

# SCHOOL FOOD POLICY COUNTRY FACTSHEETS



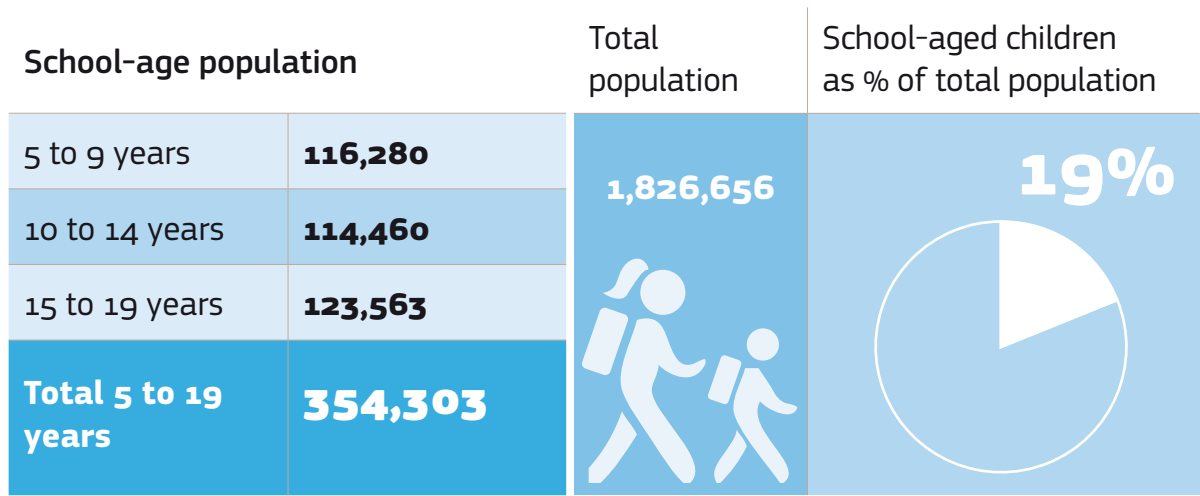
## UK-NORTHERN IRELAND



<b>School food policy (mandatory)</b>	“Healthy Food for Healthy Outcomes - Food in Schools Policy”
<b>Developed by</b>	Joint venture of Dept. Education and Dept. Health, Social Services and Public Safety
<b>Year of publication</b>	2013
<b>Web link(s)</b>	<a href="http://www.deni.gov.uk/healthy_food_for_healthy_outcomes_-_food_in_schools_policy_-_english_version.pdf">http://www.deni.gov.uk/healthy_food_for_healthy_outcomes_-_food_in_schools_policy_-_english_version.pdf</a>

## General information

### Demographic data



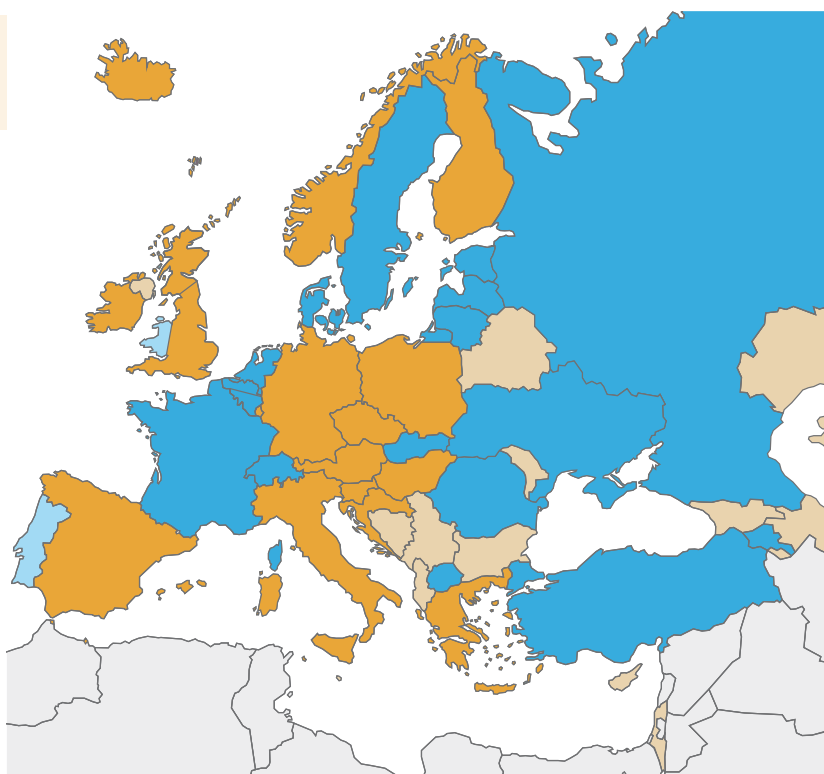
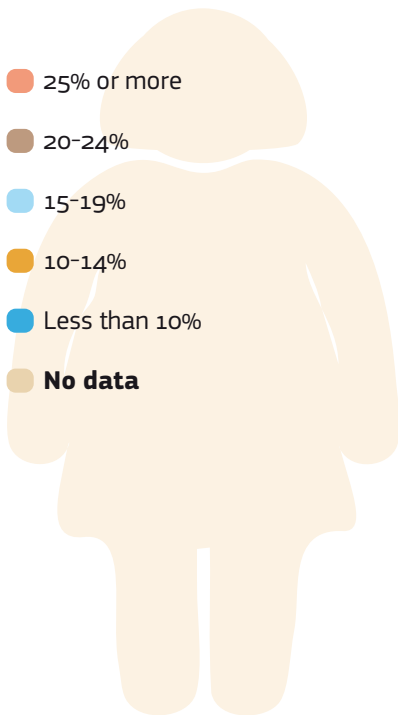
Source: EUROSTAT, year 2013.



