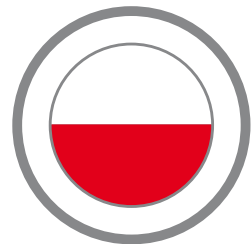


SCHOOL FOOD POLICY COUNTRY FACTSHEETS



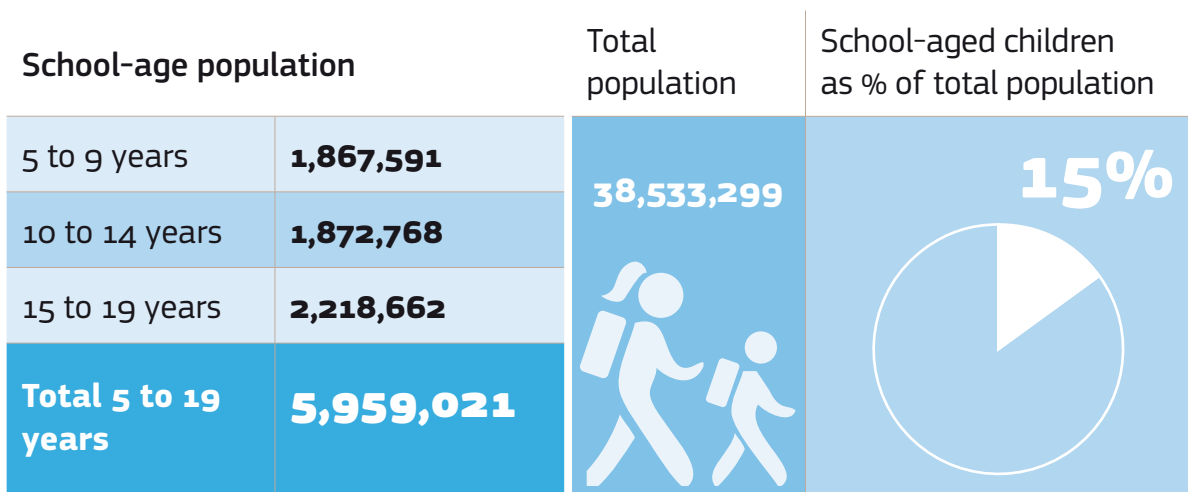
POLAND



School food policy (voluntary)	“OBIADY SZKOLNE z uwzględnieniem zasad Dobrej Praktyki Higienicznej oraz systemu HACCP dla posiłków szkolnych”
Developed by	Ministry of Health
Year of publication	2008
Web link(s)	http://www.mz.gov.pl/__data/assets/pdf_file/0016/6307/obiady_szkolne_16012012.pdf

