

SCHOOL FOOD POLICY COUNTRY FACTSHEETS



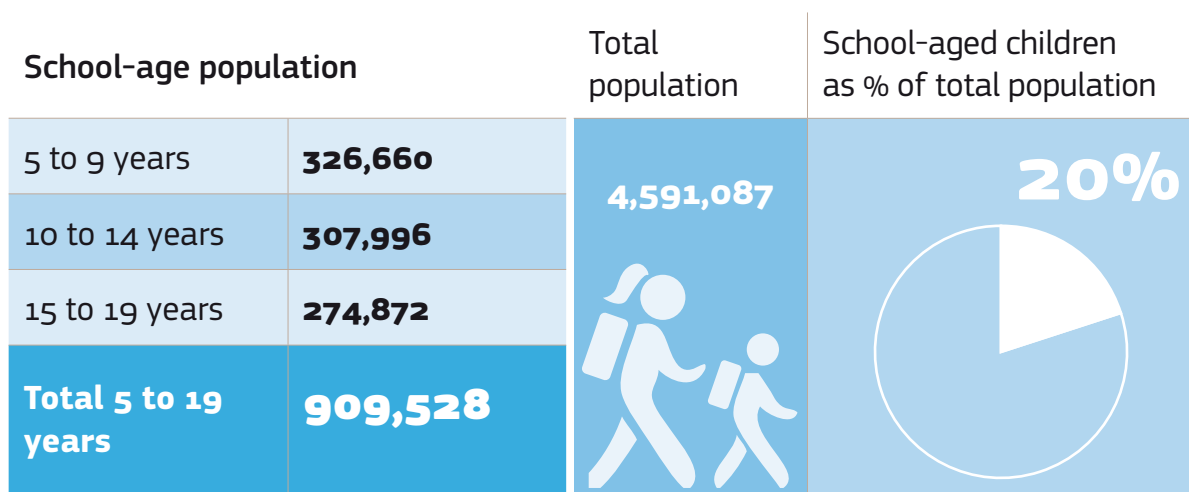
IRELAND



School food policy (voluntary)	“Food & Nutrition Guidelines for Primary Schools”
Developed by	Ministry of Health
Year of publication	2003
Web link(s)	http://www.fooddudes.ie/Primary_Schools_Food_Nutrition.pdf

1 General information

Demographic data



Source: EUROSTAT, year 2013.

Childhood overweight/obesity prevalence in Ireland

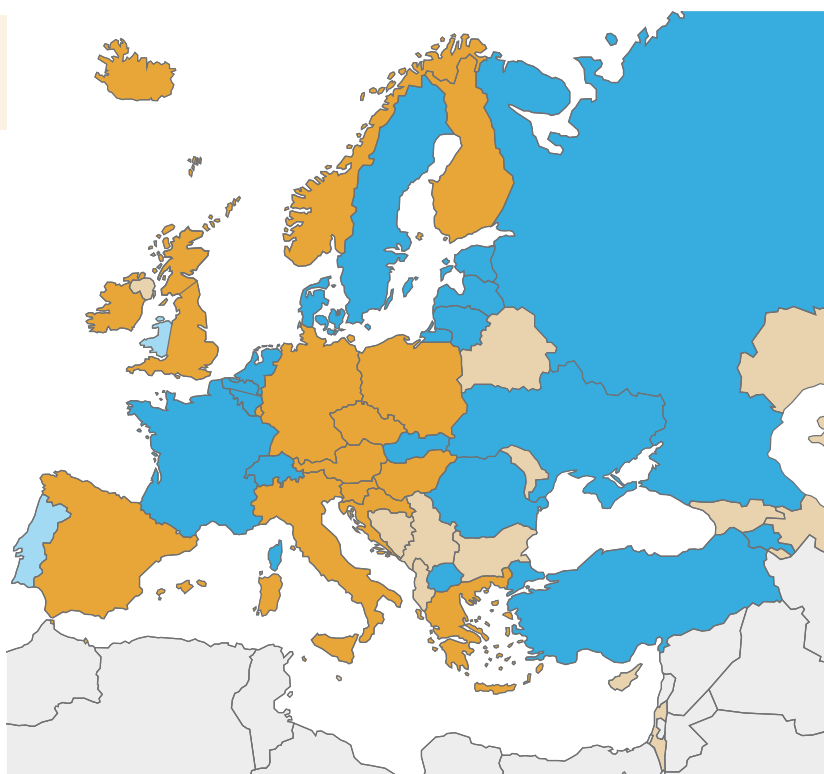
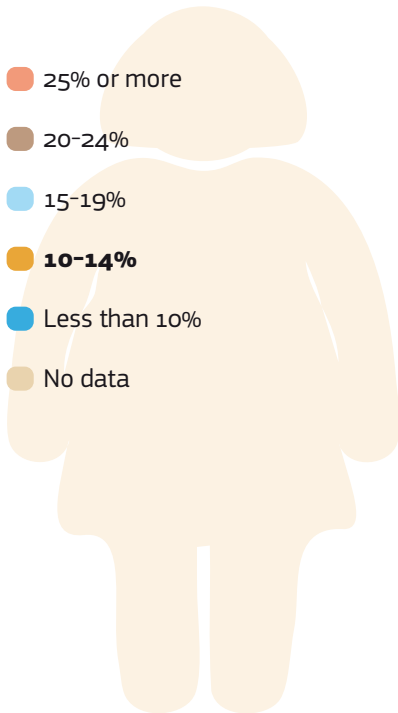
	Overweight (including obesity)		Obesity	
	2007/8	2009/10	2007/8	2009/10
Boys (7 years)	27.6%	25.7%	8.7%	8.6%
Girls (7 years)	31.1%	30.0%	9.7%	6.9%