## Adolescent overweight/obesity prevalence in Europe

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

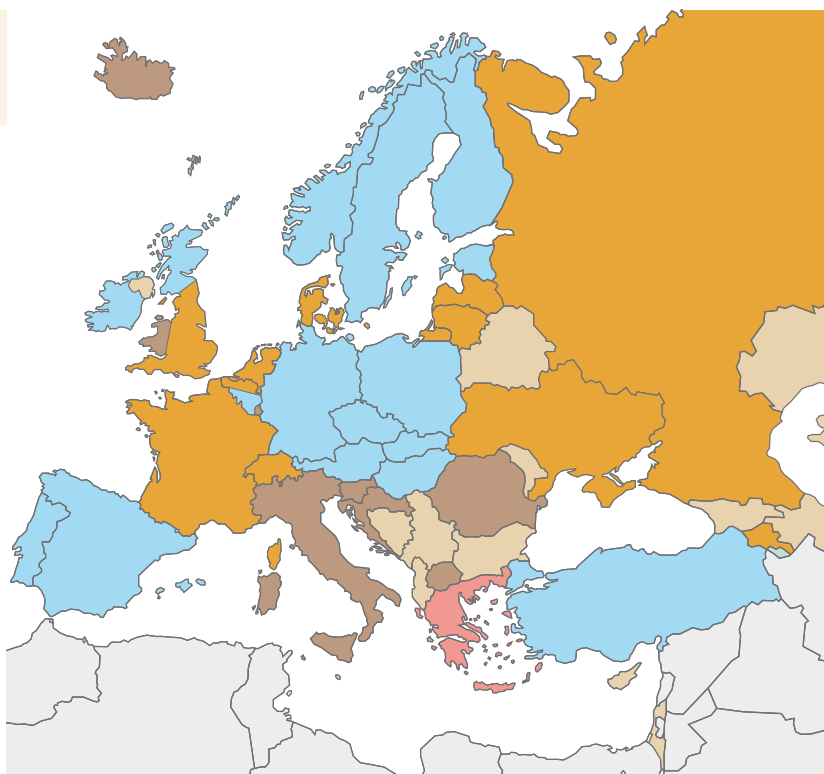
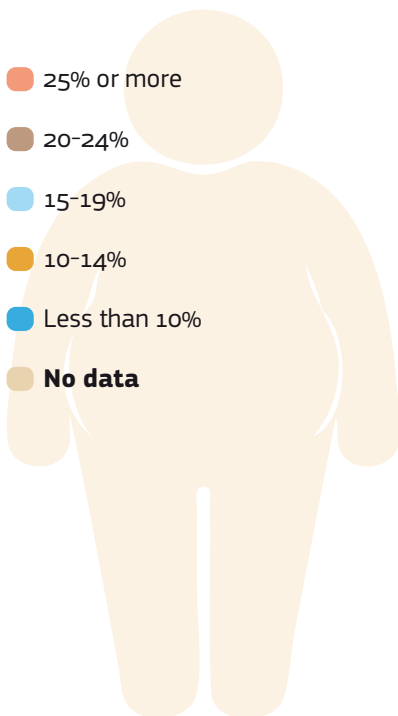
- 25% or more
- 20-24%
- 15-19%
- 10-14%
- Less than 10%
- **No data**



