și școlărilor și a principiilor care stau la baza unei alimentații sănătoase pentru copii și adolescent”</p> <p>“LEGE Nr 123 din 2008 pentru o alimentație sănătoasă în unitățile de învățământ preuniversitar”</p>
Developed by	Ministry of Health
Year of publication	2008
Web link(s)	http://www.ms.ro/?pag=186

General information

Demographic data



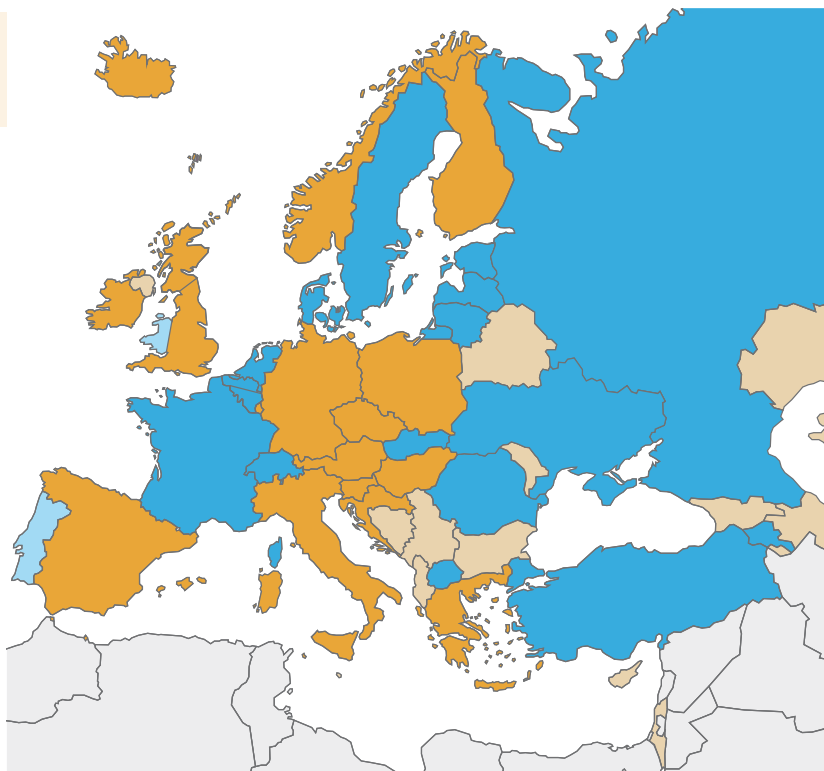
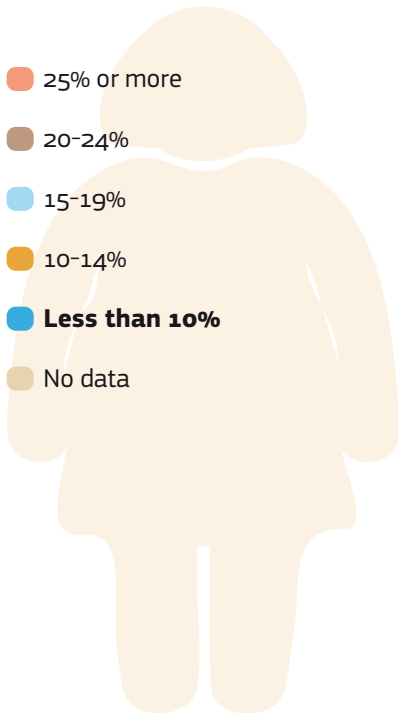
Source: EUROSTAT, year 2013.



