

# SCHOOL FOOD POLICY COUNTRY FACTSHEETS



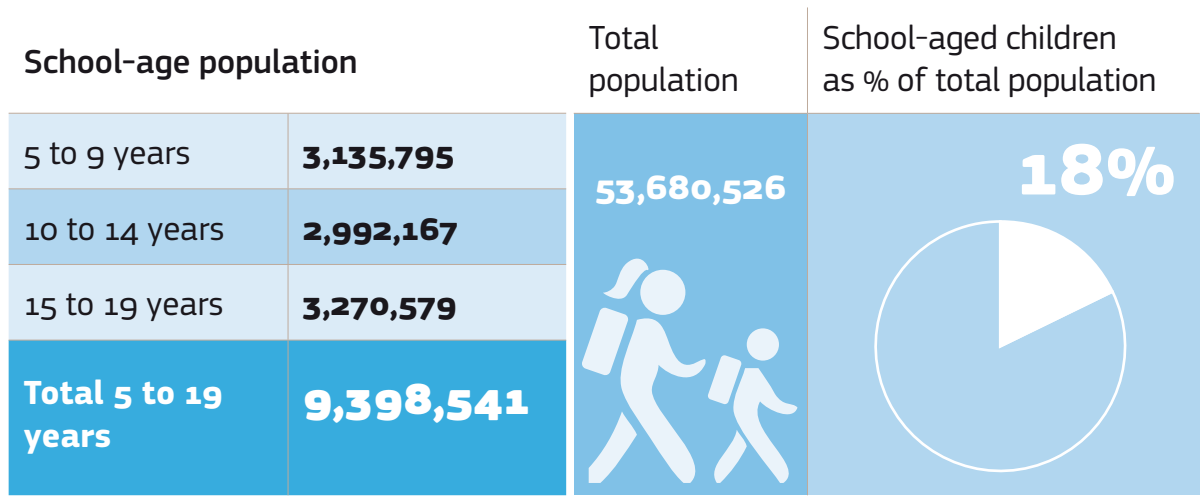
## UK-ENGLAND



<b>School food policy (mandatory)</b>	“The Requirements for School Food Regulations 2014, No. 1603” “School Food Standards - A practical guide for schools, their cooks and caterers”
<b>Developed by</b>	Ministry of Education
<b>Year of publication</b>	2007, as amended 2008, 2011, and 2014
<b>Web link(s)</b>	<a href="http://www.legislation.gov.uk/uksi/2007/2359/pdfs/uksi_20072359_en.pdf">http://www.legislation.gov.uk/uksi/2007/2359/pdfs/uksi_20072359_en.pdf</a> <a href="http://www.legislation.gov.uk/uksi/2014/1603/pdfs/uksi_20141603_en.pdf">http://www.legislation.gov.uk/uksi/2014/1603/pdfs/uksi_20141603_en.pdf</a> <a href="http://www.education.gov.uk/aboutdfe/advice/fo0197541/school-food">http://www.education.gov.uk/aboutdfe/advice/fo0197541/school-food</a> The School Food Plan: <a href="https://www.gov.uk/government/publications/the-school-food-plan">https://www.gov.uk/government/publications/the-school-food-plan</a> Free School Meals: <a href="http://www.education.gov.uk/schools/pupilsupport/pastoralcare/aoo202841/fsmcriteria">http://www.education.gov.uk/schools/pupilsupport/pastoralcare/aoo202841/fsmcriteria</a> <a href="http://www.schoolfoodplan.com/wp-content/uploads/2014/09/School-Food-Standards-Guidance-FINAL-140911-V2C.pdf">http://www.schoolfoodplan.com/wp-content/uploads/2014/09/School-Food-Standards-Guidance-FINAL-140911-V2C.pdf</a>