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

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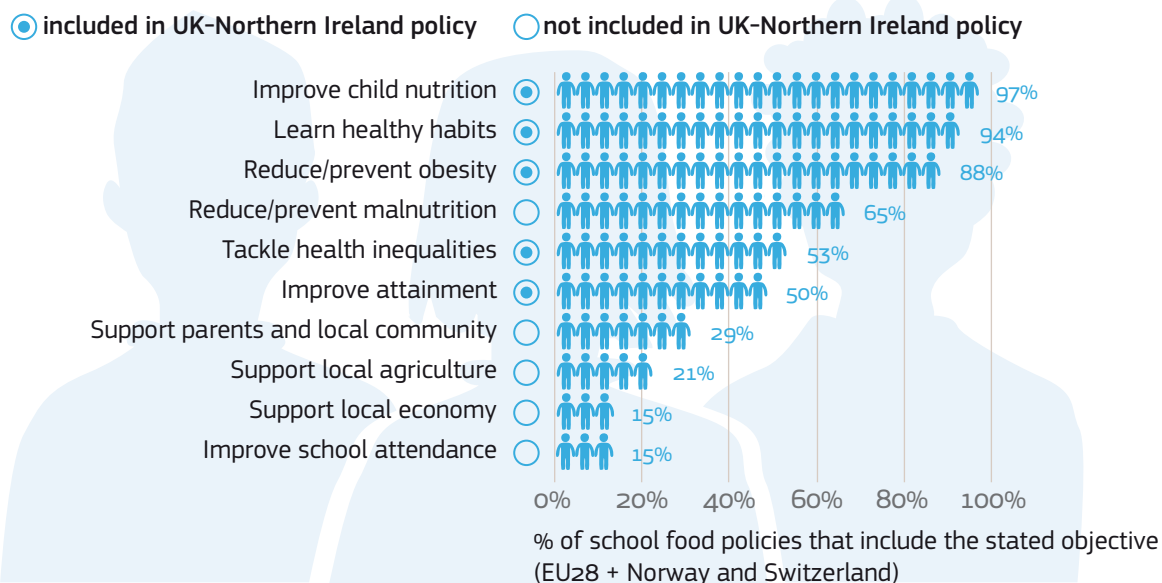


Note: HBSC teams provided disaggregated data for Belgium and the United Kingdom; these data appear in the map above.

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

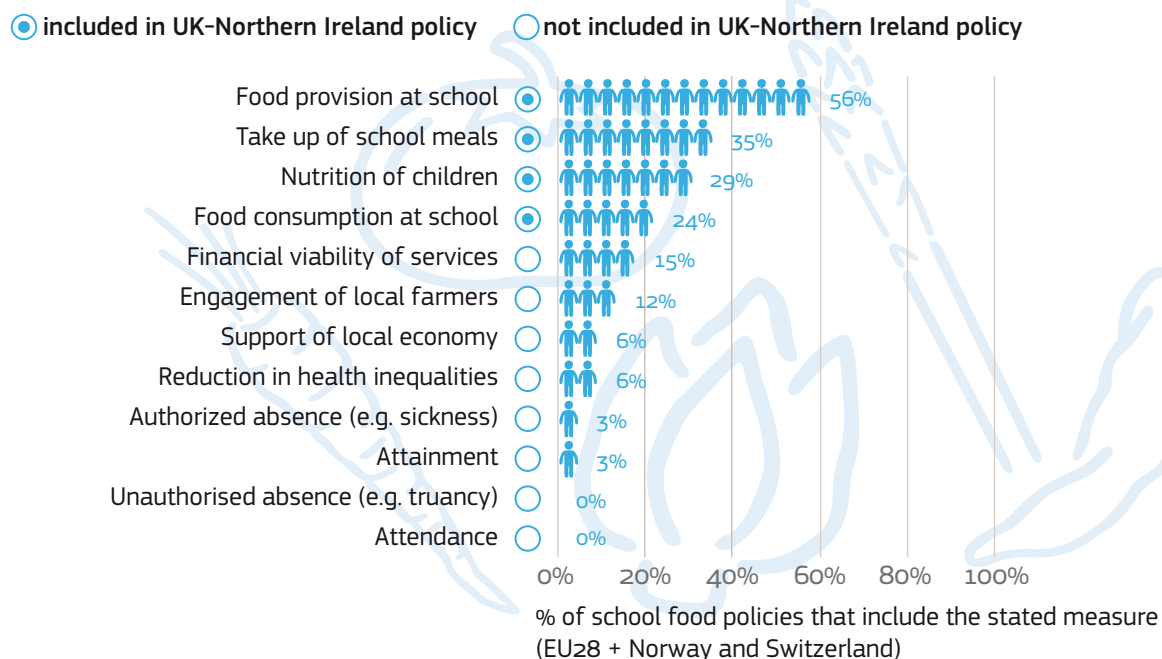


### Other objectives:

- Prevention of cardiovascular diseases and cancer; dental health; increase uptake of school meals