Adolescent overweight/obesity prevalence in Europe

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

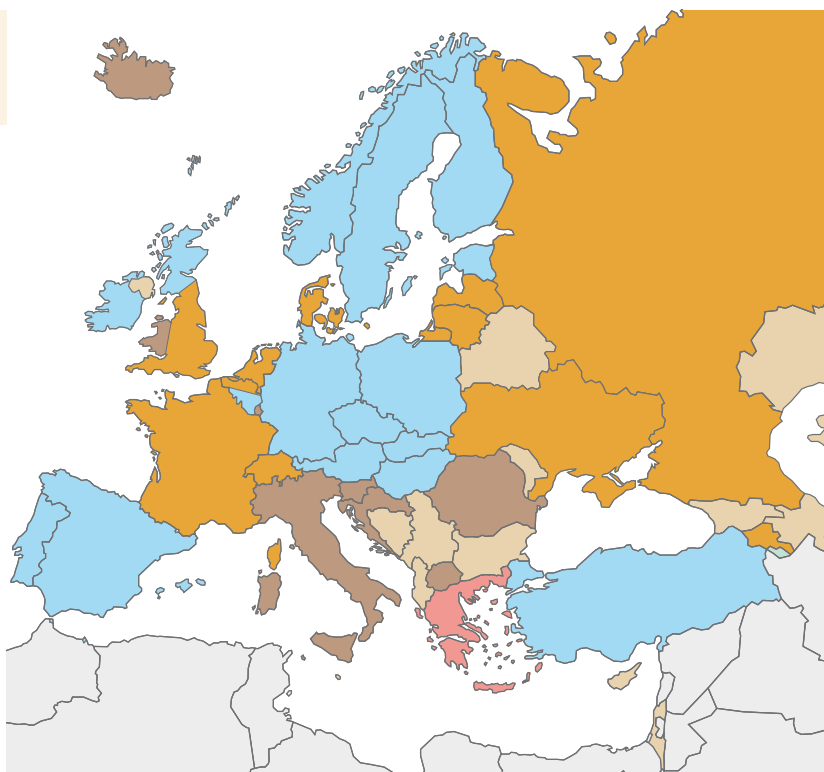
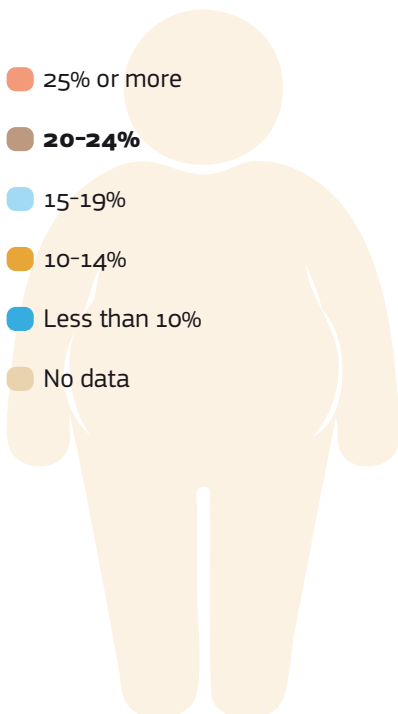
- 25% or more
- 20-24%
- 15-19%
- 10-14%
- **Less than 10%**
- No data



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

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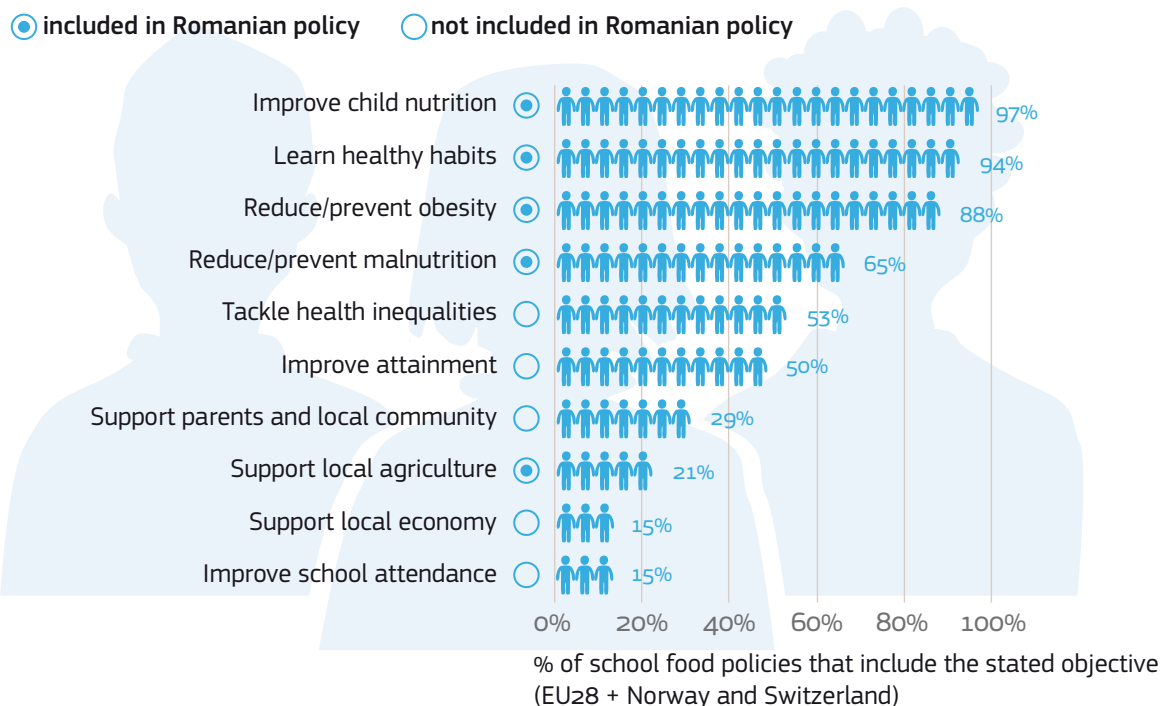