General information

Demographic data



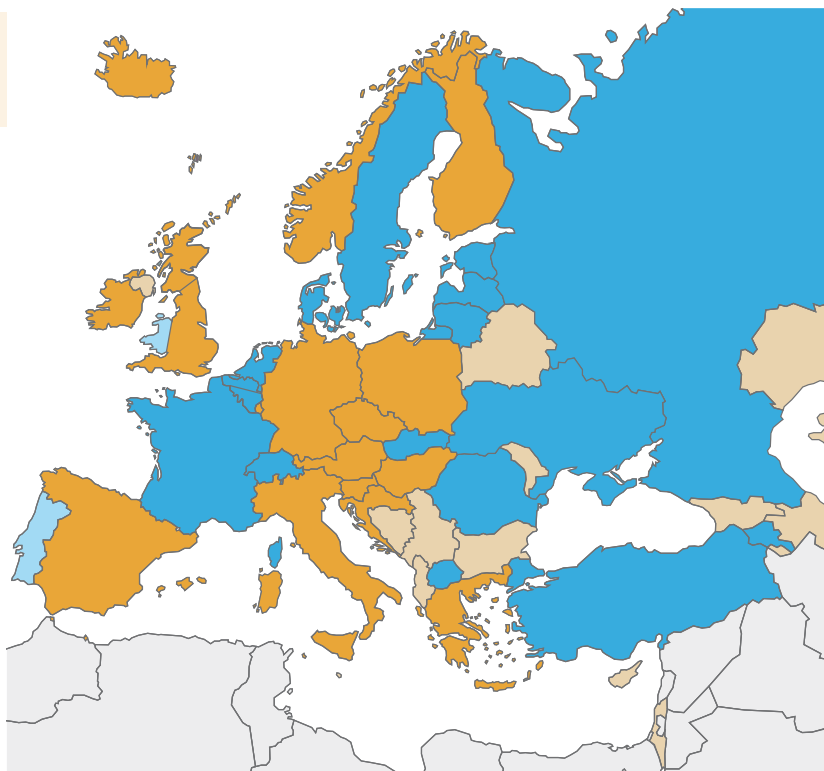
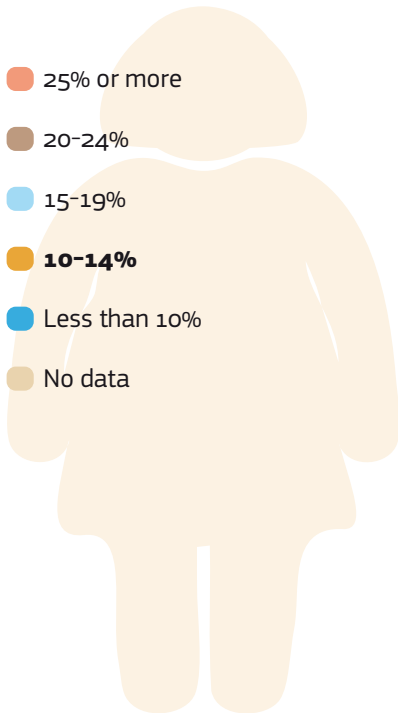
Source: EUROSTAT, year 2013.



Adolescent overweight/obesity prevalence in Europe

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

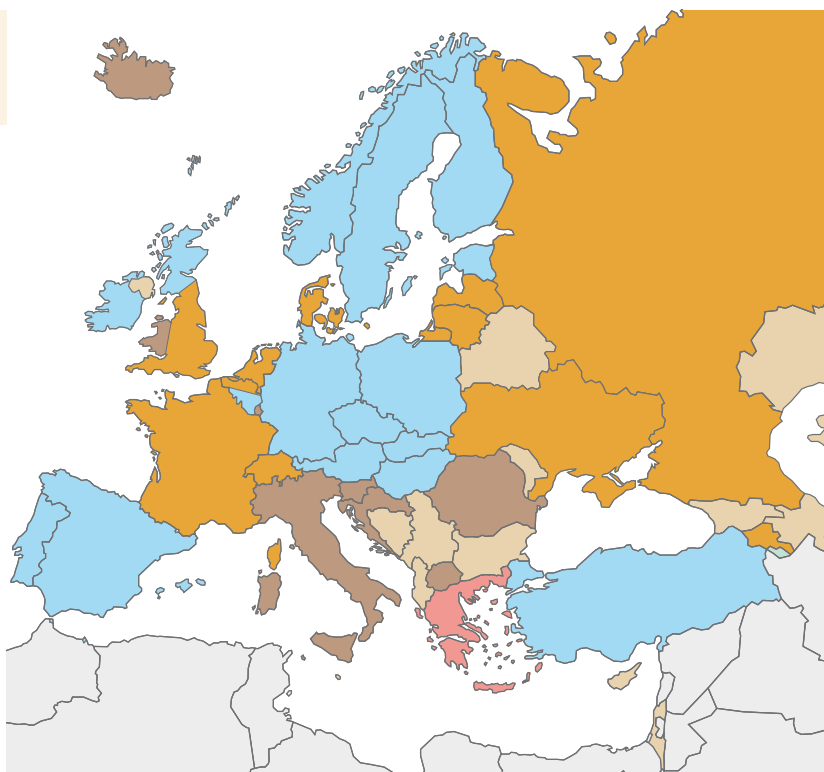
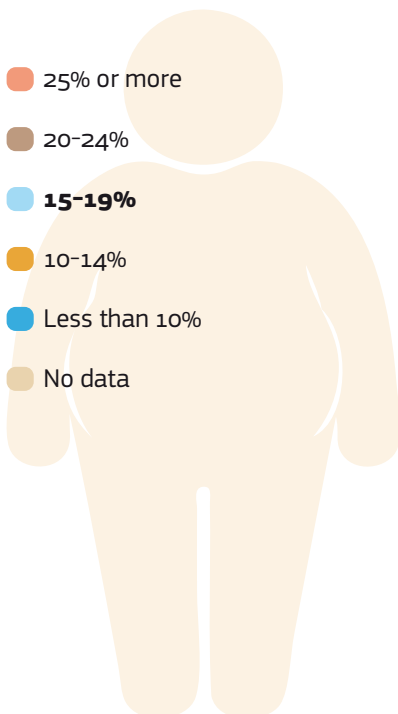
- 25% or more
- 20-24%
- 15-19%
- **10-14%**
- Less than 10%
- No data