## General information

### Demographic data



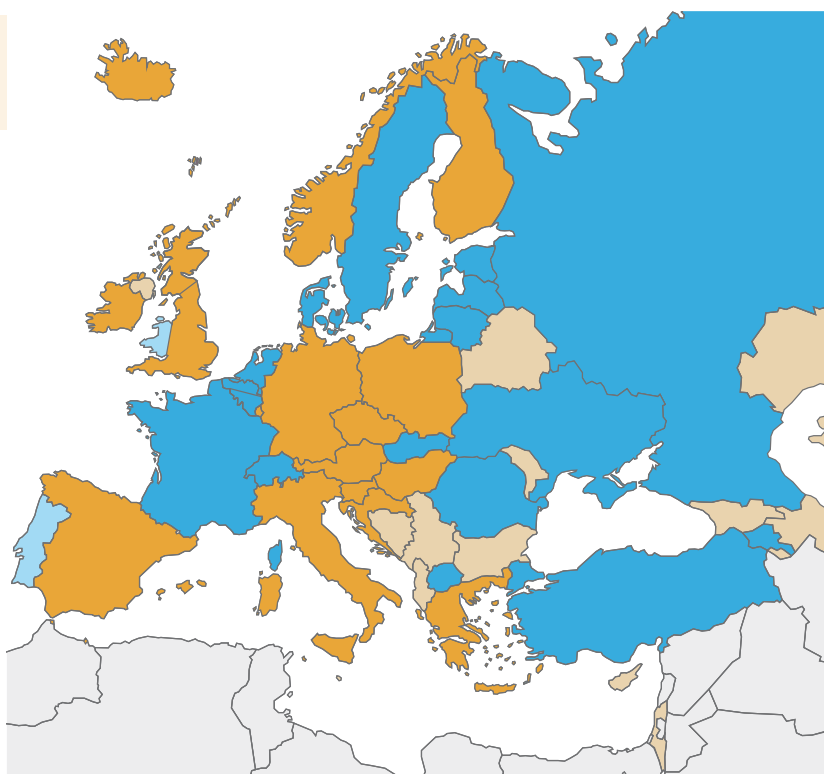
Source: EUROSTAT, year 2013.



## Adolescent overweight/obesity prevalence in Europe

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

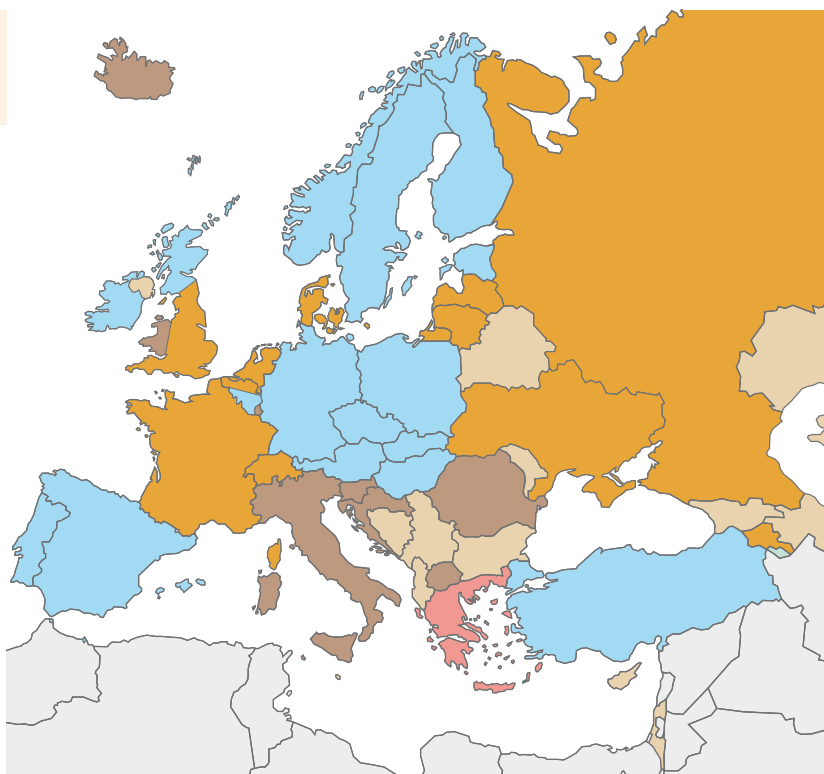
- 25% or more
- 20-24%
- 15-19%
- 10-14%
- **Less than 10%**
- No data