# 3

## Measures through which the policy is evaluated



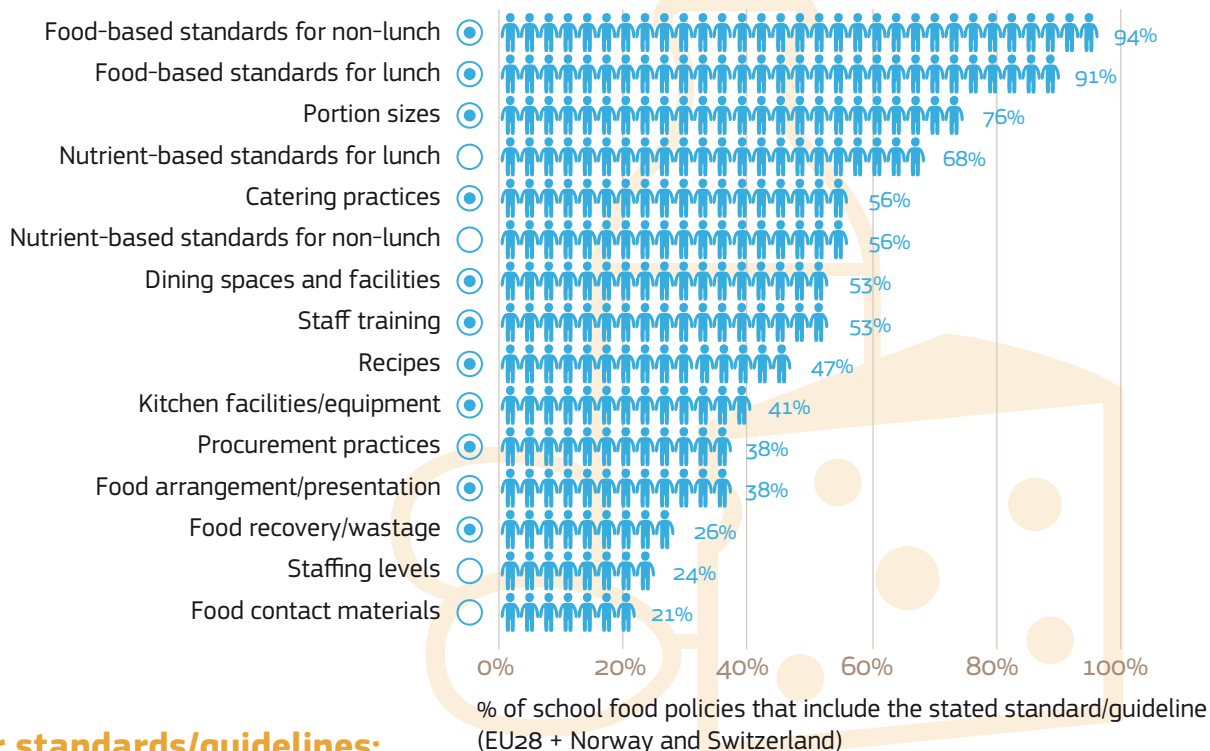
### Other measures:

- Only take up explicitly mentioned in general policy, but reference to further guidance made

# 4

## School food policy standards and guidelines

included in UK-Northern Ireland policy
  not included in UK-Northern Ireland policy



