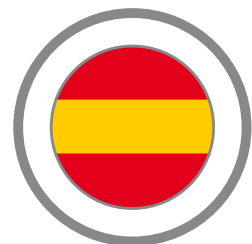


SCHOOL FOOD POLICY COUNTRY FACTSHEETS



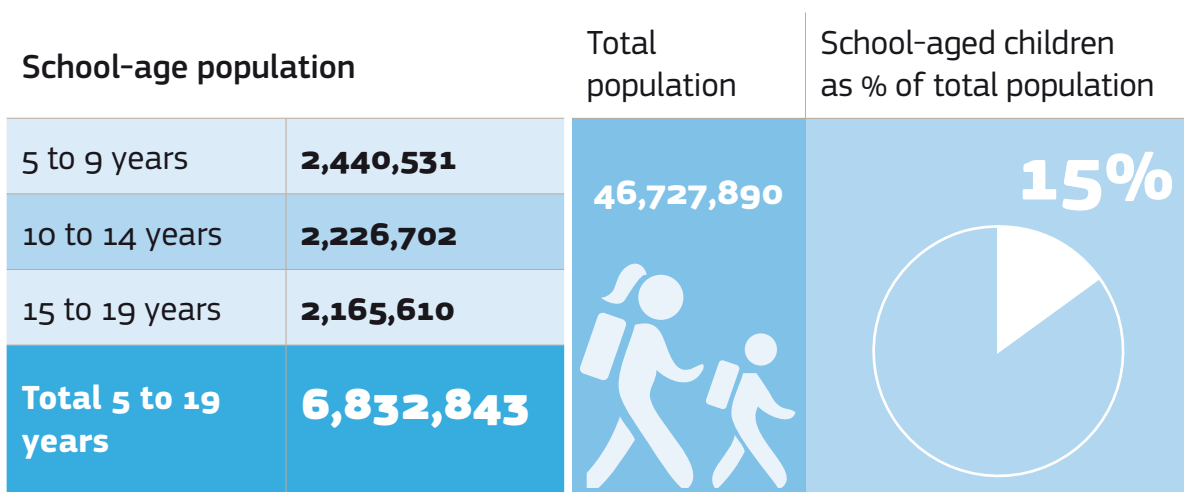
SPAIN



School food policy (voluntary)	“CONSENSUS DOCUMENT ON FOOD IN EDUCATIONAL CENTRES”
Developed by	Ministry of Education, Culture and Sport and Ministry of Health, Social Services and Equality. The application is responsibility of regional administrations (education and health).
Year of publication	2010
Web link(s)	http://www.naos.aesan.msssi.gob.es/naos/ficheros/escolar/Standards.pdf Annex 1 of the above includes a list of school food policies in Spanish regional Administrations (Comunidades Autonomas); these Comunidades Autonomas have developed their own regional laws or guidance on school food policy in accordance with national legislation

1 General information

Demographic data



Source: EUROSTAT, year 2013.

Childhood overweight/obesity prevalence in Spain

	Overweight (including obesity)		Obesity	
	2009/10 ¹	2012	2009/10 ¹	2012
Boys (6 years)	42.4%	42.4%	16.4%	16.4%
Boys (7 years)	48.0%	44.0%	22.1%	19.9%
Boys (8 years)	48.0%	47.5%	21.5%	23.1%
Boys (9 years)	51.1%	51.1%	23.2%	23.2%
Girls (6 years)	36.4%	36.4%	13.6%	13.6%
Girls (7 years)	41.6%	39.5%	16.0%	15.4%
Girls (8 years)	42.9%	41.4%	16.3%	15.6%
Girls (9 years)	43.6%	43.6%	16.2%	16.2%