Note: HBSC teams provided disaggregated data for Belgium and the United Kingdom; these data appear in the map above.

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

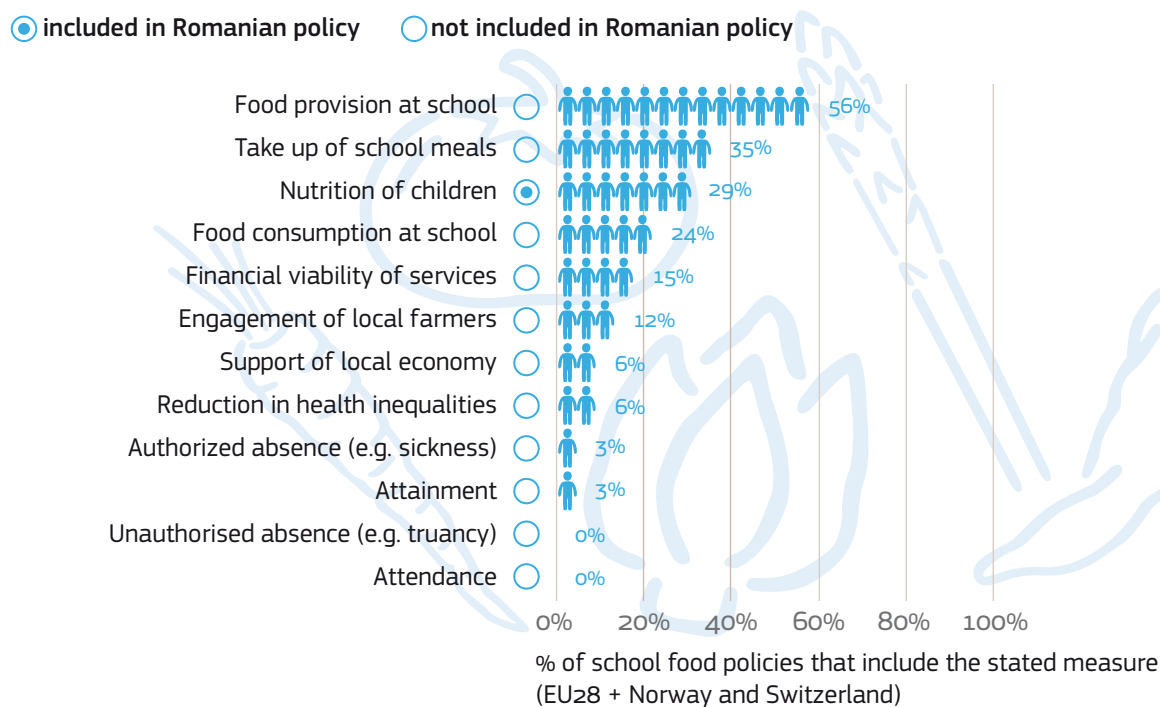


Other objectives:

- n/a

3

Measures through which the policy is evaluated

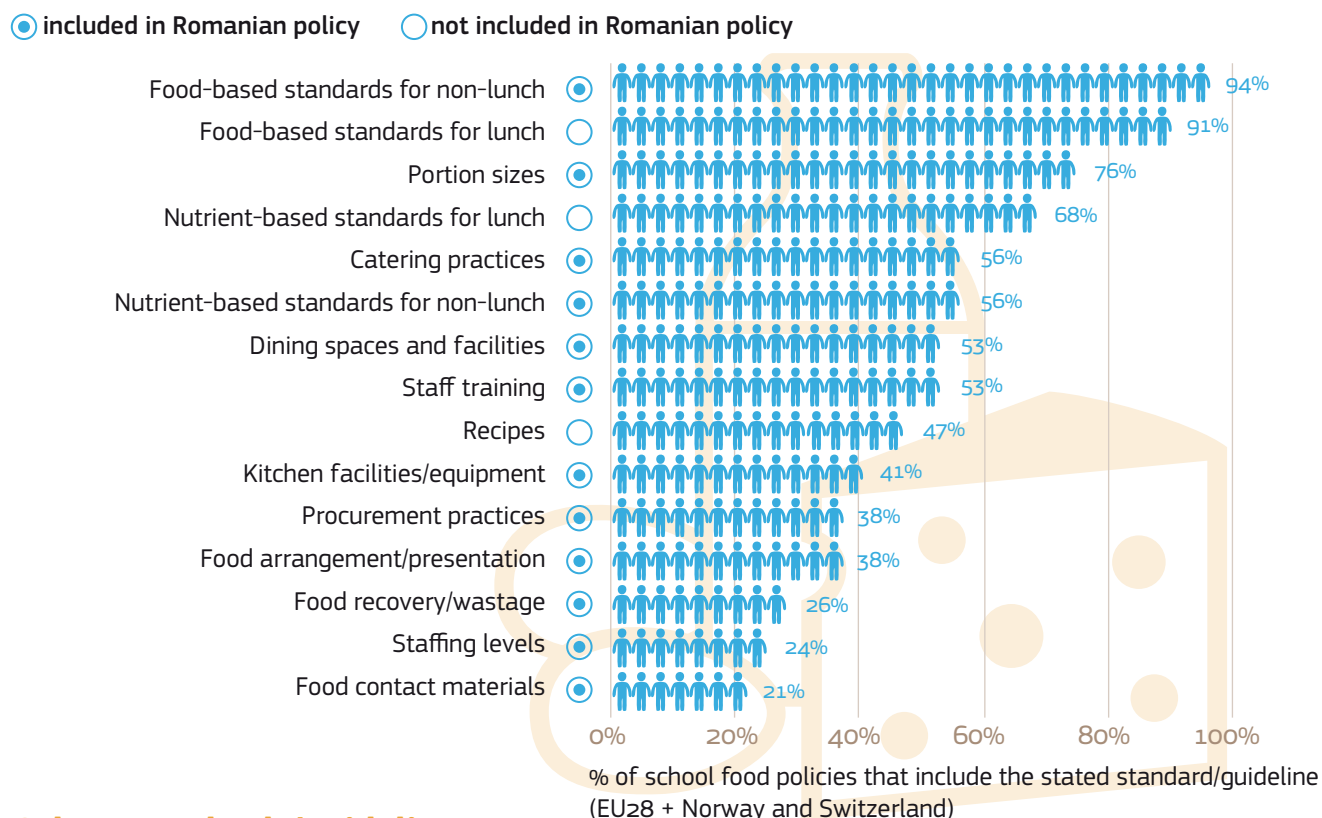


Other measures:

- n/a

4

School food policy standards and guidelines

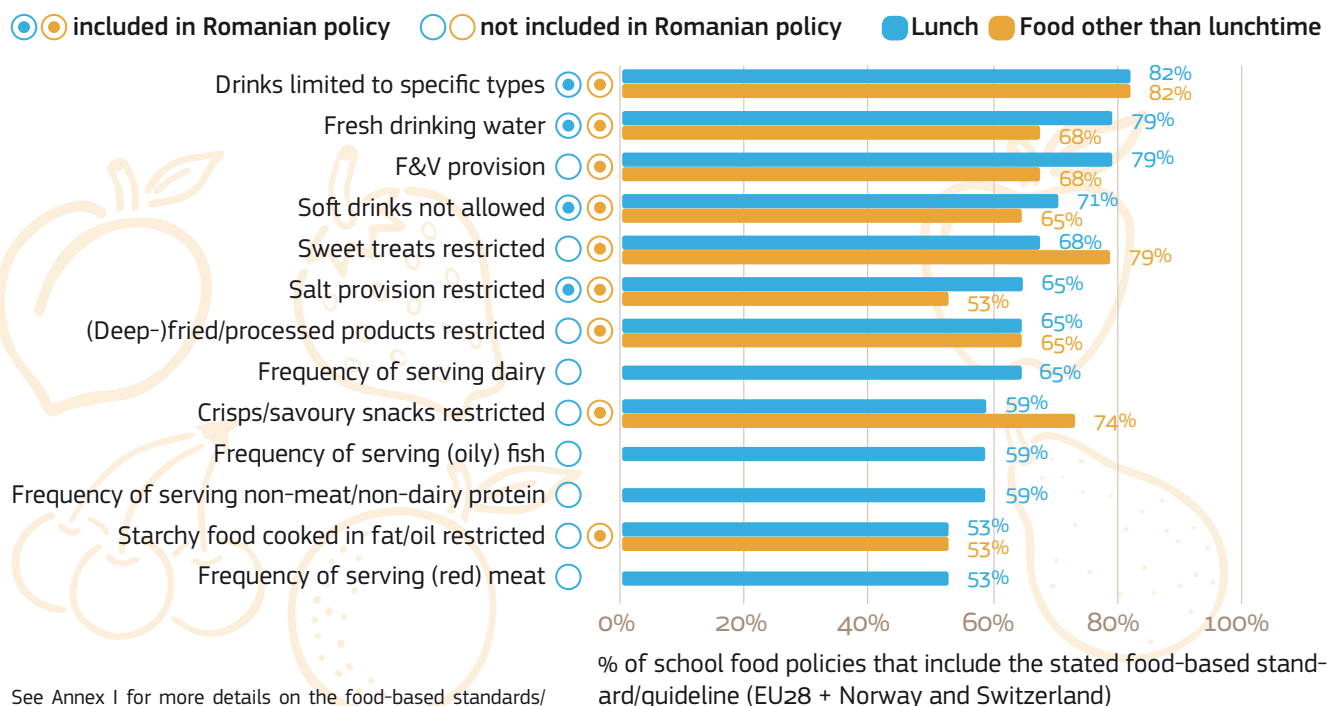


Other standards/guidelines:

- n/a

5

Food-based standards

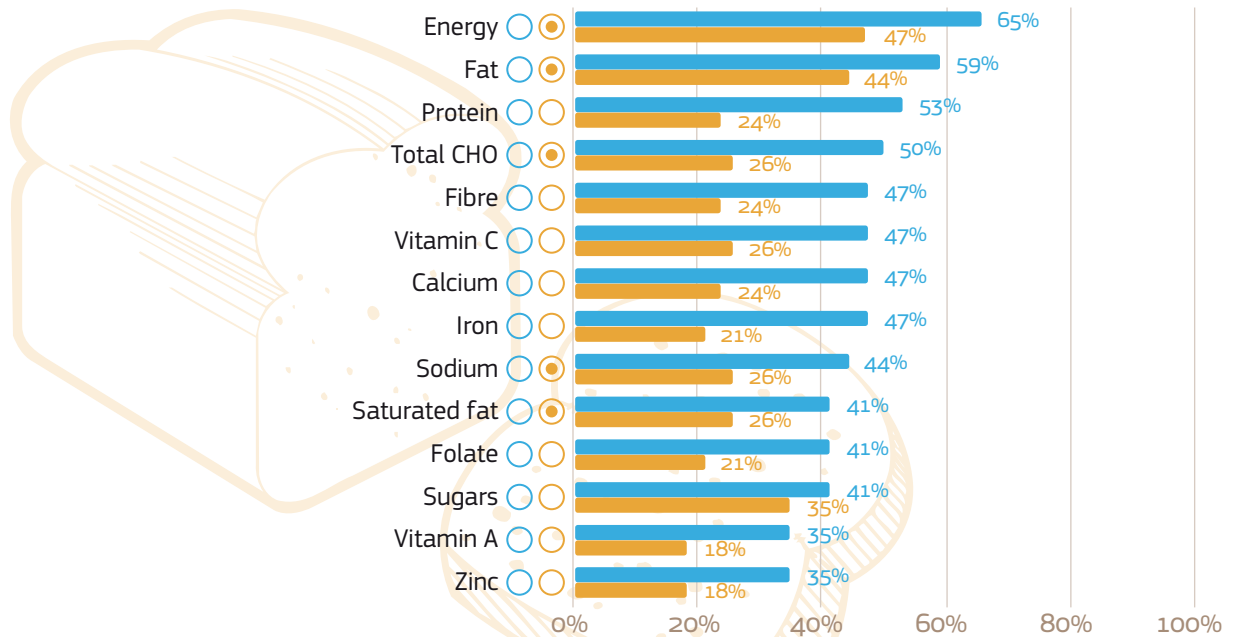


See Annex I for more details on the food-based standards/guidelines in Romania.

6

Nutrient-based standards

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



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

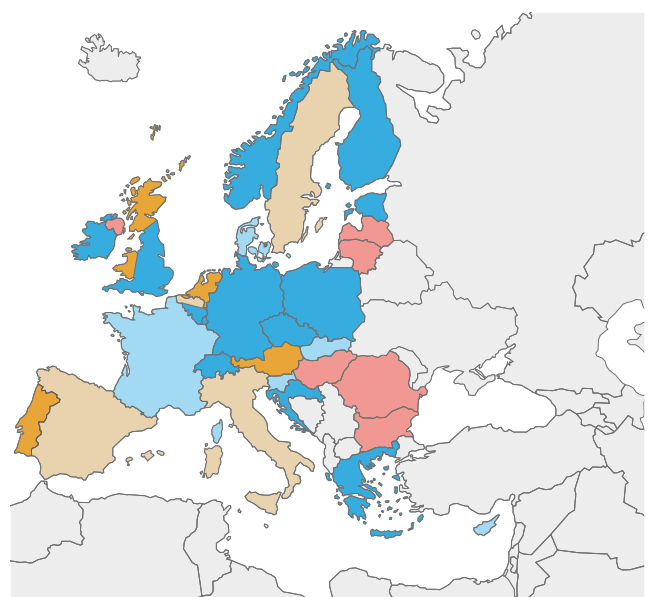
See Annex II for more details on the energy-/nutrient-based standards/guidelines in Romania.

7

Restrictions on vending machines on school premises

Romania

- 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



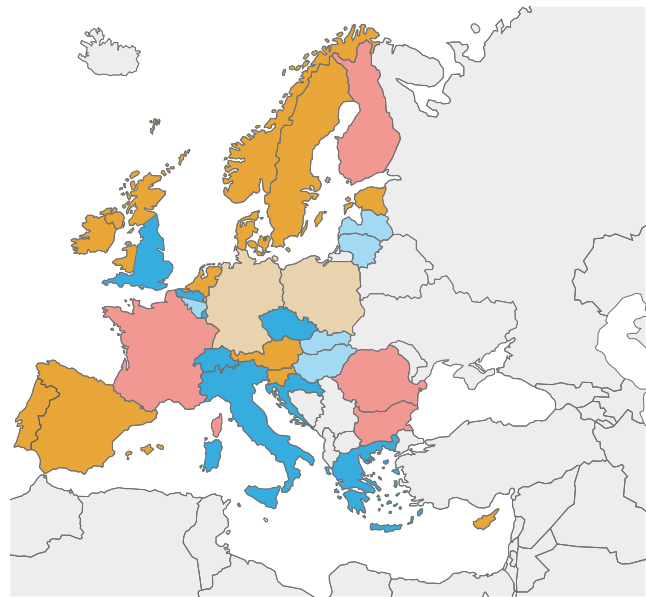
Vending machine restrictions on school premises across EU28 + Norway and Switzerland