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

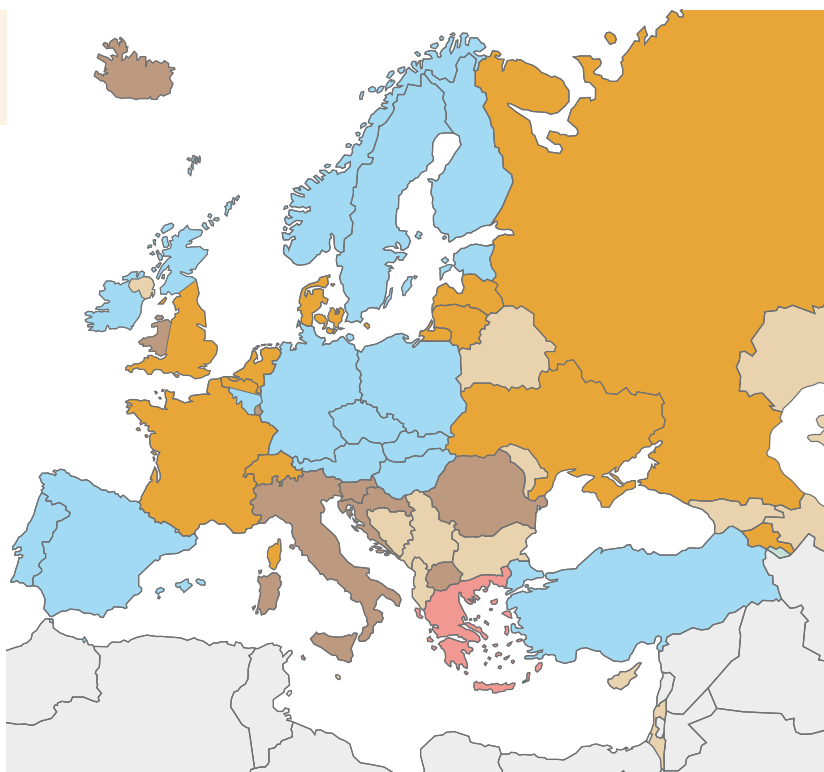
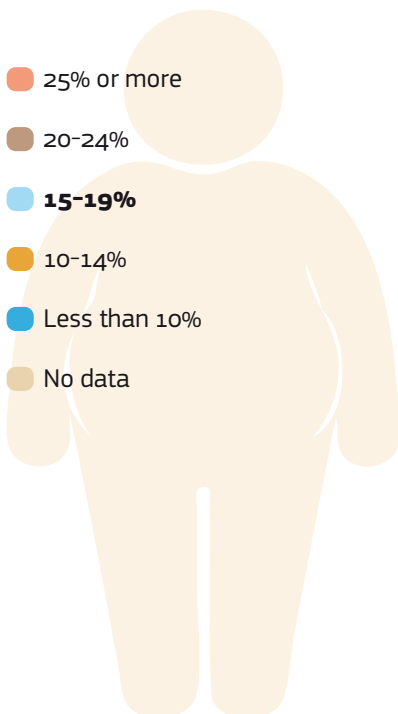
- 25% or more
- 20-24%
- 15-19%
- **10-14%**
- Less than 10%
- No data



