

# SCHOOL FOOD POLICY COUNTRY FACTSHEETS



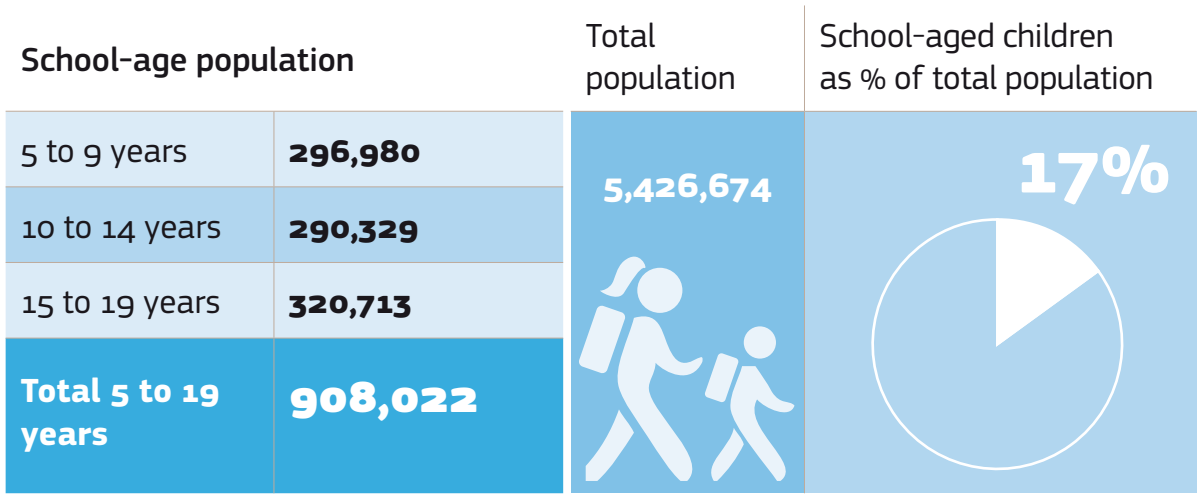
## FINLAND



<b>School food policy (mandatory)</b>	“Kouluruokailusuositus”
<b>Developed by</b>	Ministry of Education is responsible for legislation, curriculum and paedagogical aspects, Ministry of Health and Ministry of Agriculture work with nutritional guidelines etc.
<b>Year of publication</b>	2008
<b>Web link(s)</b>	<a href="http://www.ravitsemusneuvottelukunta.fi/attachments/vrn/kouluruokailu_2008_kevyt_nettiin.pdf">http://www.ravitsemusneuvottelukunta.fi/attachments/vrn/kouluruokailu_2008_kevyt_nettiin.pdf</a>