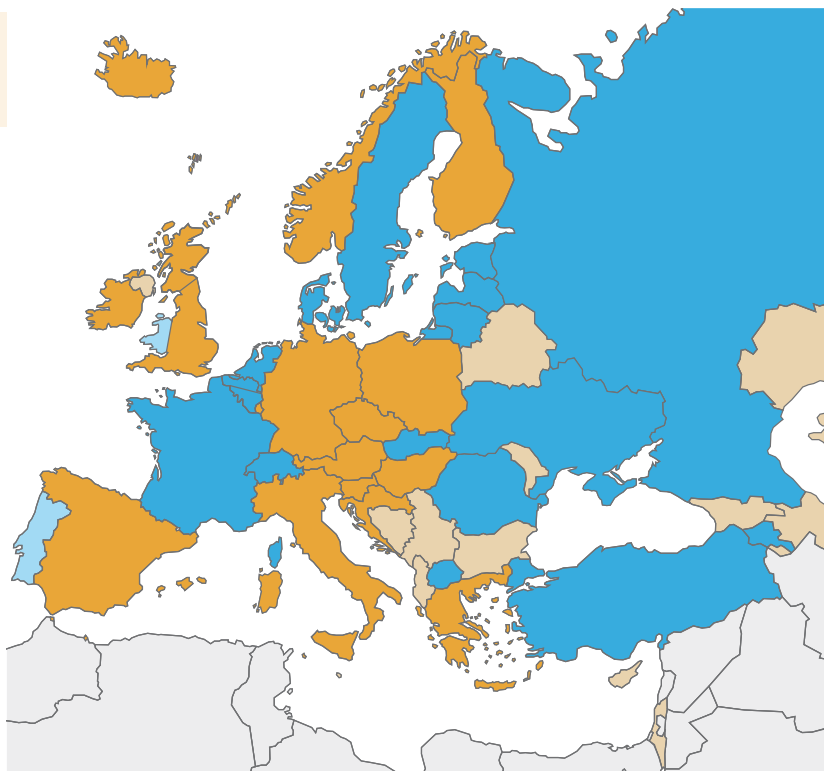
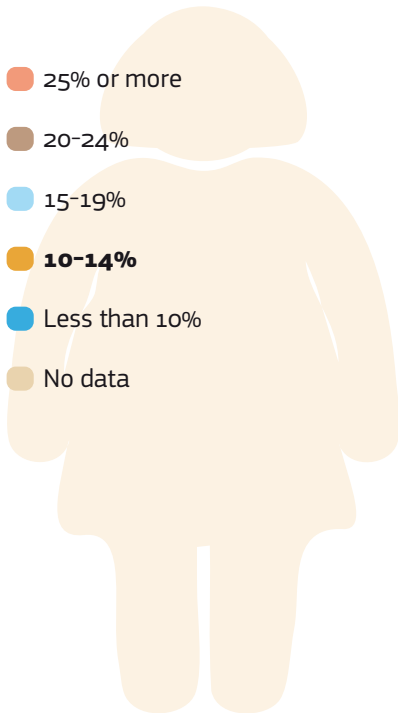
1. Estudio ALADINO: Estudio de Vigilancia del Crecimiento, Alimentación, Actividad Física, Desarrollo Infantil y Obesidad en España 2011. Agencia Española de Seguridad Alimentaria y Nutrición. Ministerio de Sanidad, Servicios Sociales e Igualdad. Madrid, 2013. http://www.observatorio.naos.aesan.msssi.gob.es/docs/docs/documentos/estudio_ALADINO.pdf.

2. Estudio ALADINO 2013: Estudio de Vigilancia del Crecimiento, Alimentación, Actividad Física, Desarrollo Infantil y Obesidad en España 2013. Agencia Española de Seguridad Alimentaria y Nutrición. Ministerio de Sanidad, Servicios Sociales e Igualdad. Madrid, 2014. http://www.observatorio.naos.aesan.msssi.gob.es/docs/docs/documentos/Estudio_ALADINO_2013.pdf.

Adolescent overweight/obesity prevalence in Europe

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

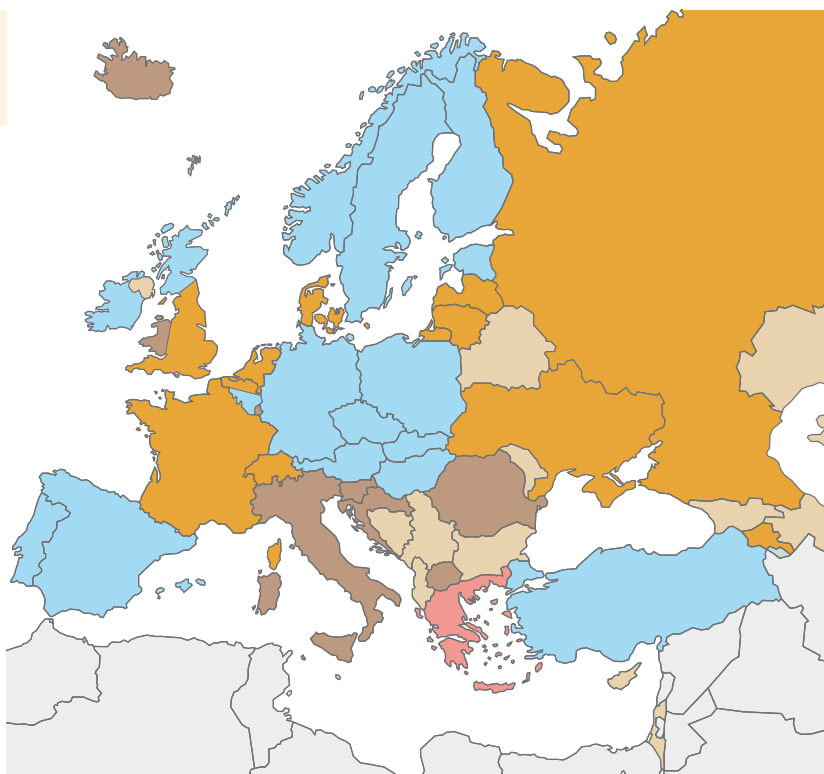
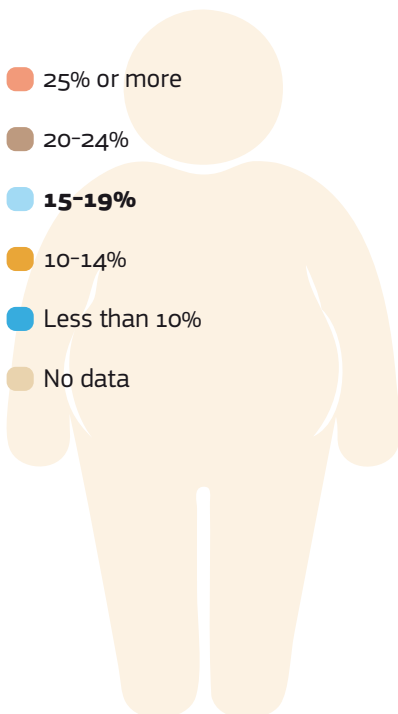
- 25% or more
- 20-24%
- 15-19%
- **10-14%**
- Less than 10%
- No data