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

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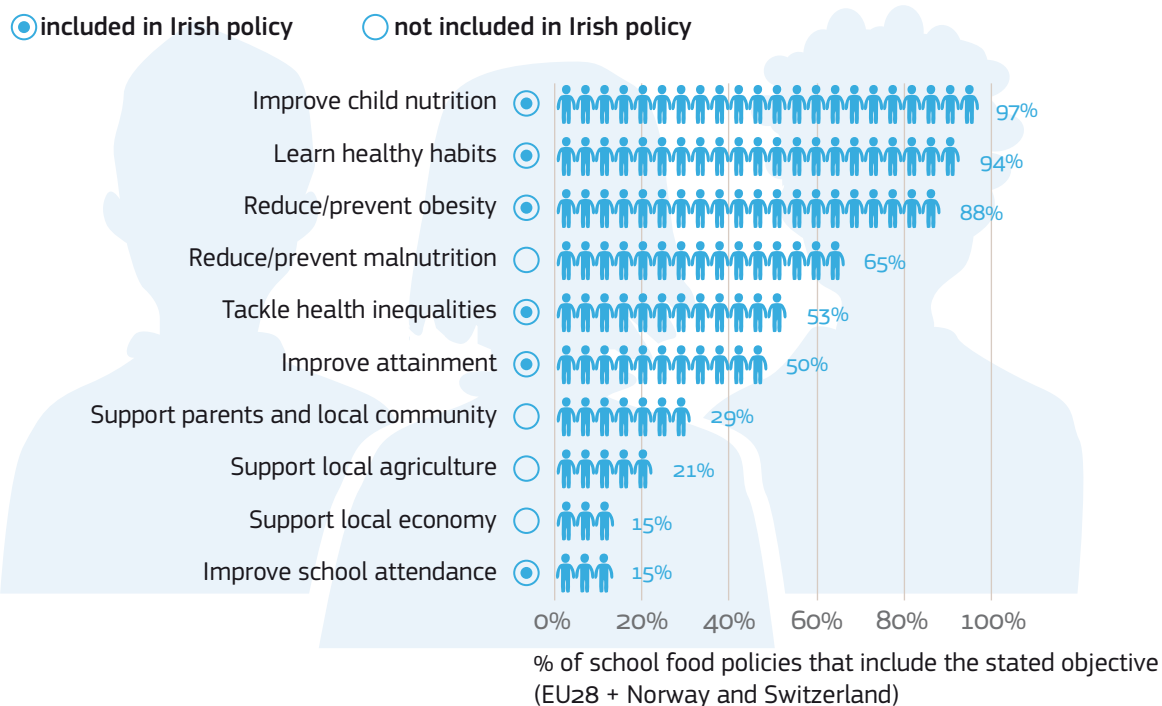


Note: HBSC teams provided disaggregated data for Belgium and the United Kingdom; these data appear in the map above.

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).

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School food policy objectives