## General information

### Demographic data



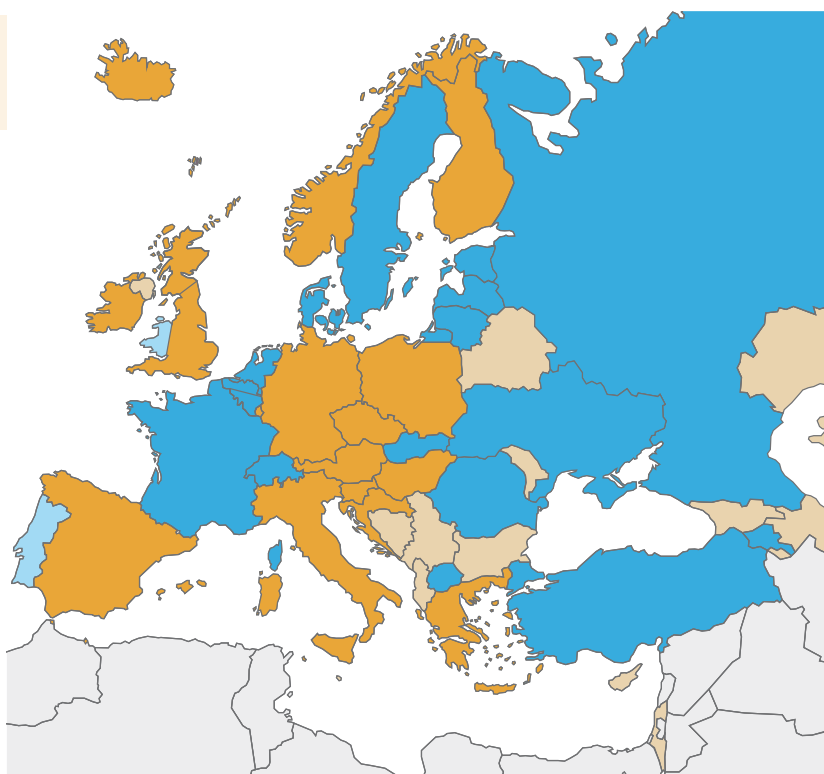
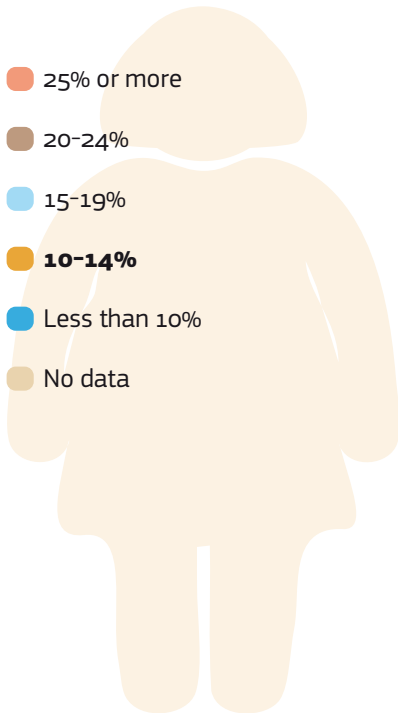
Source: EUROSTAT, year 2013.



## Adolescent overweight/obesity prevalence in Europe

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

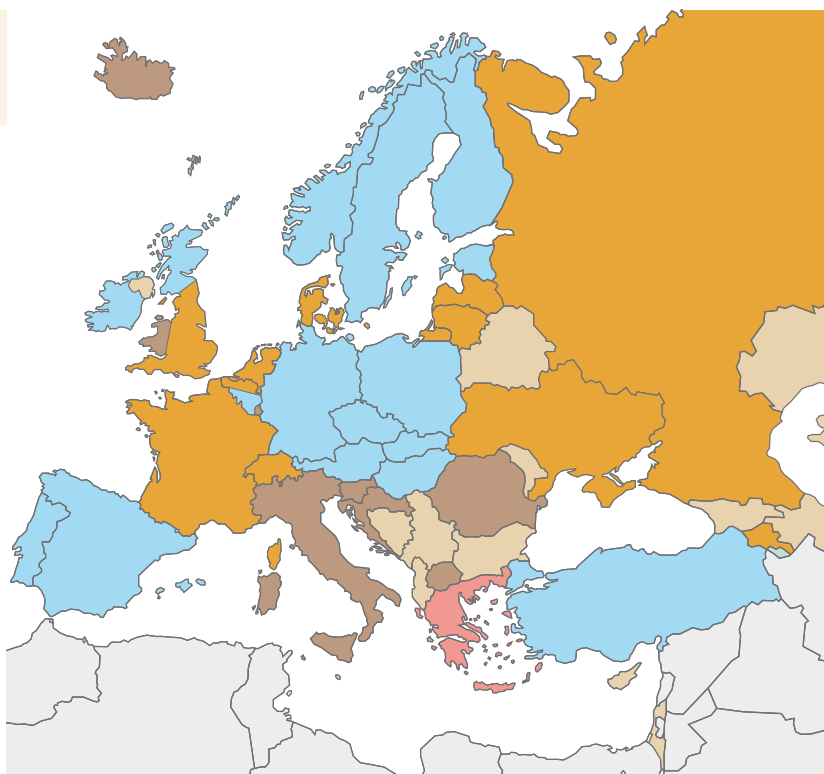
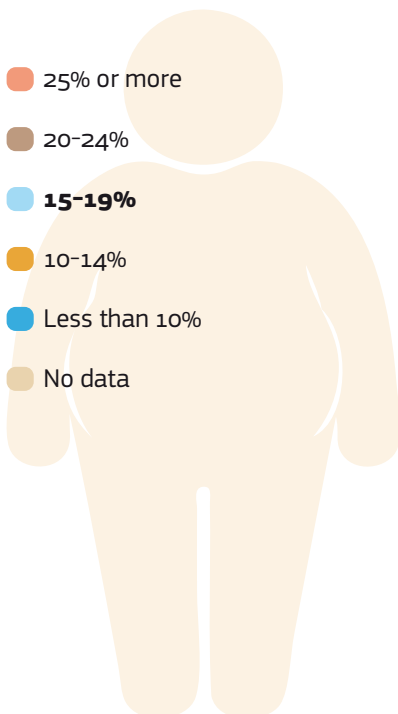
- 25% or more
- 20-24%
- 15-19%
- **10-14%**
- Less than 10%
- No data