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

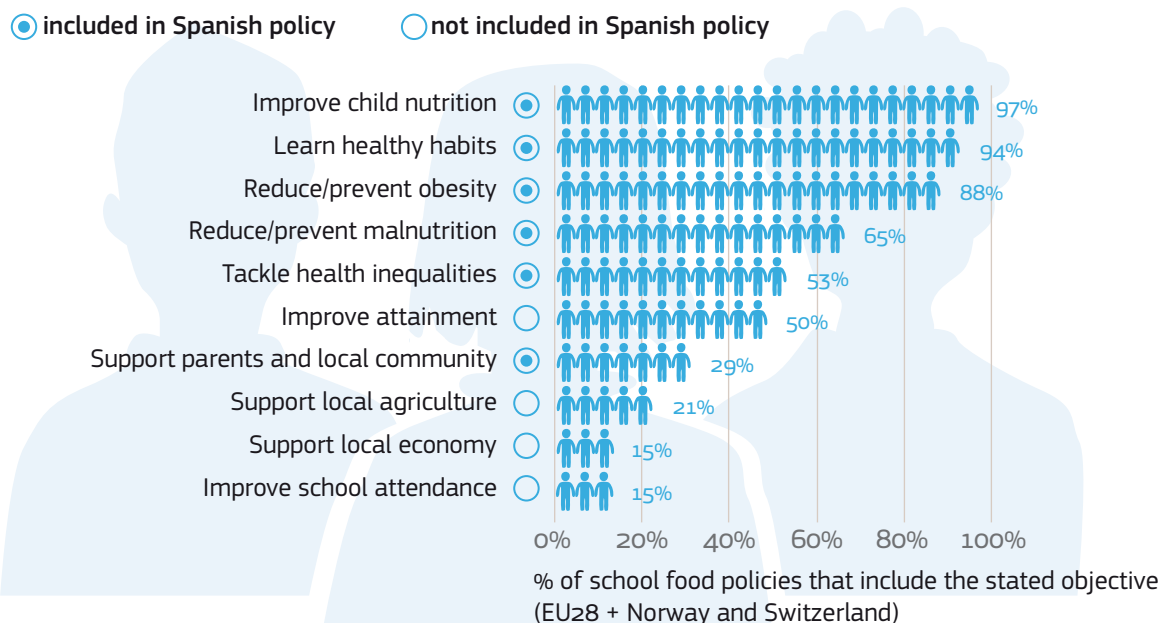


Note: HBSC teams provided disaggregated data for Belgium and the United Kingdom; these data appear in the map above.