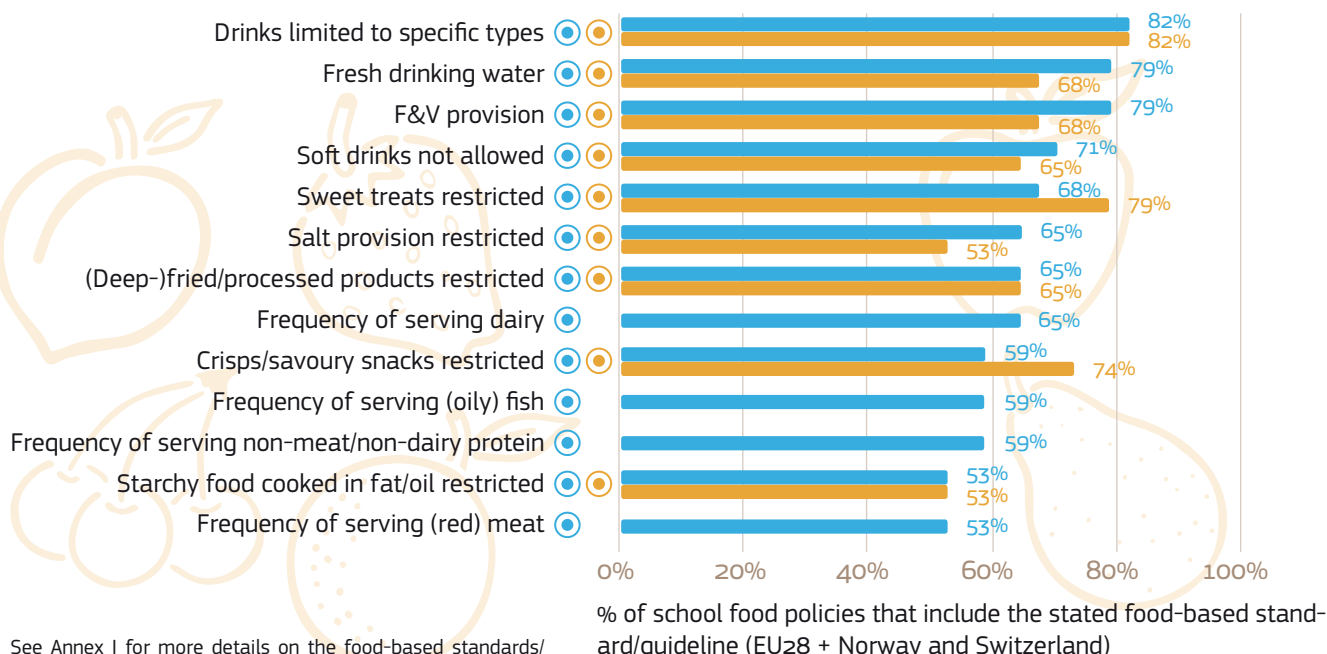
### Other standards/guidelines:

- Healthier cooking practice; catering for special circumstances e.g. children with special dietary requirements, religious and cultural requirements etc.

# 5

## Food-based standards

included in UK-N. Ireland policy
  not included in UK-N. Ireland policy
  Lunch
  Food other than lunchtime