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

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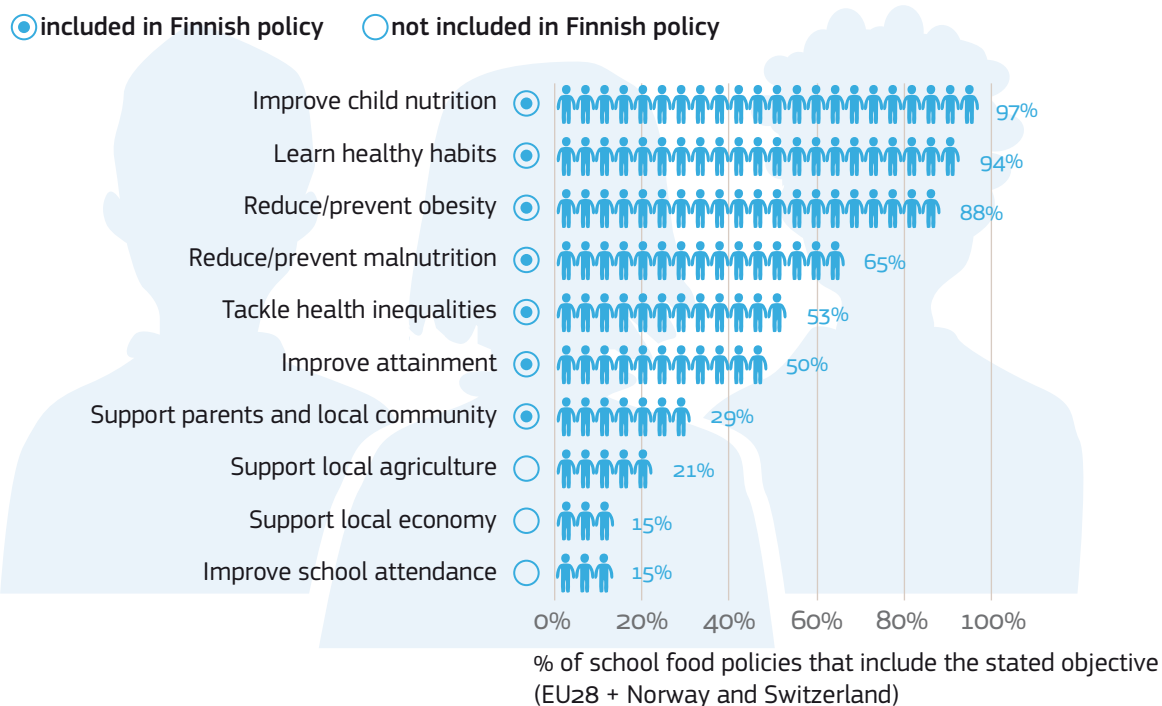


Note: HBSC teams provided disaggregated data for Belgium and the United Kingdom; these data appear in the map above.