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

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

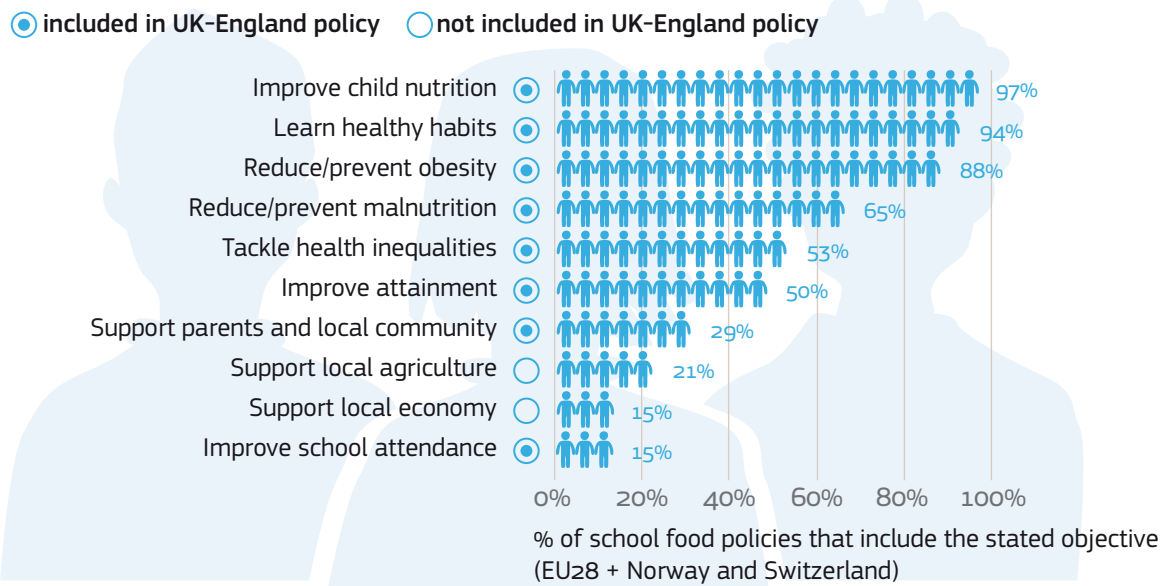


Note: HBSC teams provided disaggregated data for Belgium and the United Kingdom; these data appear in the map above.