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

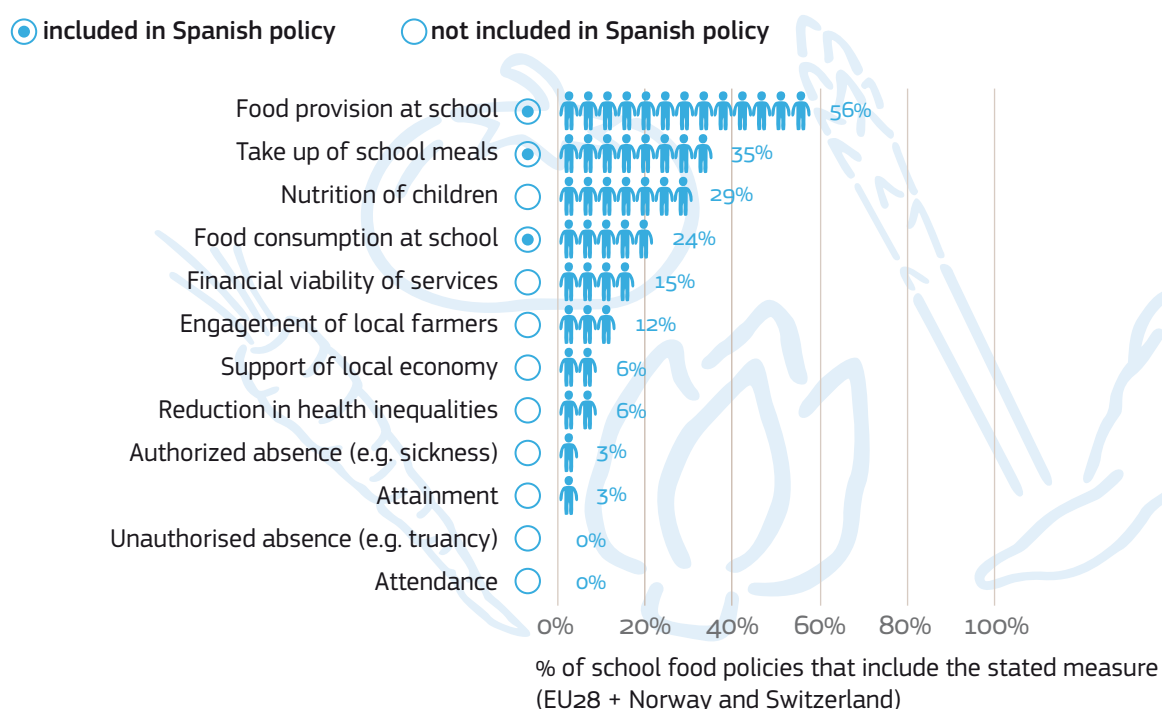


Other objectives:

- Dining hall should strive to teach pupils principles of 1) Health, hygiene and diet: aimed towards developing and reinforcing healthy eating habits, rules for good behaviour and the correct usage and care of dining hall equipment; 2) Responsibility: involving the pupils in tasks, events and projects that take place in the dining halls in accordance with their age and educational level; 3) Free time: planning free-time and hobby-type activities which contribute to the development of personalities and which encourage social and cultural habits; 4) Coexistence: encouraging feelings of companionship and respect, education and tolerance amongst the members of the school community, in a suitably stable and social environment

3

Measures through which the policy is evaluated



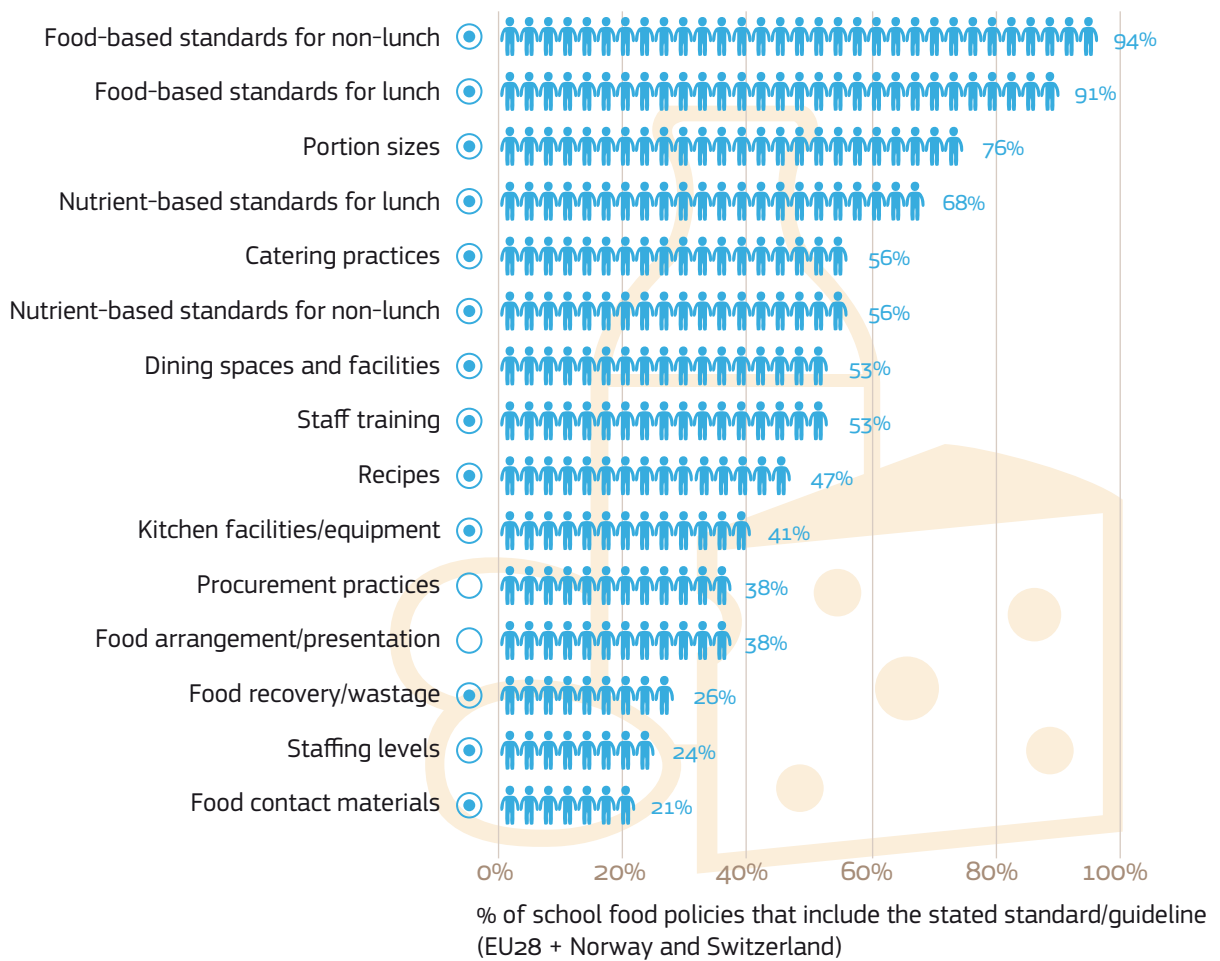
Other measures:

- Several regional administrations (Comunidades Autonomas) perform a nutritional assessment of school meals (food consumption frequency and variety), information provided on the school menu, cooking methods and offer in vending machines, canteens and kiosks in educational centres. In addition, aspects of the management and organization of the school dining halls and related health education, healthy eating and hygiene habits are also verified activities

School food policy standards and guidelines

included in Spanish policy

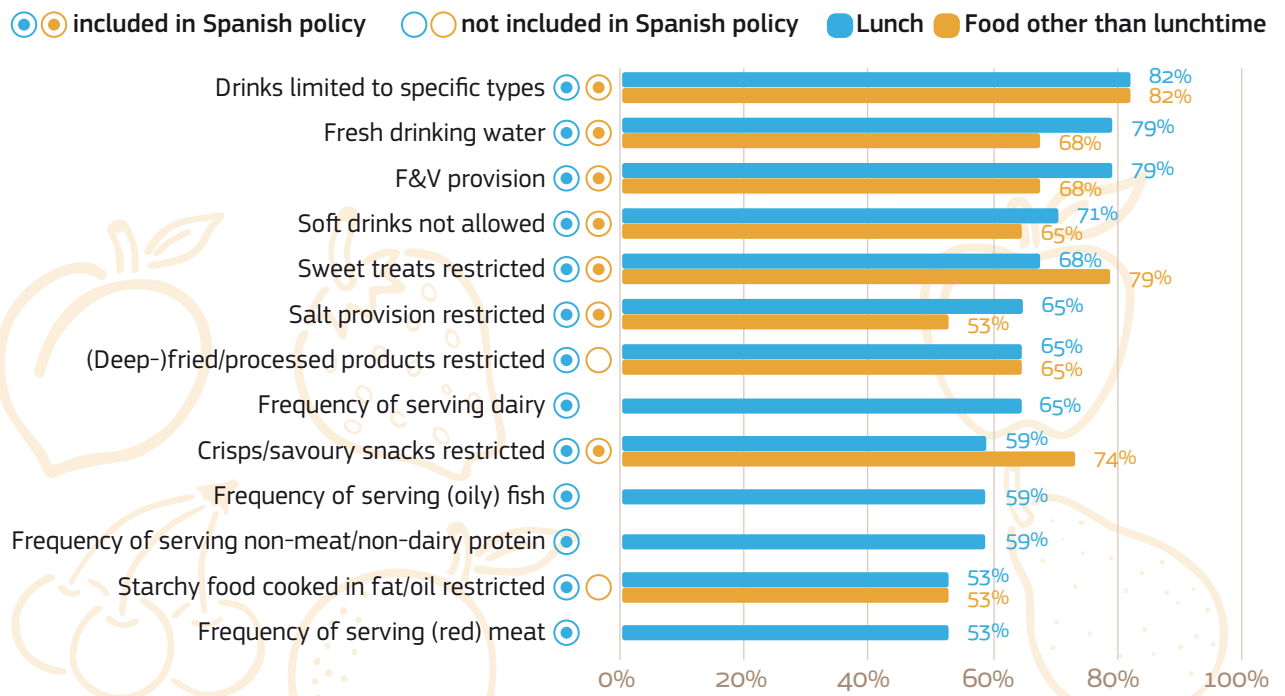
not included in Spanish policy



Other standards/guidelines:

- Special dietary requirements; meal plan information for families to complement dietary provision and inspection and follow-up; many of the regional guides include sanitary hygienic conditions for food handling

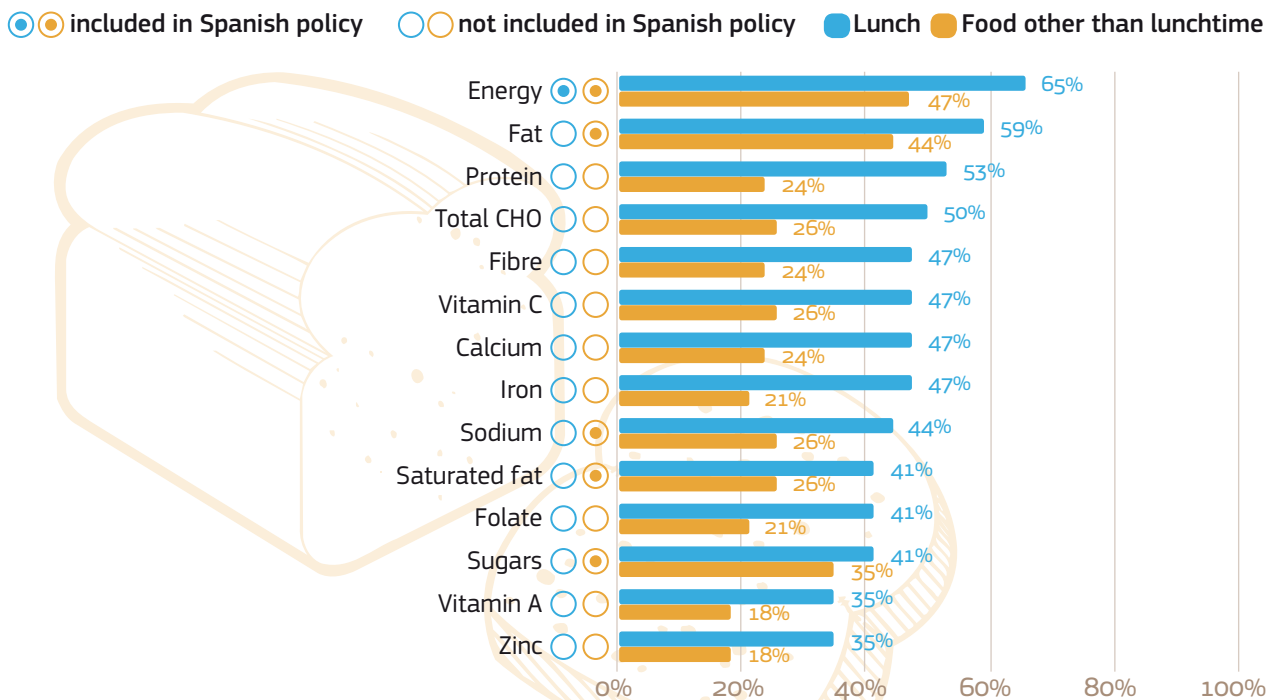
5 Food-based standards



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

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

6 Nutrient-based standards



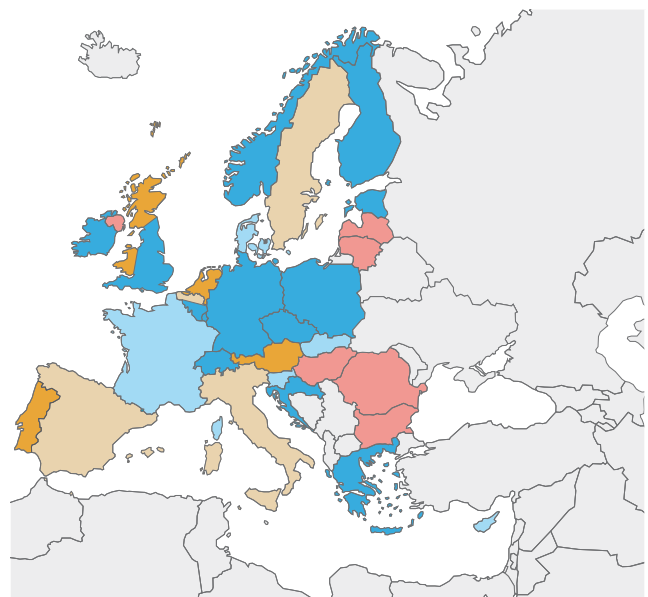
See Annex II for more details on the energy-/nutrient-based standards/guidelines in Spain.