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

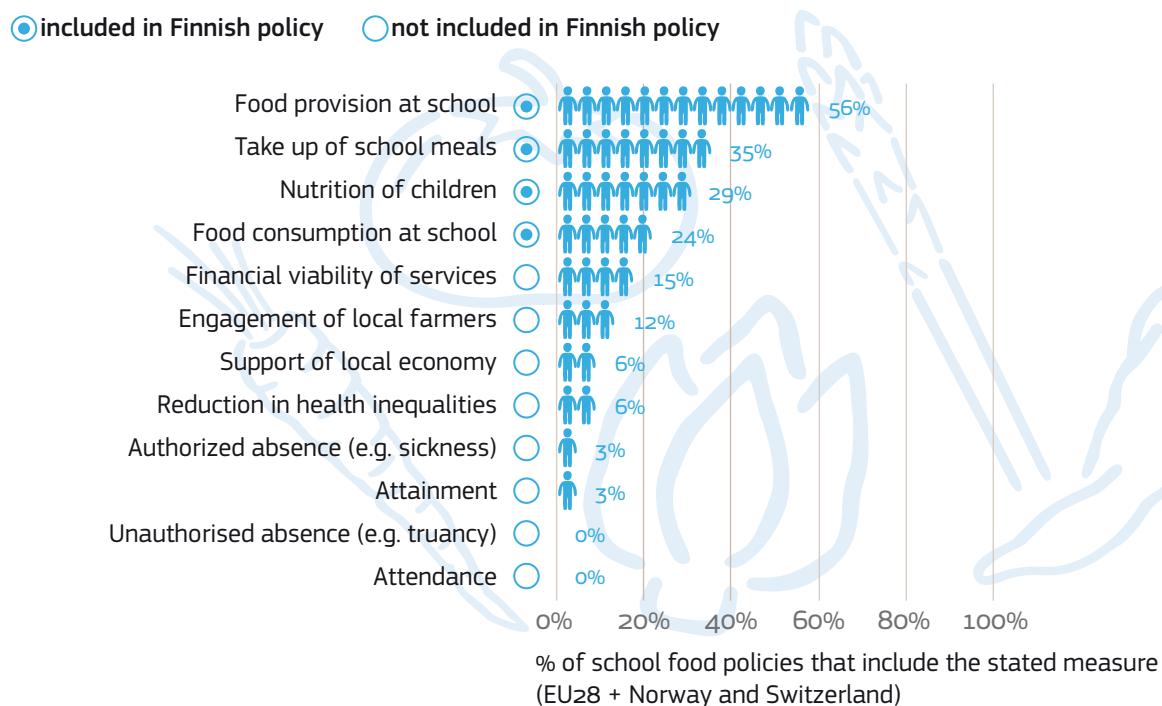


### Other objectives:

- Disease prevention, long term cost savings (healthcare), teach good table manners and social interaction skills