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

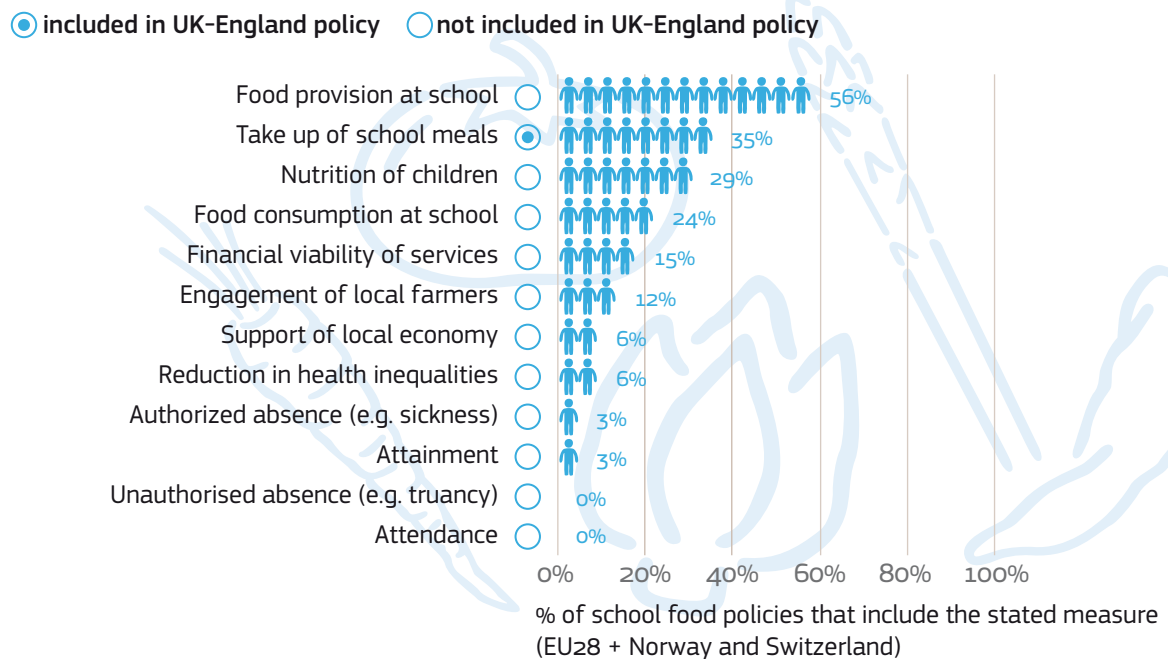


### Other objectives:

- Improve economic viability of school food services

# 3

## Measures through which the policy is evaluated



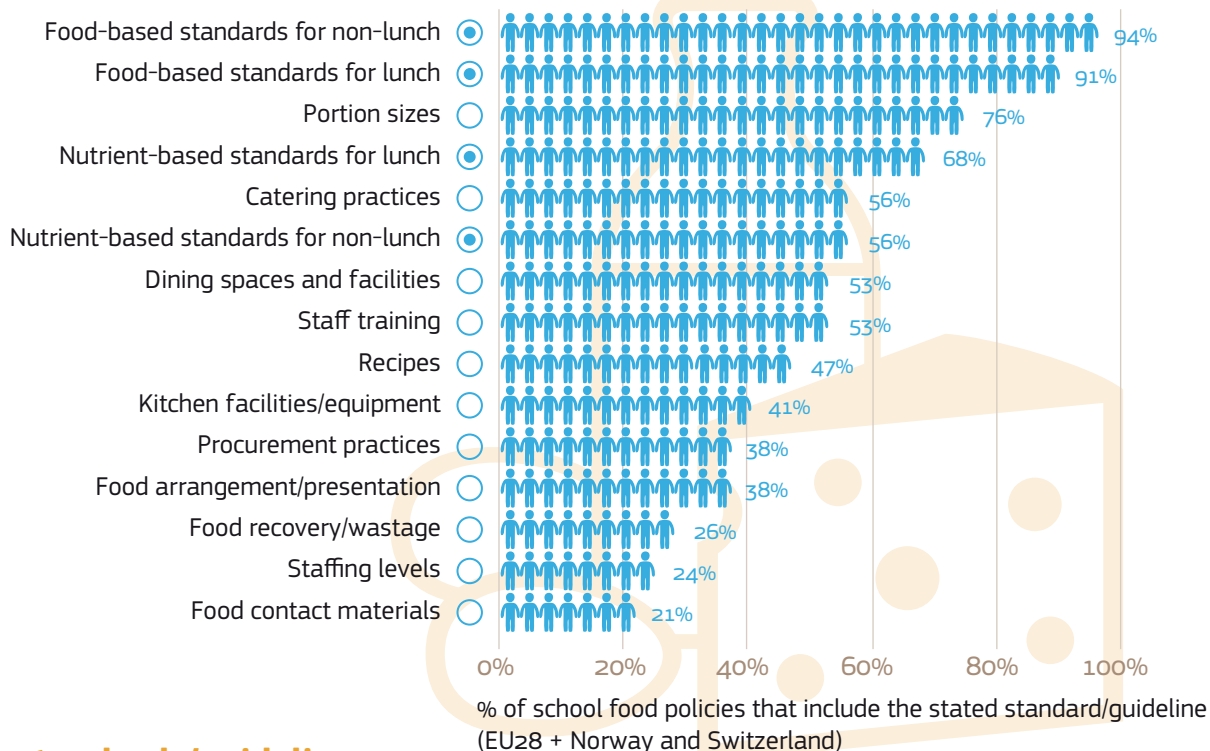
### Other measures:

- Applies to lunch only

# 4

## School food policy standards and guidelines

● included in UK-England policy ○ not included in UK-England policy



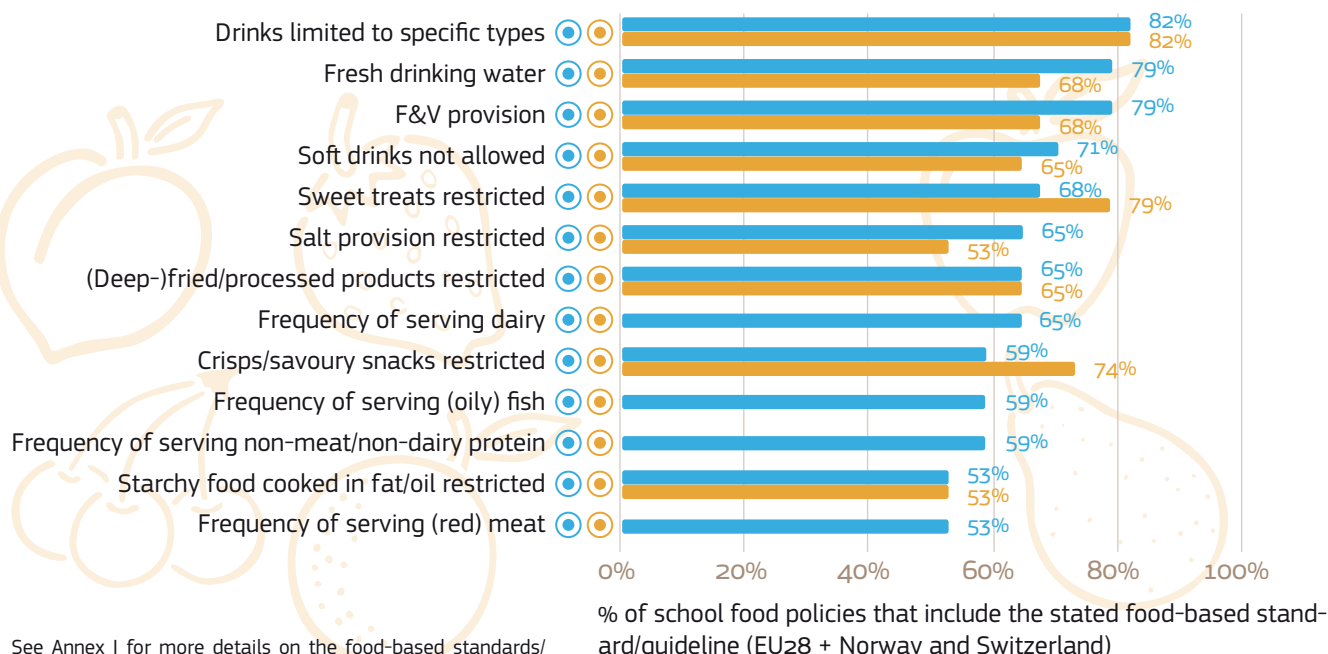
### Other standards/guidelines:

- n/a

# 5

## Food-based standards

●● included in UK-England policy ○○ not included in UK-England policy ● Lunch ● Food other than lunchtime