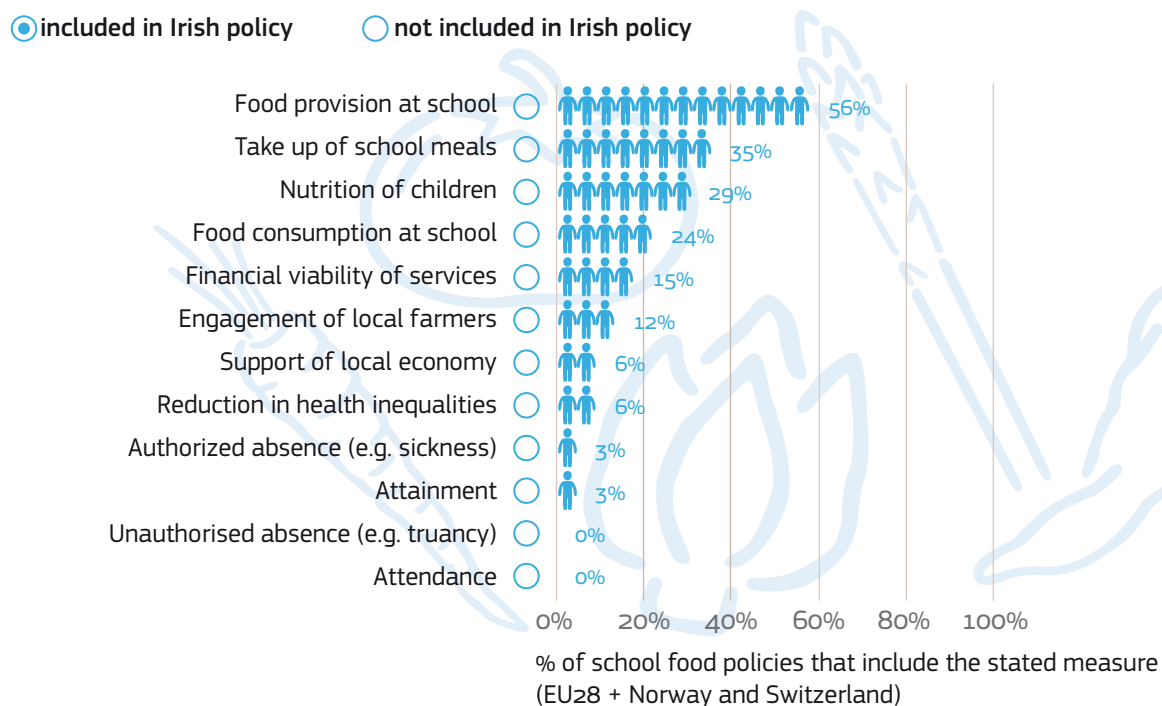


Other objectives:

- Health promotion, improve children’s self-esteem and well being

3

Measures through which the policy is evaluated



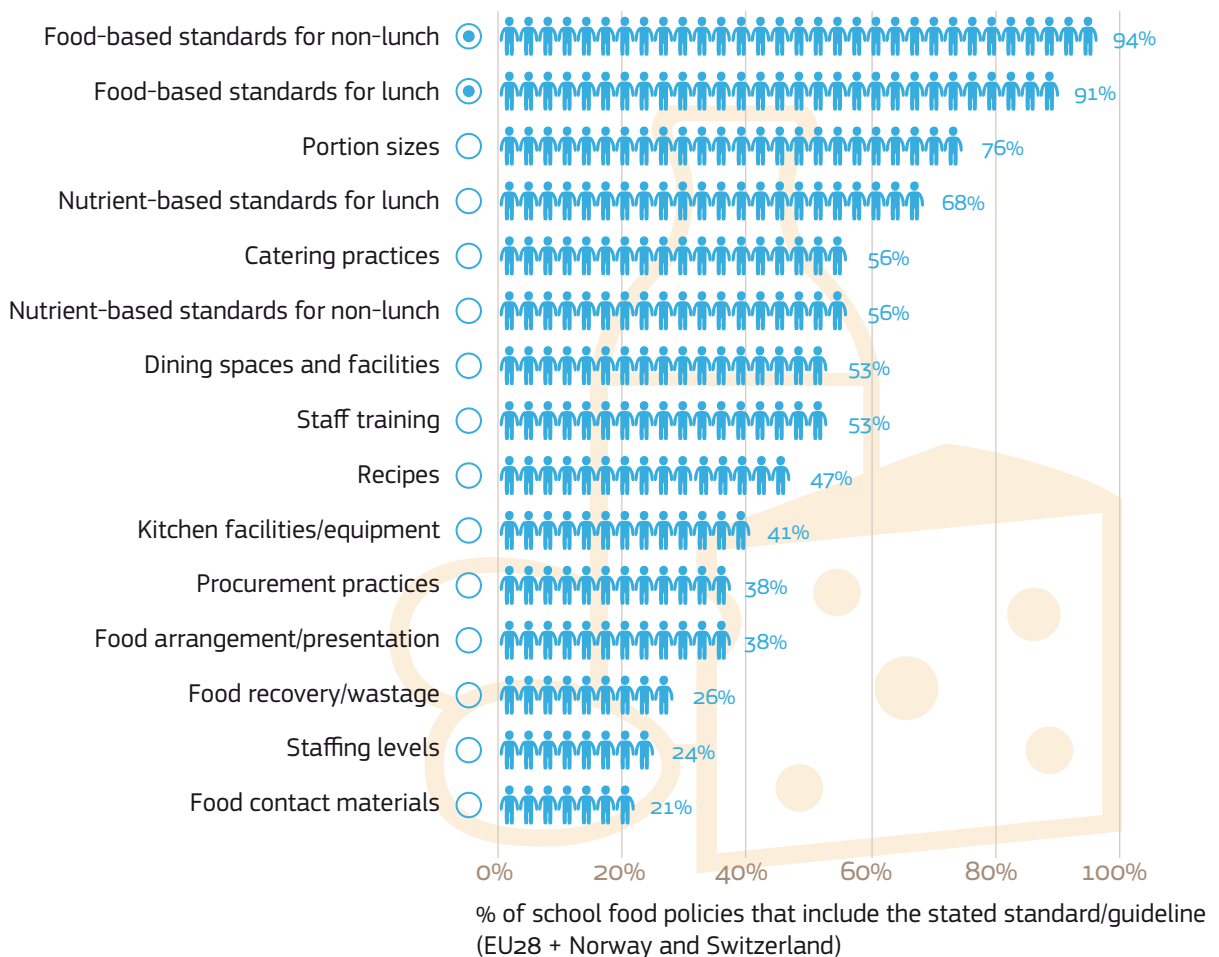
Other measures:

- Is there enough time for children to enjoy lunch and have some physical activity at lunch time?
- Are children encouraged to sit while eating?
- Is lunchtime supervised?
- Is there a designated area for eating?
- Do/Could older children help younger children with lunch?
- Are there handwashing facilities?
- Is there a storage area for lunches?

4

School food policy standards and guidelines

included in Irish policy not included in Irish policy

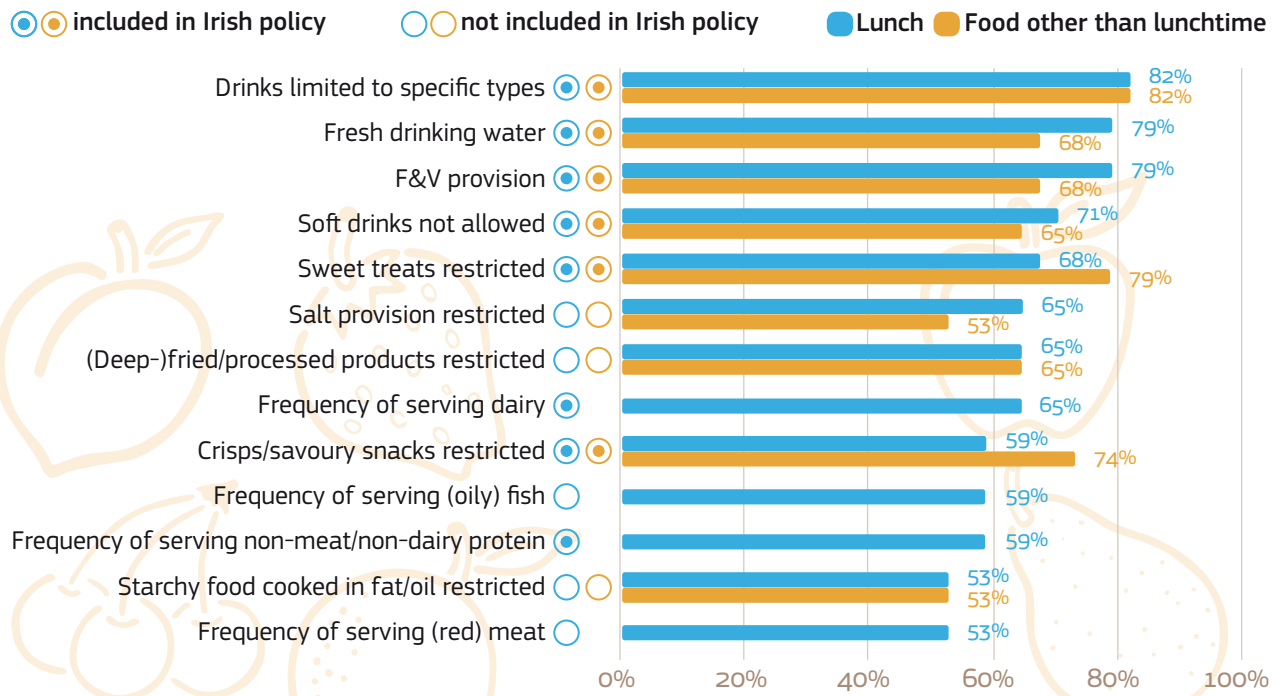


Other standards/guidelines:

- n/a

5

Food-based standards

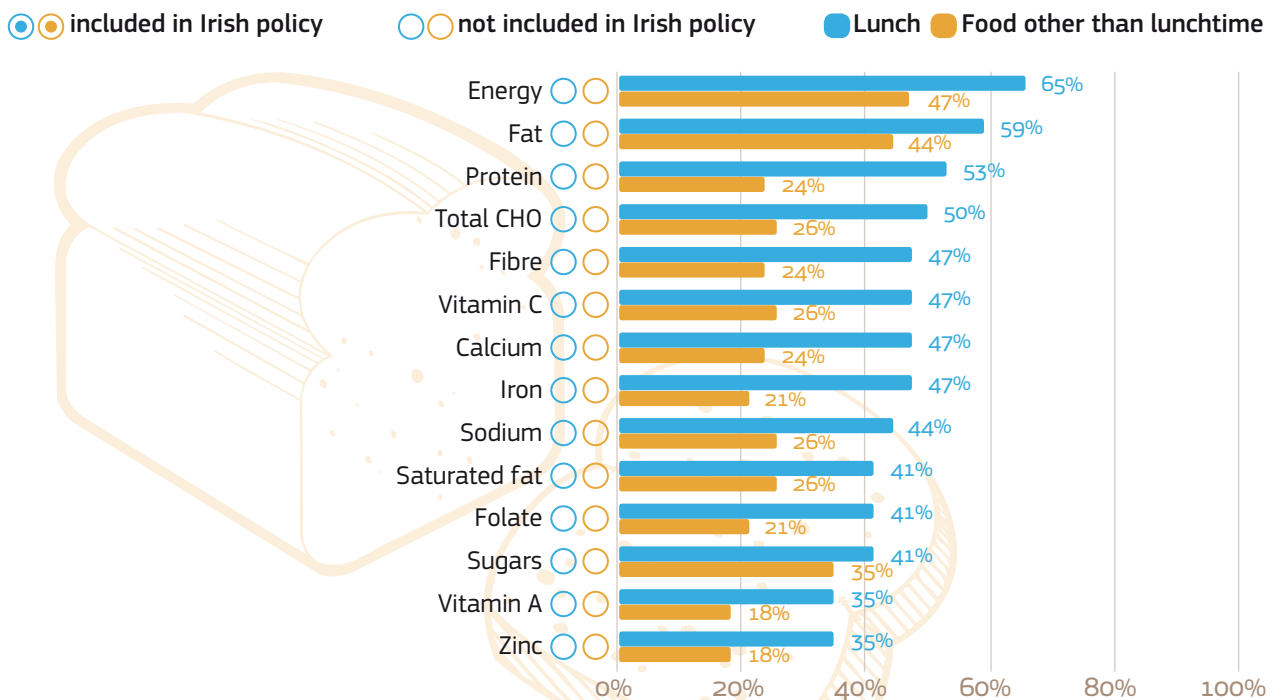


% of school food policies that include the stated food-based standard/guideline (EU28 + Norway and Switzerland)

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

6

Nutrient-based standards

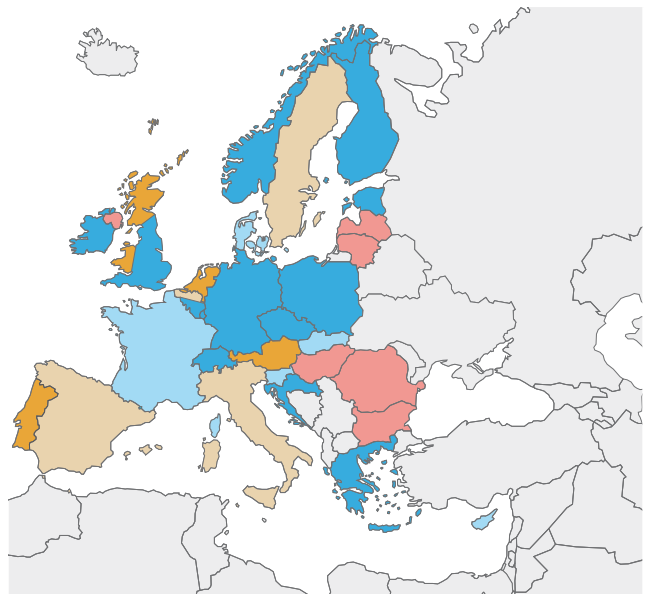


% of school food policies that include the stated energy-/nutrient-based standard/guideline (EU28 + Norway and Switzerland)