# 3

## Measures through which the policy is evaluated



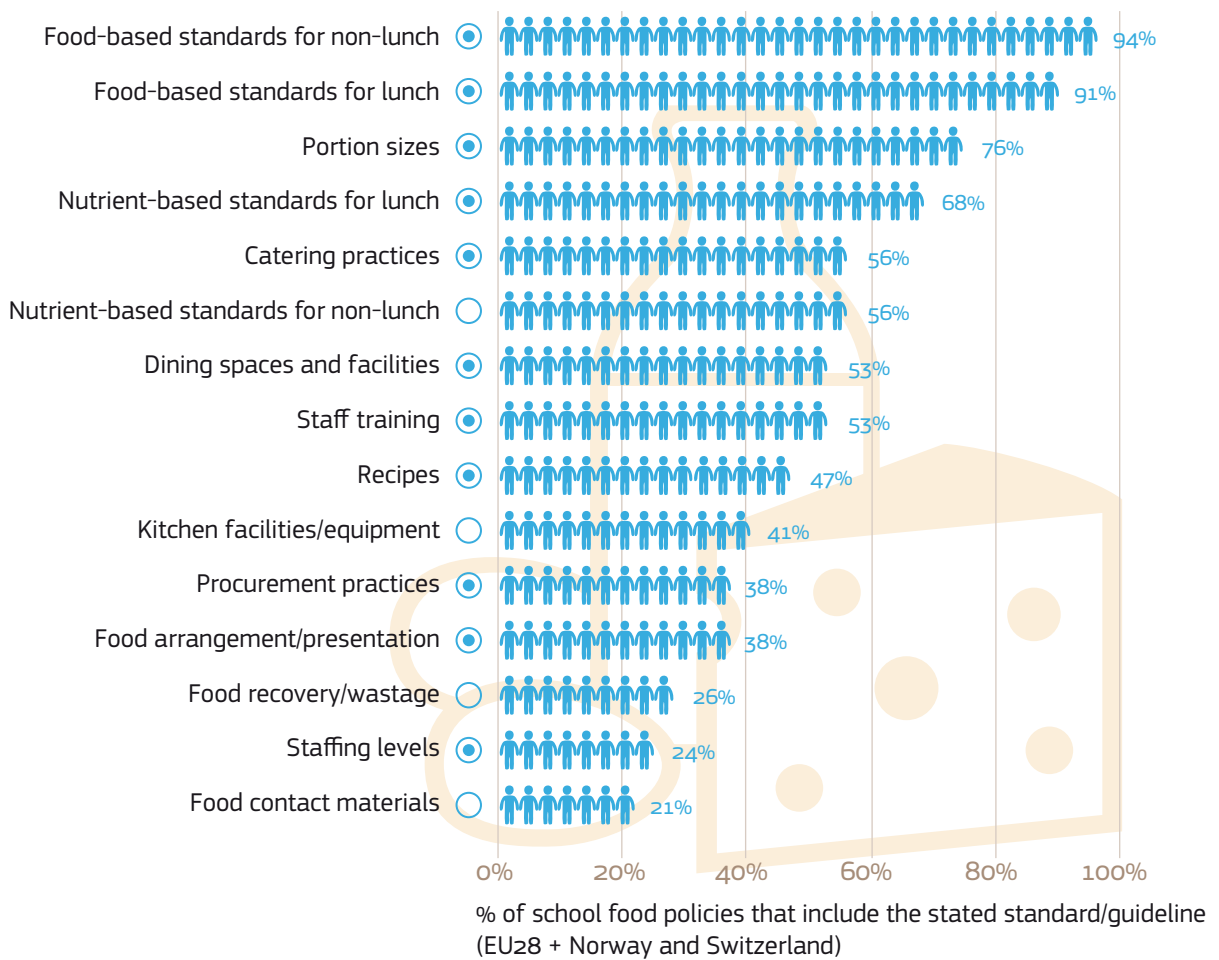
### Other measures:

- Nutrient-based energy evaluation, nutrient quality evaluation, saturated fat, salt control of school meals; is a “healthy meal” (plate model) being displayed in the canteen? other evaluation considering health-based objectives, social interaction and canteen service etc. can be decided upon and evaluated; pupils should be encouraged to give feedback