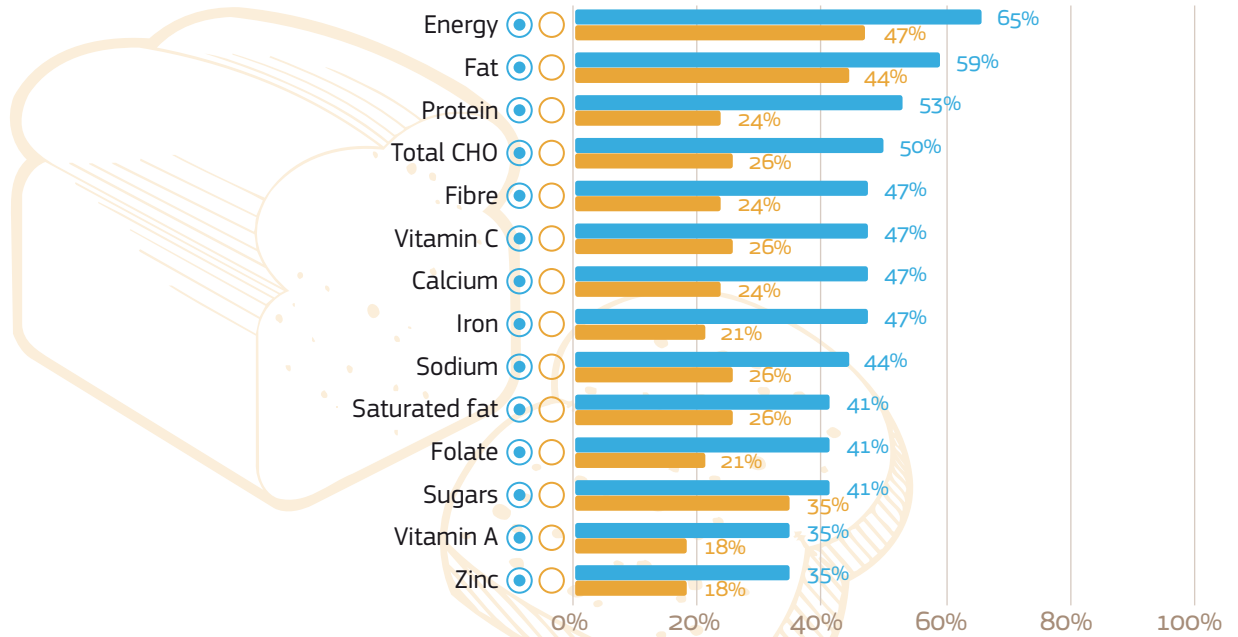


See Annex I for more details on the food-based standards/guidelines in UK-England.

# 6

## Nutrient-based standards

● ● included in UK-England policy 
 ○ ○ not included in UK-England policy 
 ■ Lunch 
 ■ Food other than lunchtime



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

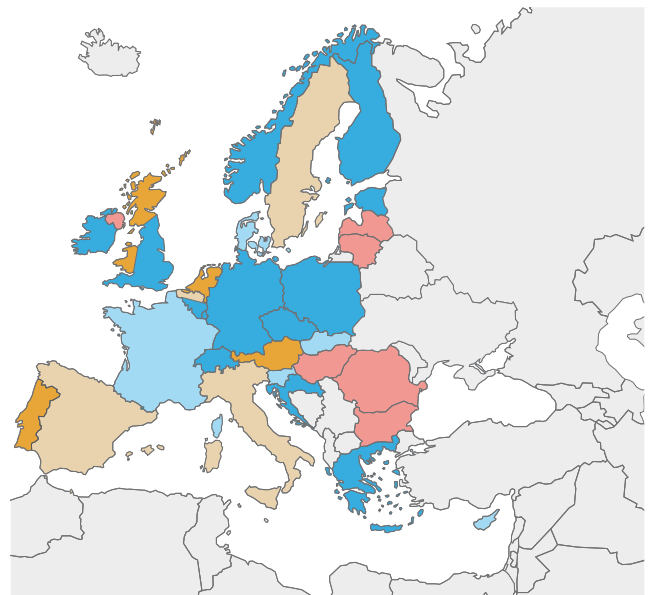
See Annex II for more details on the energy-/nutrient-based standards/guidelines in UK-England.

# 7

## Restrictions on vending machines on school premises

### UK-England

- 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) healthier options recommended, promoted
- **No vending machine restrictions specified**



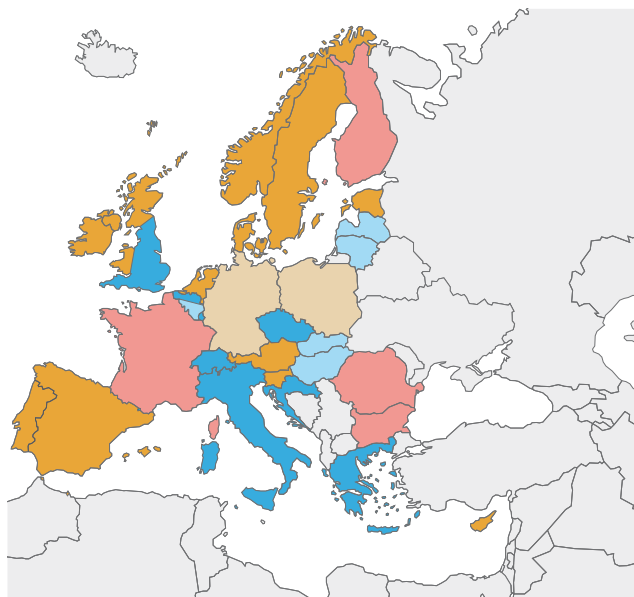
Vending machine restrictions on school premises across EU28 + Norway and Switzerland