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

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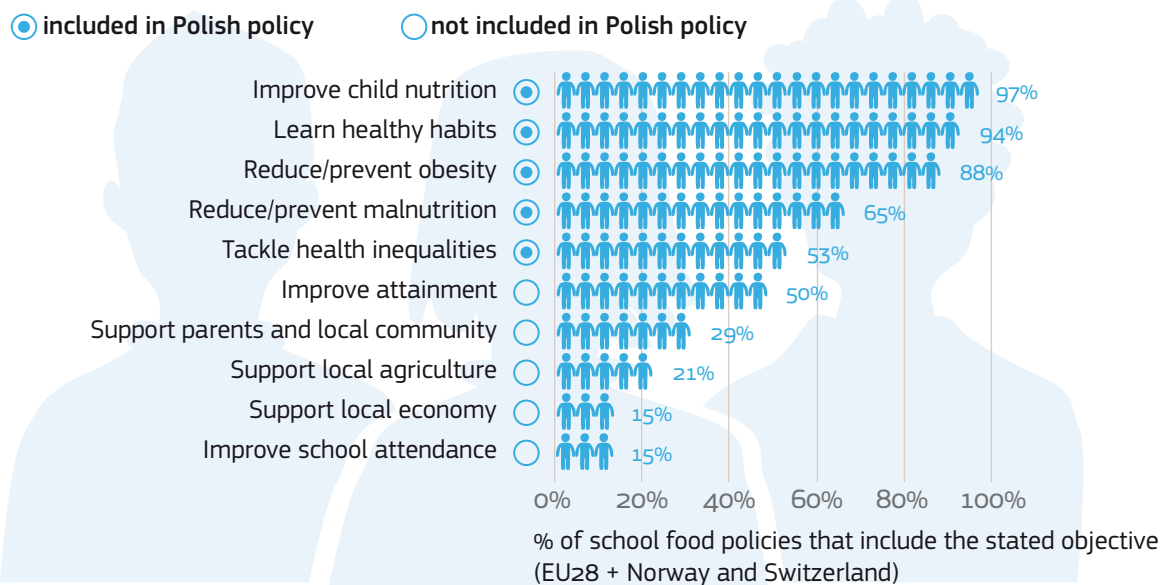


Note. HBSC teams provided disaggregated data for Belgium and the United Kingdom; these data appear in the map above.