# 4

## School food policy standards and guidelines

included in Finnish policy     not included in Finnish policy

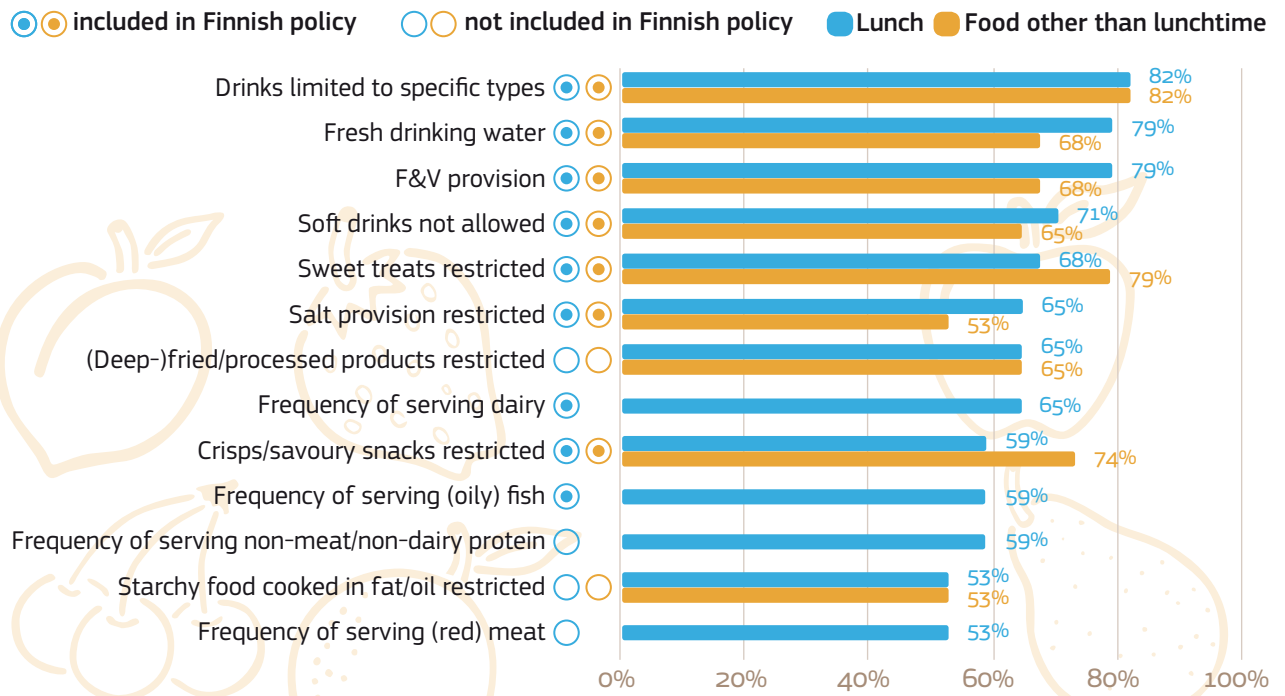


### Other standards/guidelines:

- n/a



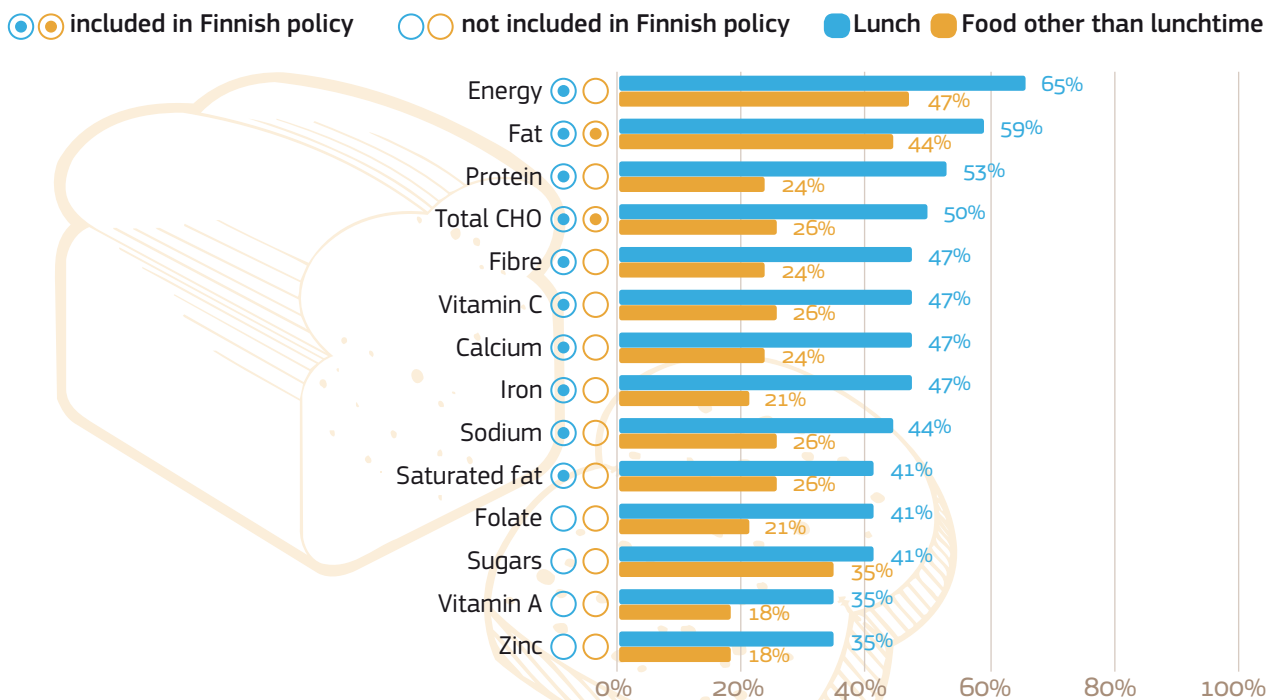
# 5 Food-based standards



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

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

# 6 Nutrient-based standards



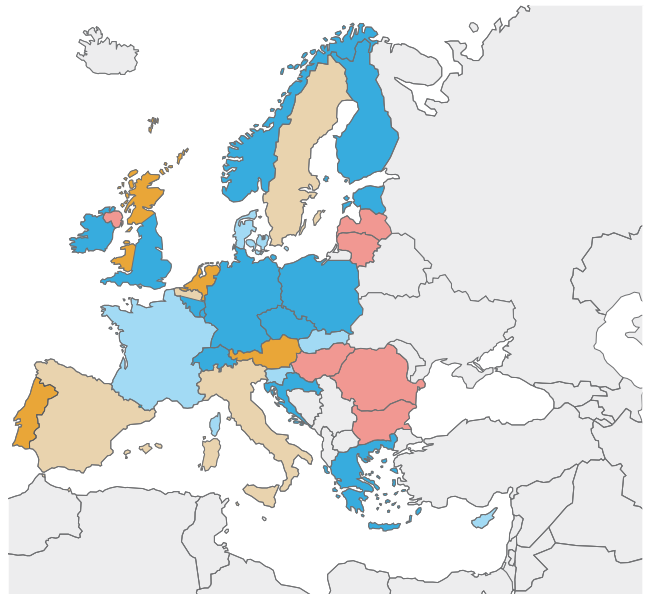