# 8

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

### UK-England

- 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**

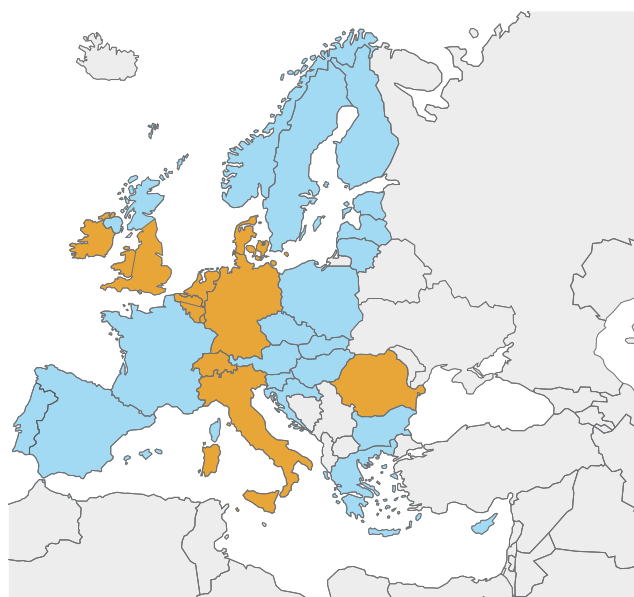


Food and drink marketing restrictions on school premises across EU28 + Norway and Switzerland

# 9

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

### UK-England



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

## Additional information on English 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	Not less than 2 portions per day per pupil must be provided; at least one should be vegetables or salad and at least one should be fruit; includes all fresh, frozen and canned varieties; fruit-based dessert ( $\geq 50\%$ fruit by weight of raw ingredients) at least twice per week in primary schools	Fruit & vegetables must be available in any place on the school premises where food is provided
Specified number of times (red) meat served	Red meat must be provided at least twice each week in primary schools, and at least three times each week in secondary schools; except that a day when a food from meat products group (burger, sausage, meat pie, etc.) which contains red meat is provided may count towards this total	n/a
Specified number of times other sources of protein served	Meat, fish or other non-dairy protein source once daily except a day when a food from meat products group (see above) is provided as permitted	n/a
Specified number of times dairy products served	One portion daily; in primary schools a dairy source of protein may be provided in place of meat, fish, or other non-dairy protein source	n/a
Specified number of times (oily) fish should be on the school lunch menu	Fish must be provided at least once each week in primary schools and at least twice each week in secondary schools. Oily fish at least once every three weeks	n/a
Restrictions on availability of fried, deep-fried or processed products	No more than two portions each week of deep-fried food; starchy foods cooked in fat or oil not provided on more than 3 days per week; processed meats provided not more often than once every two weeks	A portion from starchy food group which is cooked in fat or oil may only be provided if a portion permitted under paragraph 5(2) of Schedule 2 or paragraph 4 of Schedule 3 of these standards is not provided; a portion of food which has been deep-fried in the cooking or manufacturing process may only be provided if a portion permitted under paragraph 8 of Schedule 2 or paragraph 7 of Schedule 3 is not provided
Sweet treats (chocolate, confectionery, cakes, biscuits, etc.) restricted	No confectionery or snacks may be provided except snacks which consist of (a) nuts, seeds, fruit or vegetables with no added salt, sugar, honey or fat (except that dried fruit may contain no more than 0.5% vegetable oil as a glazing agent); or (b) savoury crackers or bread sticks which are served with food from fruit & vegetable group or dairy group; cakes or biscuits must not contain any confectionery	No confectionery or snacks shall be provided except snacks which consist of nuts, seeds, fruit or vegetables with no added salt, sugar, honey or fat (except that dried fruit may contain no more than 0.5% vegetable oil as a glazing agent)