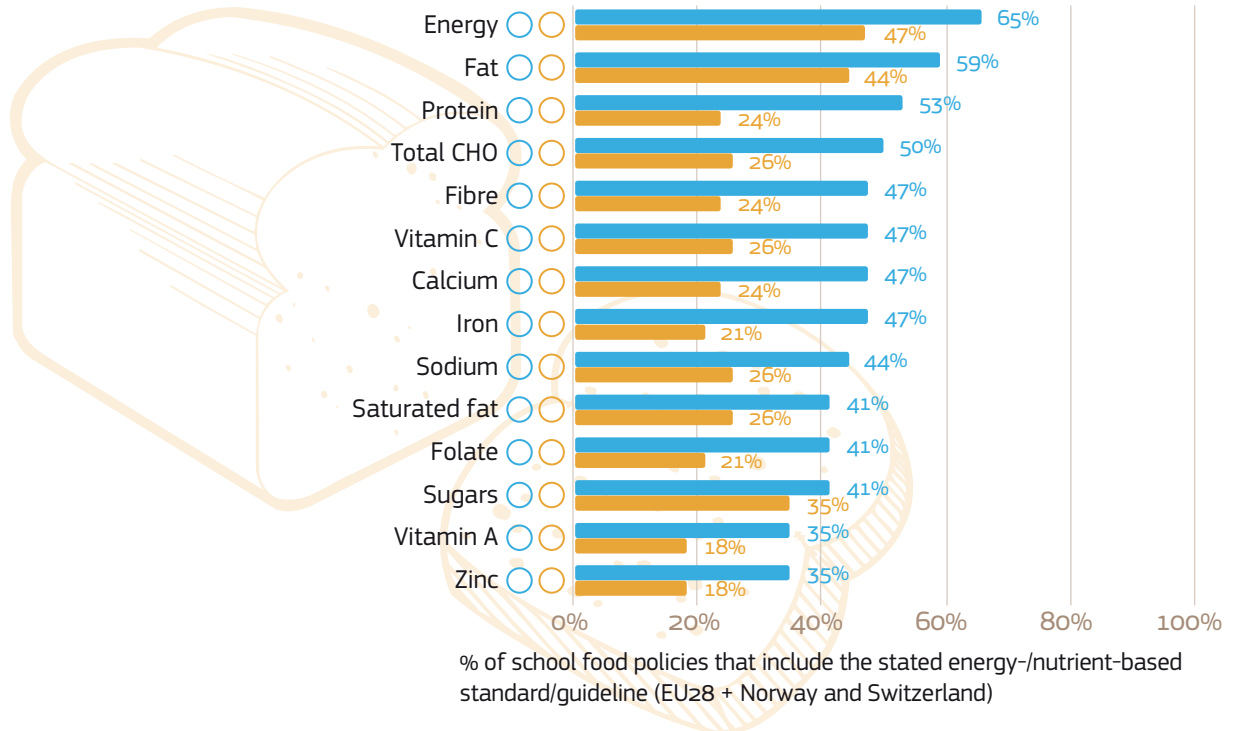


See Annex I for more details on the food-based standards/guidelines in UK-Northern Ireland.

# 6

## Nutrient-based standards

● ● included in UK-N. Ireland policy  
 ○ ○ not included in UK-N. Ireland policy  
 ■ Lunch  
 ■ Food other than lunchtime



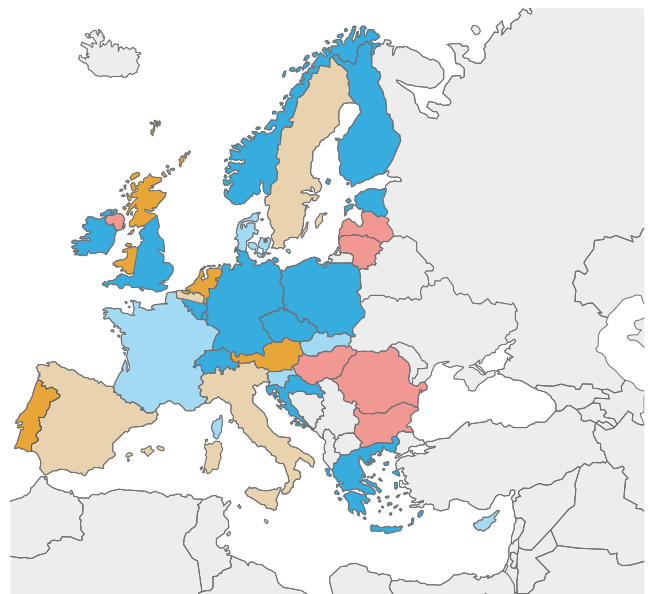
# 7

## Restrictions on vending machines on school premises

### UK-Northern Ireland

- 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

Addressed in Nutritional Standards for Other Food and Drinks in Schools which are a mandatory element of the policy. However due to a gap in existing legislation Nutritional Standards for Other Food and Drinks in Schools are not mandatory at present in the controlled and maintained sectors where food is provided by the school (rather than an Education and Library Board) through tuck shops, vending machines etc. [http://www.deni.gov.uk/de1\\_09\\_125647\\_nutritional\\_standards\\_for\\_other\\_food\\_and\\_drinks\\_in\\_schools\\_a\\_guide\\_for\\_implementation-2.pdf](http://www.deni.gov.uk/de1_09_125647_nutritional_standards_for_other_food_and_drinks_in_schools_a_guide_for_implementation-2.pdf)



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

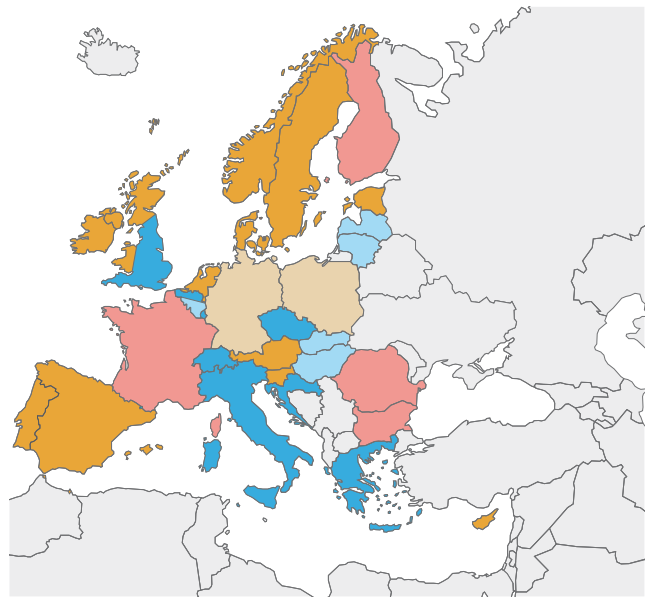
# 8

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

### UK-Northern 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

Schools have discretion to make their own decisions in matters of advertising and sponsorship; reference made to OFCOM Standards on the Television Advertising of Food and Drink Products to Children.