% of school food policies that include the stated energy-/nutrient-based standard/guideline (EU28 + Norway and Switzerland)

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

# 7 Restrictions on vending machines on school premises

## Finland

- 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**

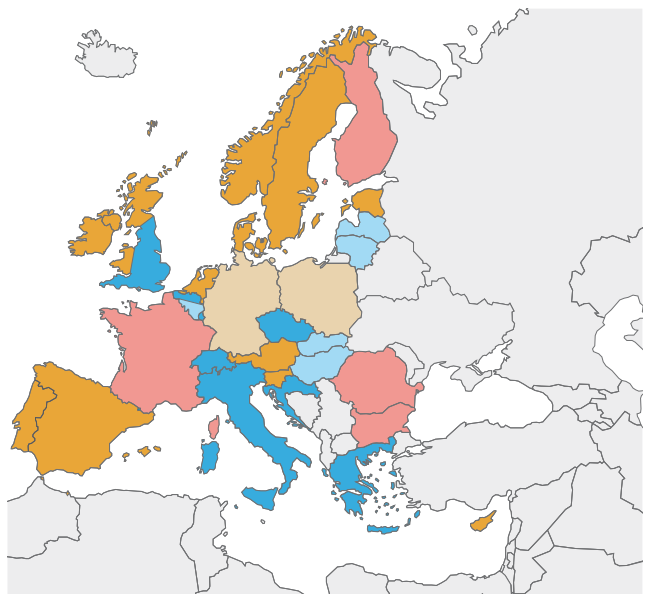


Vending machine restrictions on school premises across EU28 + Norway and Switzerland