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

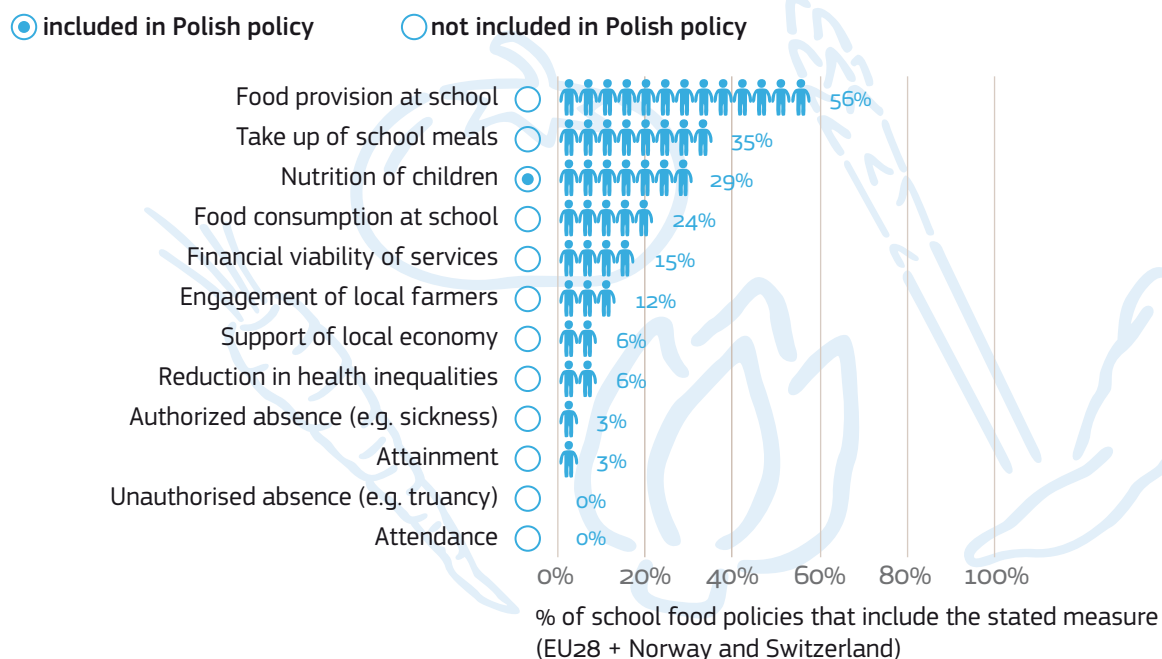


Other objectives:

- n/a

3

Measures through which the policy is evaluated

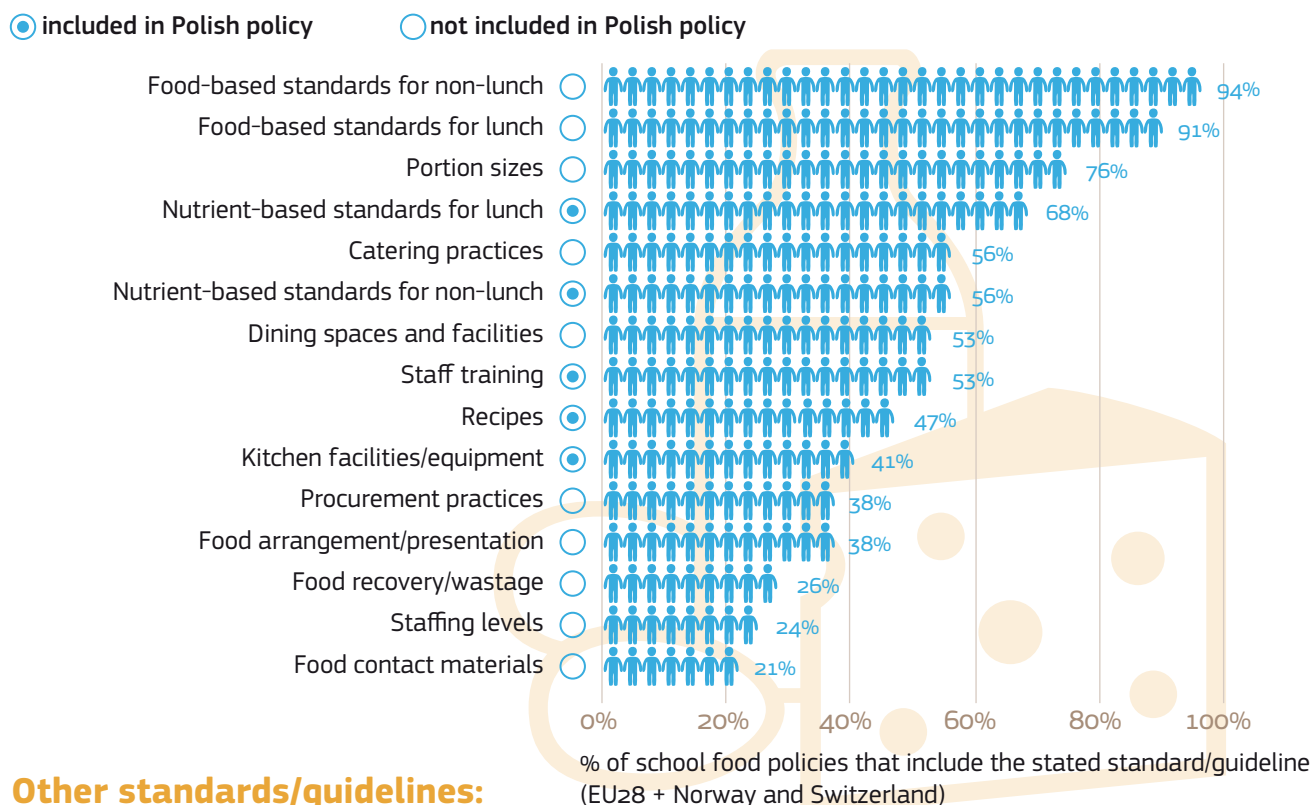


Other measures:

- Children should be monitored at school for body weight and height; children with impaired nutritional status must be suspended and provided with specialist medical care

4

School food policy standards and guidelines

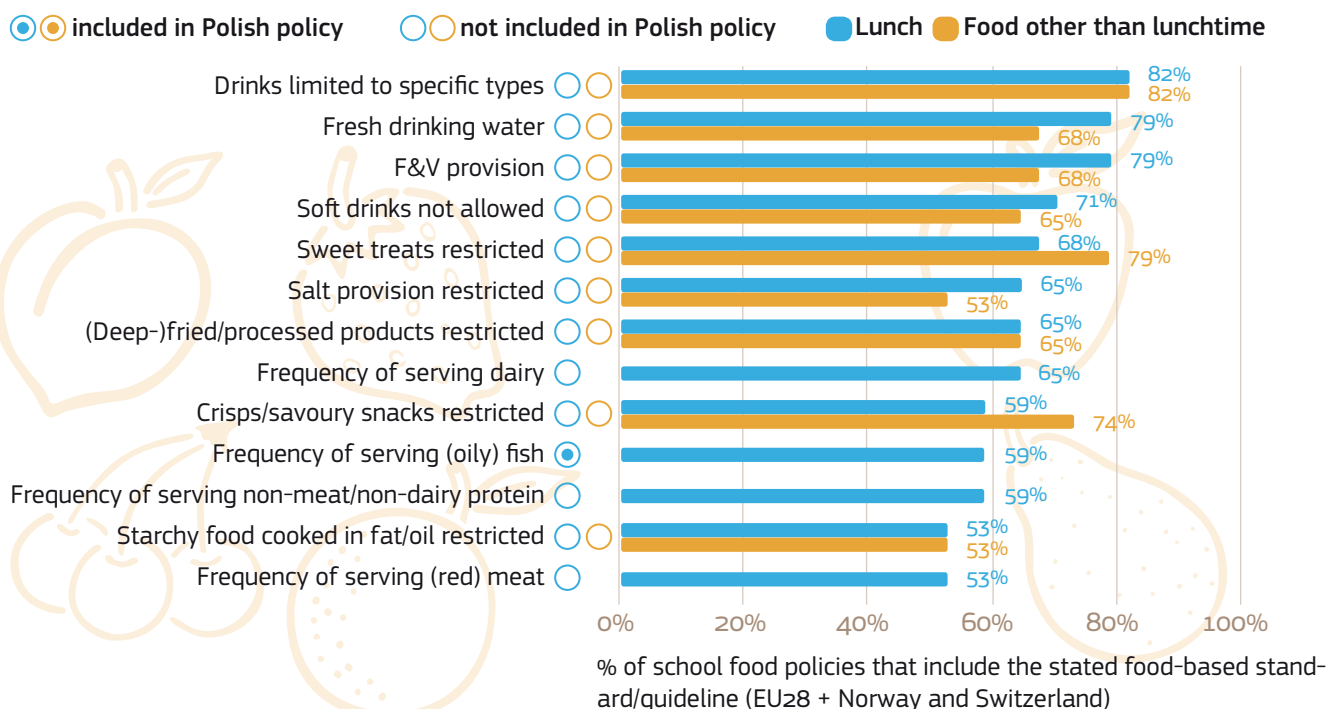


Other standards/guidelines:

- Enough time to eat; ensure dietary variety
- On 1 September 2015, new regulation about food provision in food shops at school and at vending machines as well as food-based standards for lunch will enter into force