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

	Lunch	Other than lunch
Starchy food cooked in fat or oil restricted	Starchy foods cooked in fat or oil not provided on more than 3 days per week; on each day when a starchy food cooked in fat or oil is provided, a food from that group (other than bread) not so cooked must also be provided	A portion from starchy food group which is cooked in fat or oil may only be provided if a portion permitted under paragraph 5(2) of Schedule 2 or paragraph 4 of Schedule 3 of these standards is not provided
Crisps and savoury snacks restricted	No confectionery or snacks may be provided except snacks which consist of (a) nuts, seeds, fruit or vegetables with no added salt, sugar, honey or fat (except that dried fruit may contain no more than 0.5% vegetable oil as a glazing agent); or (b) savoury crackers or bread sticks which are served with food from fruit & vegetable group or dairy group	No confectionery or snacks shall be provided except snacks which consist of nuts, seeds, fruit or vegetables with no added salt, sugar, honey or fat (except that dried fruit may contain no more than 0.5% vegetable oil as a glazing agent)
Fresh drinking water must be provided and be easily accessible	Supply of drinking water required by regulation 22(1) of the Education (School Premises) Regulations 1999(a) must be provided free of charge at all times to registered pupils on the school premises	Supply of drinking water required by regulation 22(1) of the Education (School Premises) Regulations 1999(a) must be provided free of charge at all times to registered pupils on the school premises
Drinks limited to specific types (e.g. milk, fruit juice, water, combination of these)	No drinks other than those included in group F (F1 - plain drinks: plain water (still or carbonated); milk (skimmed, semi-skimmed or lactose-reduced); fruit juice or vegetable juice; plain soya, rice or oat drinks enriched with calcium; plain fermented milk drinks; F2 - Combination drinks: Combinations of fruit juice or vegetable juice with—(a) plain water, in which case the fruit juice or vegetable juice must be at least 50% by volume and may contain vitamins and minerals; (b) milk (skimmed, semi-skimmed or lactose-reduced) or plain fermented milk drinks (in each case with or without plain water) in which case the milk or fermented milk drink must be at least 50% by volume and may contain vitamins, minerals and less than 5% added sugars or honey; (c) plain soya, rice or oat drink (in each case with or without plain water) in which case the soya, rice or oat drink must be at least 50% by volume and may contain vitamins, minerals and less than 5% added sugars or honey; combinations of milk (skimmed, semi-skimmed or lactose-reduced), plain fermented milk drinks or plain soya, rice or oat drinks (in each case with or without plain water) with cocoa, in which case the milk, fermented milk drink, soya, rice or oat drink must be at least 50% by volume and may contain vitamins, minerals	No drinks other than those included in group F may be provided, except that whole milk may be provided for pupils up to the end of the school year in which they attain the age of five

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

	Lunch	Other than lunch
Drinks limited to specific types (e.g. milk, fruit juice, water, combination of these) (cont.)	and less than 5% added sugars or honey; flavoured milk (skimmed, semi-skimmed or lactose-reduced) containing not less than 90% milk by volume and which may contain vitamins, minerals and less than 5% added sugars or honey; Tea, coffee; Hot chocolate containing no more than 20 kcal per 100 ml; whole milk may be provided for pupils up to the end of the school year in which they attain the age of five	No drinks other than those included in group F may be provided, except that whole milk may be provided for pupils up to the end of the school year in which they attain the age of five
Soft-drinks (e.g. sugar-sweetened or artificially-sweetened soft drinks, squash) restricted	See above	See above
Salt provision is restricted	No salt shall be available to add to food after the cooking process is complete; other condiments may be available to pupils only in individual sachets or in individual portions of no more than 10 grams or one teaspoonful	No salt shall be available to add to food after the cooking process is complete; other condiments may be available to pupils only in individual sachets or in individual portions of no more than 10 grams or one teaspoonful
Other	No food additives in drinks other than those in accordance with Directive 89/107/EEC; fruit juice must not contain added honey or added vitamins or minerals; no economy burgers as defined in Meat Products Regulation shall be provided; any shaped product comprising a mixture of meat and other ingredients which is not included in the reserved descriptions specified in Schedule 2 to the Meat Products Regulations may only be provided if it complies with the meat content requirements for "Burger" in that Schedule; no meat product shall be provided if it contains any carcase part listed in regulation 6(2) of the Meat Products Regulations, subject to the exception in regulation 6(3) of those Regulations; a type of bread with no added fat or oil and another starchy food must be provided daily	-

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

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