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

7 Restrictions on vending machines on school premises

Spain

- 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



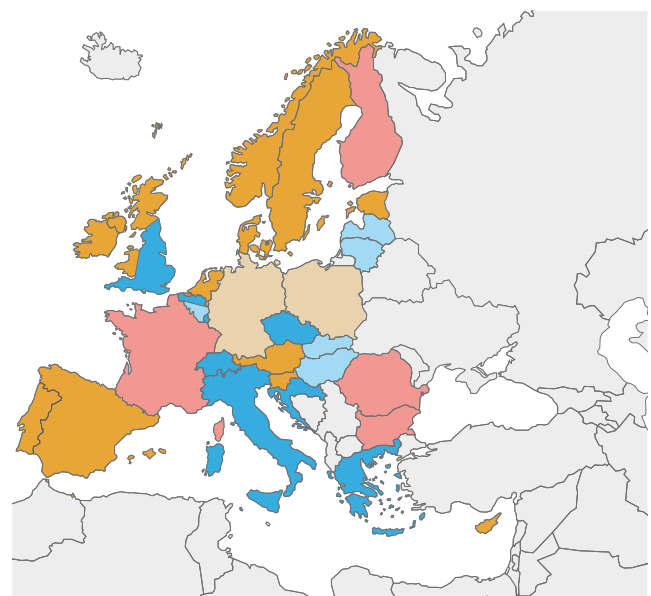
Vending machine restrictions on school premises across EU28 + Norway and Switzerland

8 Restrictions on marketing of food or drink on school premises

Spain

- 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

New PAOS Code 2013: self-regulation of advertising to children under 12 years old (TV media) and under 15 years old (Internet) according to the Law 17/2011 (art. 45º and 46º). It includes: Recommendations and prohibitions in order to reduce the marketing pressure existing on children, as well on television and internet; Copy advice technical monitoring by AUTOCONTROL before the broadcasting of the ads; Evaluation by the Monitoring Commission (AECOSAN, Ministry of Agriculture, Secretary of State of Telecommunications and Information Society, organizations of consumers, advertisers, manufacturers, distribution and catering)

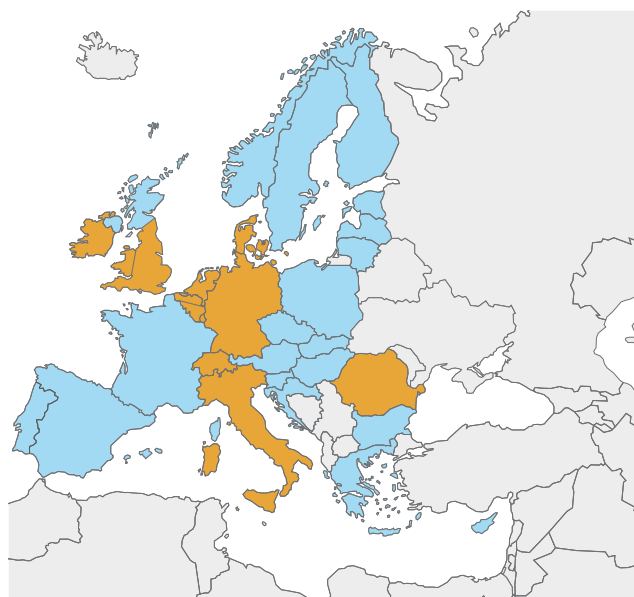


Food and drink marketing restrictions on school premises across EU28 + Norway and Switzerland

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

Spain

Law 17/2011, of 5 July 2011, about food safety and nutrition (article 40) reflects the inclusion of content aimed at prevention and awareness of the benefits of balanced nutrition in teacher training plans; see http://www.observatorio.naos.aesan.msssi.gob.es/docs/docs/documentos/ley_seguridad_alimentaria.pdf



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

Additional information on Spanish 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	Starters: vegetables (incl. potatoes) 1-2/wk; side dishes: mixed salads 3-4/wk, other side dishes (potatoes, vegetables, pulses, etc.) 1-2/wk; dessert: fruit 4-5/wk	Fresh fruit - whole or minimally processed, which do not contain added sugars; Fruit Juices - natural juices and those made from concentrate that do not have added sugars. Fruit nectars or fruit and milk drinks with added sugar or artificial sweeteners are not included in this category; Vegetable-based drinks that contain at least 50% vegetables and do not have any added sugars or artificial sweeteners
Specified number of times (red) meat served	Meats 1-3/wk; non-specified red meat	n/a
Specified number of times other sources of protein served	Fish 1-3/wk; eggs 1-2/wk; pulses 1-2/wk	n/a