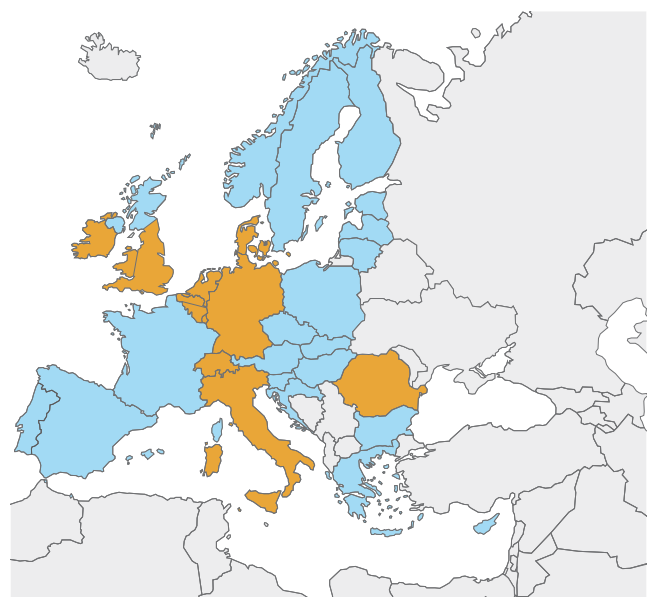


Food and drink marketing restrictions on school premises across EU28 + Norway and Switzerland

# 9

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

### UK-Northern Ireland



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

## Additional information on Northern Ireland 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 two portions of fruit & vegetable should be available per child throughout the lunch service; of this, at least one portion should be vegetable or salad and at least one portion should be fruit (fresh, tinned in juice, fruit salad, fruit juice or dried fruit); pies, crumbles and other composite fruit dishes must contain at least one portion of fruit per serving; pies, casseroles, stews and other composite main course dishes must contain a minimum of half a portion of vegetable per serving, in addition to a separate serving of vegetable or salad; in nursery and primary schools a fruit based dessert such as, fruit tinned in natural juice, fruit salads, fruit crumble, or fruit pie must be offered at least 3x/wk; baked beans must not be served as a vegetable more than once a week in a primary school; baked beans must not be the only vegetable option on any day in a post-primary school; if beans or pulses form the protein part of a main course, another vegetable must be available	Variety of fruit and vegetables should be available in all school food outlets; this could include fresh, frozen, tinned, dried and juiced products
Specified number of times (red) meat served	Meals containing red meat must be served: a minimum of twice a week and a maximum of three times a week in nursery and primary schools; and a minimum of three times a week and a maximum of four times a week in post-primary schools	n/a
Specified number of times other sources of protein served	Every lunch service must contain a portion or portions of food from meat/fish/eggs/beans and other non-dairy group	n/a
Specified number of times dairy products served	Every lunch service must contain a portion or portions of dairy; in addition drinking milk must be available as an option every day; cheese must not be served as the only vegetarian option more than twice a week; cheese may be used as a topping more frequently	n/a
Specified number of times (oily) fish should be on the school lunch menu	Every lunch service must contain a portion or portions of food from meat/fish/eggs/beans and other non-dairy group. Oily fish at least once per 4 weeks	n/a