7 Restrictions on vending machines on school premises

Ireland

- 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**



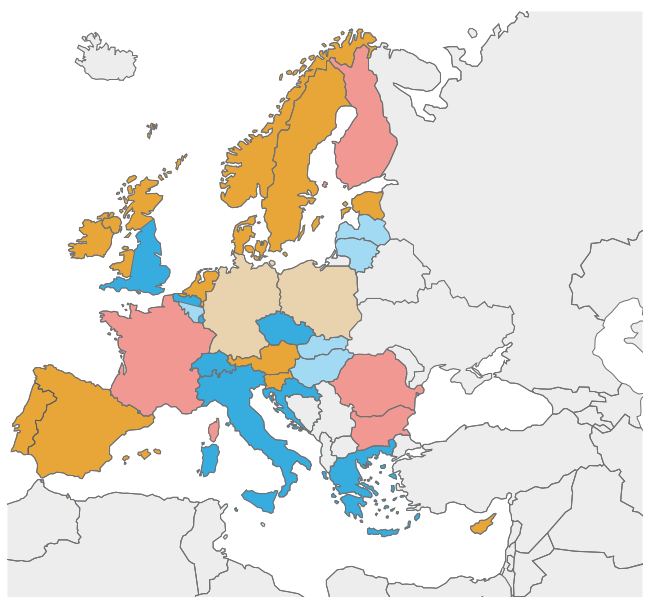
Vending machine restrictions on school premises across EU28 + Norway and Switzerland

8 Restrictions on marketing of food or drink on school premises

Ireland

- 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

Dept of Health recommends that schools should be protected zones and free from marketing (EU Strategy); there have been a number of initiatives by government, regulators, private sector and consumer groups in relation to practice of advertising of foods and beverages to children; codes, rules and practices have been developed; work was ongoing according to Report of Inter-sectoral Group on Implementation of Recommendation of National Task Force on Obesity of April 2009, including measures in Broadcasting Bill 2009 to prohibit TV and radio advertising of high fat, sugar and salt products subject to public concern in respect to general public health interests of children.

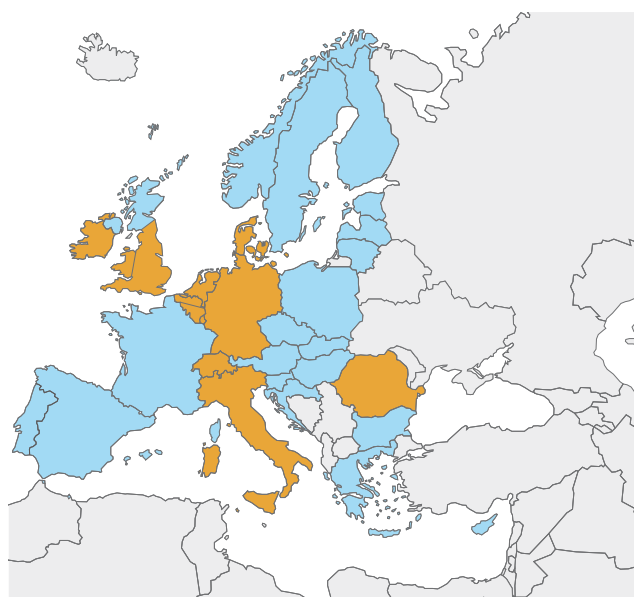


Food and drink marketing restrictions on school premises across EU28 + Norway and Switzerland

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

Ireland

It is a part of the guidelines to teach about food and nutrition, but the guidelines are voluntary



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

Additional information on Irish 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	One or more servings: vegetable – cooked or raw; salad vegetable, e.g. lettuce, tomato, cucumber, sweetcorn, peppers, celery, carrot – included in sandwiches; vegetable sticks e.g. cucumber, carrots, celery, pepper (red, yellow, green); all fresh fruit, e.g. apples, mandarines, satsumas, tangerines, peaches, pears, plums, bananas (try to buy in season and wash before school); oranges – slice into 6-8 segments and wrap in cling film; kiwis – slice in half and wrap in cling film, or eat with teaspoon; dried fruit – raisins, sultanas, apricots, figs; unsweetened pure fruit juice (one serving is: 1 large piece of fruit, i.e. 1 apple, 1 orange, 1 banana; 2 small pieces of fruit, i.e. 2 satsumas, 2 kiwis; 100 ml of unsweetened pure fruit juice (1 small carton = 200 ml); ½ tin of fruit, in own juice; 2 tbsp/3 tsp vegetable, i.e. carrots chopped or grated; 1 small salad, i.e. lettuce, tomato, cucumber, celery sticks (Dept of Agriculture and Food launched fruit & vegetable programme in 120 primary schools; Dept of Agriculture Food Dudes programme also incorporates EU School Fruit Scheme)	Unsweetened fruit juice, banana, apple, orange, peach, satsumas, plum, grapes, kiwi, pear, melon, pineapple, raw carrot sticks, dried fruit (Dept of Agriculture and Food launched fruit & vegetable programme in 120 primary schools; also EU School Fruit Scheme)