5

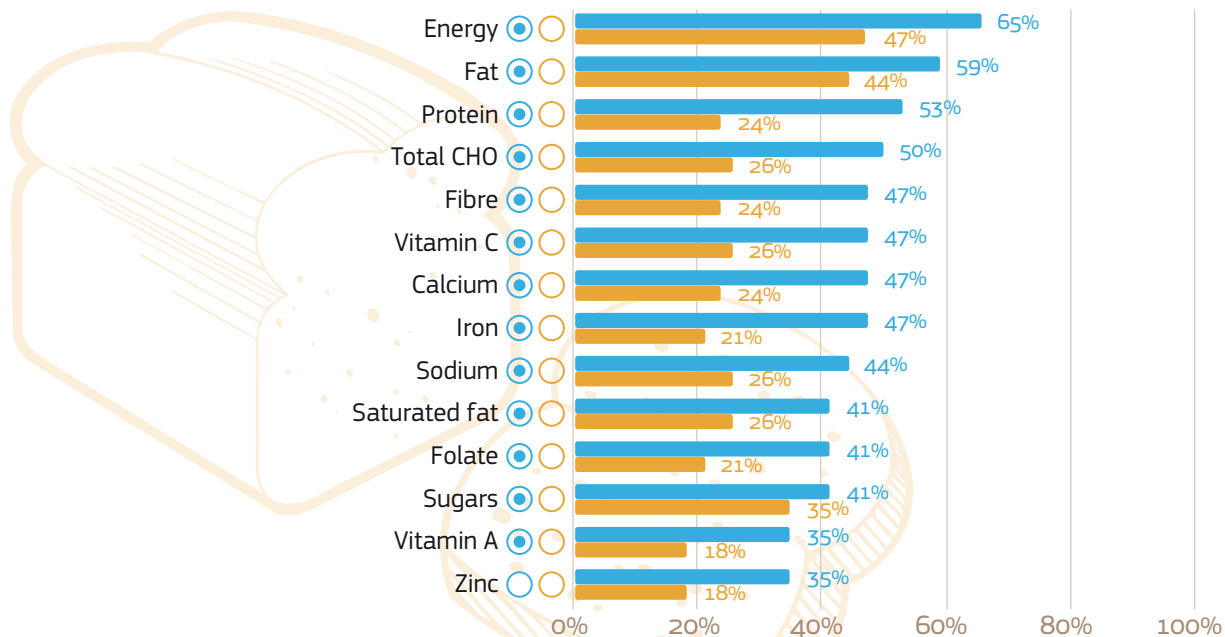
Food-based standards



6

Nutrient-based standards

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



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

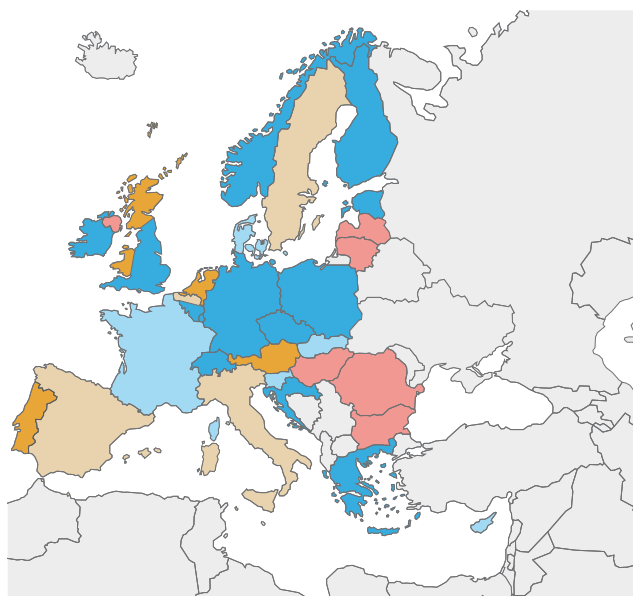
See Annex I for more details on the energy-/nutrient-based standards/guidelines in Poland.