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

	Lunch	Other than lunch
Restrictions on availability of fried, deep-fried or processed products	Deep-fried foods or other high fat products, such as chips, roast potatoes, other fried potatoes, garlic bread, or meal choices containing pastry, eg quiche, apple pie, vol-au-vent may be served a maximum of twice a week; whole muscle or fillet of fish coated in breadcrumbs can be served once a week; meat or chicken products (such as burgers, sausages, chicken nuggets etc.) may be served max once a week in primary schools and max twice a week in post primary schools; to allow choice for pupils on days when meat or chicken products are available, schools should aim for 50% healthy meal options and they should be presented and marketed in a competitive way to other meal options; this standard does not apply to single choice menus; there should be at least 2 days each week without any meat or chicken products, fried foods, foods cooked in batter, breadcrumbs or foods containing pastry, for example fish in breadcrumbs, chips, sausages, vol-au-vents, quiche, apple pie etc.; this is to encourage children to try a greater range of foods in their diets and explore new taste experiences; when a high fat starchy food is served, e.g. chips or garlic bread, an alternative without added fat must be available; lower fat desserts must be available on days when deep-fried foods and other high fat foods are offered	Foods high in fat or deep fried foods are restricted across the whole school day and should not be offered in total more than twice a week; there should be at least 2 days each week without any fried foods or foods high in fat
Sweet treats (chocolate, confectionery, cakes, biscuits, etc.) restricted	Confectionery, chocolate and chocolate-coated products should not be available throughout the lunchtime; cakes and biscuits can only be provided at lunchtime and as part of a meal; cakes, biscuits and puddings made with cocoa powder should only be available a maximum of 2 days per week; high fat and or high sugar toppings used for decoration for example cream, butter cream, icing sugar should be kept to a minimum and only used if essential e.g. to set fruit on top of a sponge; if used, an undecorated or healthier dessert should also be available	No confectionery should be sold in schools; cakes and biscuits must not be provided (except at lunchtime and as part of a meal)
Starchy food cooked in fat or oil restricted	High fat products, such as chips, roast potatoes, other fried potatoes, garlic bread, or meal choices containing pastry, e.g. quiche, apple pie, vol-au-vent may be served a maximum of twice a week	Includes: chips, roast potatoes, other fried potatoes, oven chips, potato waffles and potato shapes; garlic bread

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

	Lunch	Other than lunch
Crisps and savoury snacks restricted	The only savoury snacks available should be nuts and seeds with no added salt or sugar; savoury crackers or breadsticks may be offered provided they are served with fruit or vegetables or a dairy food	No savoury snacks other than nuts* and seeds (without added salt or sugar) should be sold;* be aware of nut allergies; It will be for individual schools to decide on whether or not to provide nuts
Fresh drinking water must be provided and be easily accessible	Drinking water, i.e. tap water, must be provided free every day	Children and young people must have easy access at all times to free, fresh, preferably chilled water and should not depend on going to the lavatory to get water
Drinks limited to specific types (e.g. milk, fruit juice, water, combination of these)	Only drinks available should be: plain water (still or sparkling); milk; unsweetened fruit or vegetable juices; yoghurt or milk drinks (with less than 5% added sugar); drinks made from combinations of the above (e.g. smoothies); low calorie hot chocolate, tea, coffee (these drinks are not suitable for the nursery sector); combination drinks must contain at least 50% of the milk, yoghurt or fruit juice as appropriate; artificial sweeteners are only permitted in combination drinks; low calorie hot chocolate is defined as 20 kcal/100 ml	Only drinks available should be: plain water (still or sparkling); milk; unsweetened fruit or vegetable juices; yoghurt or milk drinks (with less than 5% added sugar); drinks made from combinations of the above (e.g. smoothies); low calorie hot chocolate, tea, coffee (these drinks are not suitable for the nursery sector); combination drinks must contain at least 50% of the milk, yoghurt or fruit juice as appropriate; artificial sweeteners are only permitted in combination drinks; low calorie hot chocolate is defined as 20 kcal/100 ml
Soft-drinks (e.g. sugar-sweetened or artificially-sweetened soft drinks, squash) restricted	See above restrictions	See above restrictions
Salt provision is restricted	Table salt should not be available within nursery or primary schools; it should not be on view in the post-primary school dining room but may be made available on request from the service counter; condiments (tomato ketchup, brown sauce, salad cream, relishes, etc.) should only be provided from the service counter and should be controlled by the kitchen staff	x
Other	Every lunch service must contain a portion or portions from starchy food group; rice and pasta must be offered at least once a week; in a single choice menu, rice or pasta must be served at least once a week; bread should be available on a daily basis in all schools; additional requirements on fried foods; standards for special schools; catering for diabetics, children with allergies, religious beliefs; standards are based on eatwell plate	Meat or chicken products are restricted across the whole school day and should only be offered a maximum of once a week in primary schools and a maximum of twice a week in post primary schools; food choices or meals containing red meat must be served a minimum of twice a week and a maximum of three times a week in nursery and primary schools and a minimum of three times a week and a maximum of four times a week in post primary schools; this standard applies across the whole school week