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

	Lunch	Other than lunch
Specified number of times (red) meat served	-	n/a
Specified number of times other sources of protein served	Sources of protein including fish and meat: one serving; meat – lean beef, lamb, pork or ham; chicken or turkey – sliced or chopped; eggs; fish – tinned, fresh; nuts – whole nuts are not suitable for children under 5 years; peanut butter; cheese (not only listed on the dairy shelf but is also a source of protein); textured vegetable protein (TVP), tofu, beans. One serving is: 56 g meat, i.e. 2 slices cooked meat; 56 g chicken, i.e. 2 slices chicken/turkey breast; 84 g fish, e.g. tuna, salmon, mackerel, sardines; 2 eggs – hard boiled, sliced or mashed; 56 g cheddar cheese, i.e. slices or cubes	n/a
Specified number of times dairy products served	One serving; milk – all types include the same amount of calcium; cheese – all types – including cubes, sticks, slices, triangles, spreads; yoghurt – all types (one serving is: 1 glass/mini carton of milk; 1 yoghurt (125 ml); 28 g cheddar type cheese; 2 processed cheese slices)	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	-	-
Sweet treats (chocolate, confectionery, cakes, biscuits, etc.) restricted	Foods from this shelf can be high in fat/sugar and should be used sparingly; chocolate, fizzy drinks, sweets, cakes biscuits should only be eaten occasionally and should not replace important foods from other shelves of the pyramid; these foods may fill children quickly and reduce their appetite for more nutritious healthy food	x
Starchy food cooked in fat or oil restricted	-	-
Crisps and savoury snacks restricted	Crisps and savoury snacks are on the top shelf of the Food Pyramid and are not recommended – but may be eaten occasionally; foods from this shelf can be high in fat/sugar and should be used sparingly; savoury snacks, i.e. crisps should only be eaten occasionally and should not replace important foods from other shelves of the pyramid; these foods may fill children quickly and reduce their appetite for more nutritious healthy food	x

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

	Lunch	Other than lunch
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)	Milk, water and unsweetened fruit juice; School Milk Scheme entitles school-going children to a quarter litre of milk on each school day; pre-schools, primary and second-level schools are eligible for the Scheme	Milk, water and unsweetened fruit juice; School Milk Scheme entitles school-going children to a quarter litre of milk on each school day; pre-schools, primary and second-level schools are eligible for the Scheme
Soft-drinks (e.g. sugar-sweetened or artificially-sweetened soft drinks, squash) restricted	Soft drinks are on top shelf of Food Pyramid and are not recommended	x
Salt provision is restricted	-	-
Other	Bread, cereals and potatoes: 2 or more servings a day; include high fibre choices frequently; bread (all types, plain or toasted) – sliced breads (brown, wholemeal, wholegrain, white), homemade breads (brown, wholemeal, white or brown soda), currant breads, french bread/stick, soda farls; rolls of all sizes – brown, white, wholemeal, petit pains, burger buns; scones – wholemeal, brown, currant, white Pitta breads, tortilla wraps, bagels; crackers (preferably wholegrain/whole wheat); pasta, spaghetti and rice – may be included in salad boxes; combination foods i.e. pizzas, quiche (one serving is: 1 slice of bread; 1 medium roll; 2 crackers; 1 small scone; 2 tablespoons/3 dessertspoons cooked rice/pasta; small serving of popcorn; guidelines also contain suggestions for vegetarian diets and other special diets	Examples from food pyramid: glass of milk, milk on cereal, unsweetened milk shake, yoghurt, cheese slice, cubes or spread; slice of cooked meat, small chicken sandwich, small egg sandwich, baked beans; breakfast cereal, bread, toast, rolls, crackers, crispbreads, bagels, scones, plain biscuits, plain popcorn