7

Restrictions on vending machines on school premises

Poland

- 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

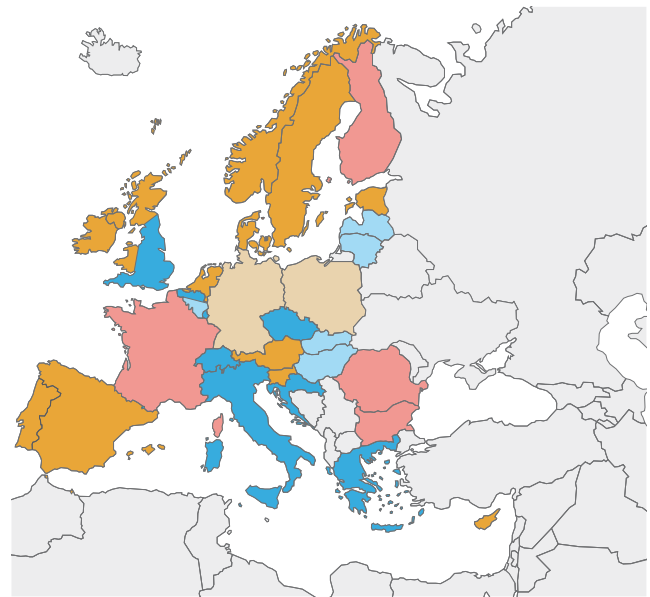
8

Restrictions on marketing of food or drink on school premises

Poland

- 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

School can be a place for advertising food products; however, school cannot be a place for the sale of food products of unsatisfactory quality, not recommended in children's diets; assortment of foods and beverages sold in schools should comply with principles of sound nutrition

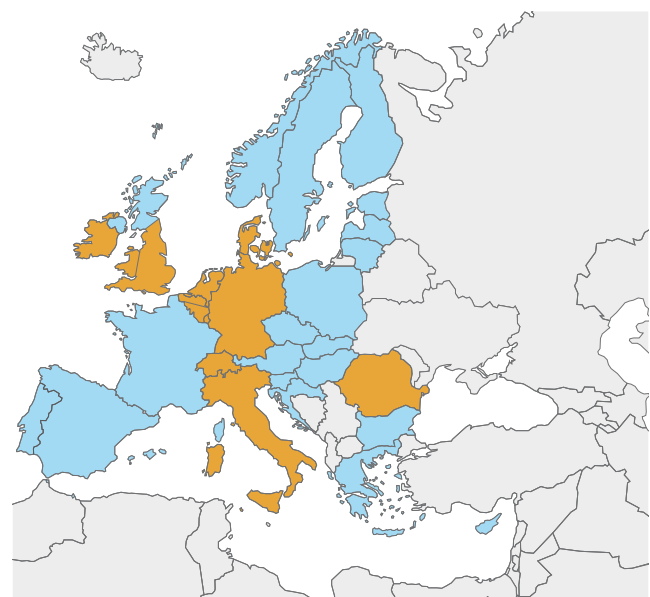


Food and drink marketing restrictions on school premises across EU28 + Norway and Switzerland

9

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

Poland



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

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

	Lunch	Other than lunch
Energy	x (properly balanced and planned meal, served in the school cafeteria should provide 30-35% of total daily energy needs)	x (Breakfast 25-30 E%; Second breakfast 5-10 E%; Tea 5-10 E%; Dinner 15-20 E%)
Fat	x (not more than 30-35 E%)	x (limit the intake of fat (especially animal fat))
Saturated fat	x (not more than 10 E%)	-
Total carbohydrate	x (50-65 E%)	-
Non-milk extrinsic sugars	x (not more than 10-12 E%)	x (consumption of sugar and sweets allowed in limited quantities)
Fibre	x (content of dietary fibre in daily diet should be 20-40g, dinner should not be less than 6g)	-
Protein	x (at least 10-14 E%, wherein share of animal protein should be at least half of total meal protein pool)	-
Iron	x (at least 30% of age-specific recommendation)	-
Zinc	x (at least 30% of age-specific recommendation)	-
Calcium	x (at least 30% of age-specific recommendation)	-
Vitamin A	x (at least 30% of age-specific recommendation)	-
Vitamin C	x (at least 30% of age-specific recommendation)	-
Folate	x (at least 30% of age-specific recommendation)	-
Sodium	x (content of salt in daily ration should not exceed 5g)	-
Other	x (vitamins and minerals: at least 30% of recommendations for that decade; content of cholesterol in daily food ration should not exceed 300mg; polyunsaturated fat 6-10 E%)	x (content of cholesterol in daily food ration should not exceed 300mg)