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

n/a = not applicable

	Lunch	Other than lunch
Specified number of times dairy products served	Dairy dessert (preferably yoghurt) 0-1/wk; cheese and other dairy can be incorporated in starters and main dishes, but no numbers specified	n/a
Specified number of times (oily) fish should be on the school lunch menu	Fish 1-3/wk, alternating between oily fish (fatty) and white fish (lean)	n/a
Restrictions on availability of fried, deep-fried or processed products	Fried foods offered max 2/wk; pre-cooked products (i.e. cannelloni, croquettes, pasties, pizzas, battered foods, breadcrumbed foods, etc) should be limited to max 3/mo; fried side dishes should be avoided as accompaniments; same cooking method should not be used for both starters and main dishes, or as a component of main dishes and its accompanying side dishes	-
Sweet treats (chocolate, confectionery, cakes, biscuits, etc.) restricted	Should be removed from educational centres	Should be removed from educational centres
Starchy food cooked in fat or oil restricted	x	-
Crisps and savoury snacks restricted	Should be removed from educational centres	Should be removed from educational centres
Fresh drinking water must be provided and be easily accessible	x	Bottled water varieties acknowledged by legislation. Water-based drinks that are classed as soft-drinks and which contain flavourings and/or sweeteners, are not classed as water in this case. However, it is recommended that there should be free access to water fountains or water dispensers
Drinks limited to specific types (e.g. milk, fruit juice, water, combination of these)	Water should be the only drink to accompany meals	Water should be the only drink to accompany meals
Soft-drinks (e.g. sugar-sweetened or artificially-sweetened soft drinks, squash) restricted	Should be removed from educational centres	Should be removed from educational centres
Salt provision is restricted	x	x

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

	Lunch	Other than lunch
Other	<p>Cereals should form basis of diet, using wholegrain as much as possible; bread daily; vary cooking methods for different courses; olive or sunflower oil high in oleic acid should be used for fried dishes; extra virgin olive oil should be used for dressings; concentrated meat stocks or any product that contains enhanced flavours such as monosodium glutamate often have too much salt so their use should be limited, and when they are used, extra salt should not be added; introducing ecologically produced foods in school meals could have advantages regarding sustainability and environmental protection; in cases where pupils cannot have a certain type of food for cultural or religious reasons, an alternative shall be available which suitably covers their nutritional needs – as long as the organisational conditions and facilities allow for it, and it is economically viable; latex gloves should not be used to stop latex proteins being transferred from gloves to foods, as they can cause anaphylactic reactions in some people</p>	<p>Recommends that vending machines sell healthy products: Milk –in any of its forms (whole milk, skimmed, semi-skimmed) or preservation method; dairy products (fermented milk, yoghurts, milk shakes, etc) made from whole, skimmed or semi-skimmed milk with max 12.3 g sugar/100 ml (4.8 g lactose + 7.5 g added sugars) or 24.6 g sugar (9.6 g lactose + 15 g added sugars) per 200 ml carton/packet; low fat cheeses that do not exceed established salt levels; breakfast cereals and cereal bars as long as they comply with established criteria for fats, sugars and salt; biscuits and cakes – as long as they comply with established criteria for sugar and fat content (especially saturated fat); nuts which do not contain added sugars or fats (and are not fried or toasted in oil) and whose salt content does not exceed established limit. Serving size should not exceed maximum energy value; ice cream – preferably made from milk, as long as they comply with criteria established for fat and sugar content; sandwiches as long as they comply with criteria established for fat, salt and sugar content; rolls – preferably made with brown bread. Most should be made at point of sale and therefore do not have a label, but as they are mainly made of bread, they generally do not contain high levels of fat, sugar or salt; bread products (breadsticks, toasted bread, etc.) as long as they comply with criteria established for fat, salt and sugar content</p>

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

	Lunch	Other than lunch
Energy	35% of energy needs, grouped by age and gender	Portion limits for foods from kiosks, vending machines and cafeterias: max energy value of 200 kcal
Fat	-	Max. 35% of these kilocalories should come from fats; for a serving with less than 200 kcal, this is equivalent to a maximum content of 7.8 grams of fat

Additional information on Spanish energy-/nutrient-based standards for lunch and foods other than lunch (cont.)

	Lunch	Other than lunch
Saturated fat	-	Max. 10% of kcal should come from saturated fats; for a serving with less than 200 kcal, this is equivalent to max content of 2.2 g of saturated fats
Total carbohydrate	-	-
Non-milk extrinsic sugars	-	Max. 30% of kcal should come from total sugars; for a 200 kcal serving, this is equivalent to max 15 g sugar
Fibre	-	-
Protein	-	-
Iron	-	-
Zinc	-	-
Calcium	-	-
Vitamin A	-	-
Vitamin C	-	-
Folate	-	-
Sodium	-	Max. 0.5 g of salt (0.2 g of sodium)
Other	-	Absence of trans fatty acids, except for those naturally found in meat and dairy products; foods should be free of artificial sweeteners; should be free from caffeine or other stimulants, except those naturally present in cocoa