8

Restrictions on marketing of food or drink on school premises

Romania

- 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



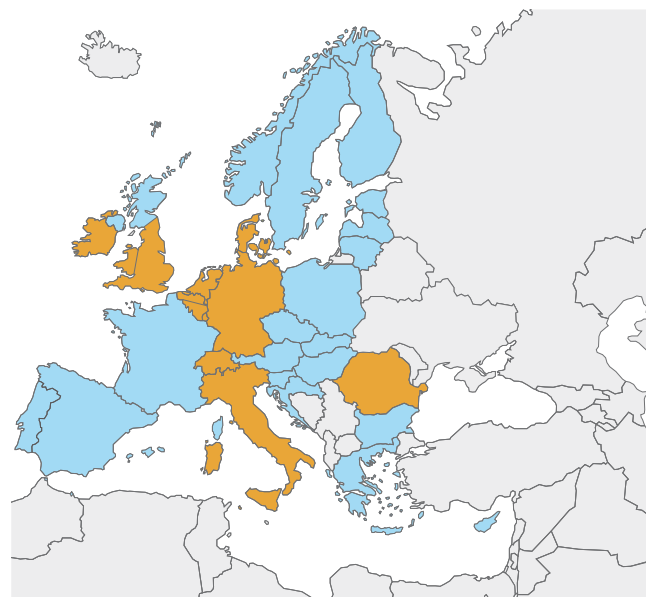
Food and drink marketing restrictions on school premises across EU28 + Norway and Switzerland

9

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

Romania

National educational curriculum includes optional hours of health education



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

Additional information on Romanian 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	-	1 apple/day, 85 days during the school year (School Fruit Scheme)
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	-	High-salt foods (>1.5 g salt (0.6 g Na) per 100 g food) not allowed - examples include crisps; high-fat foods (>20 g total fat per 100 g, >5 g saturated fat per 100 g or >1 g trans fat per 100 g) not allowed - examples include French fries
Sweet treats (chocolate, confectionery, cakes, biscuits, etc.) restricted	-	High-sugar foods (>15 g sugar per 100 g) not allowed
Starchy food cooked in fat or oil restricted	-	High-salt foods (>1.5 g salt (0.6 g Na) per 100 g food) not allowed - examples include crisps; high-fat foods (>20 g total fat per 100 g, >5 g saturated fat per 100 g or >1 g trans fat per 100 g) not allowed - examples include French fries
Crisps and savoury snacks restricted	-	High-salt foods (>1.5 g salt (0.6 g Na) per 100 g food) not allowed; examples include crisps, crackers, salted pretzels and similar savoury snacks
Fresh drinking water must be provided and be easily accessible	Fresh drinking water is easily accessible	Fresh drinking water is easily accessible
Drinks limited to specific types (e.g. milk, fruit juice, water, combination of these)	Only drinking water or bottled mineral water	Only drinking water or bottled mineral water
Soft-drinks (e.g. sugar-sweetened or artificially-sweetened soft drinks, squash) restricted	Not allowed	Not allowed
Salt provision is restricted	High-salt foods (>1.5 g salt (0.6 g Na) per 100 g food) not allowed	High-salt foods (>1.5 g salt (0.6 g Na) per 100 g food) not allowed

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

	Lunch	Other than lunch
Other	Ensure proportionality between food groups based on food pyramid; aim for higher intake of fruits, vegetables, whole grains, milk and dairy products relative to foods high in (sat) fat and added sugar; quantities matched to age, gender, level of activity	Ensure proportionality between food groups based on food pyramid; aim for higher intake of fruits, vegetables, whole grains, milk and dairy products relative to foods high in (sat) fat and added sugar; quantities matched to age, gender, level of activity; avoid dinner dishes requiring strong digestive stimulant effect (e.g. baked beans)

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

	Lunch	Other than lunch
Energy	-	Total energy / portion < 300 kcal
Fat	-	x
Saturated fat	-	x
Total carbohydrate	-	x
Non-milk extrinsic sugars	-	-
Fibre	-	-
Protein	-	-
Iron	-	-
Zinc	-	-
Calcium	-	-
Vitamin A	-	-
Vitamin C	-	-
Folate	-	-
Sodium	-	x
Other	-	-