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

## Finland

- 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

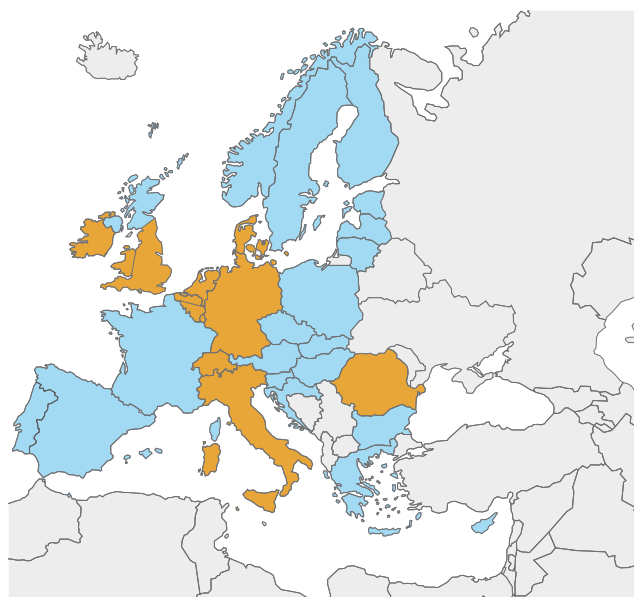


Food and drink marketing restrictions on school premises across EU28 + Norway and Switzerland

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

### Finland

School food provision is considered a part of the education



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

### Additional information on Finnish 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	Fresh and cooked vegetables covering half of the plate, berries or fruits for dessert	Every snack should contain vegetables, fruit or berries
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	Skimmed or semi-skimmed milk, fermented milk; products should have max 1% fat	n/a
Specified number of times (oily) fish should be on the school lunch menu	Fish, at least once, preferably twice a week (not oily)	n/a
Restrictions on availability of fried, deep-fried or processed products	-	-



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

	Lunch	Other than lunch
Sweet treats (chocolate, confectionery, cakes, biscuits, etc.) restricted	Not recommended	Not recommended
Starchy food cooked in fat or oil restricted	-	-
Crisps and savoury snacks restricted	Not recommended	Not recommended
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 and skimmed/semi-skimmed milk are mentioned as parts of a balanced meal; products should have max 1% fat	Max 1 % fat
Soft-drinks (e.g. sugar-sweetened or artificially-sweetened soft drinks, squash) restricted	Not recommended	Not recommended
Salt provision is restricted	x	x
Other	Bread with wholemeal; vegetable margarine; potato/rice/pasta every meal. Meat/charcuterie should be low-fat	Cheese max 17 g fat/100 g; vegetable margarine for sandwiches; wholemeal for porridge; low fat charcuterie; cakes with max 10 g fat/100 g and max 20 g sugar/100 g and max 0.7% salt

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

	Lunch	Other than lunch
Energy	A third of child's daily energy intake, amount of kcal depend on age: 6-8: 550 kcal; 9-12: 650 kcal; 13-15: 740 kcal; 16-19: 860 kcal	-
Fat	30% of kcal	We have a list of recommended snacks (such as yogurts with max 1% fat and max 12 g/100 g carbohydrate)
Saturated fat	10% of kcal	-
Total carbohydrate	55% of kcal	We have a list of recommended snacks (such as yogurts with max 1% fat and max 12 g/100 g carbohydrate)
Non-milk extrinsic sugars	-	-
Fibre	12.6 g/1000 kcal	-

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

	Lunch	Other than lunch
Protein	15% of kcal	-
Iron	6.7 mg/1000 kcal	-
Zinc	-	-
Calcium	420 mg/1000 kcal	-
Vitamin A	-	-
Vitamin C	34 mg/1000 kcal	-
Folate	-	-
Sodium	NaCl max 2.1 g/1000 kcal	-
Other	Thiamine 0.5 mg/1000 kcal	-