

SCHOOL FOOD POLICY COUNTRY FACTSHEETS



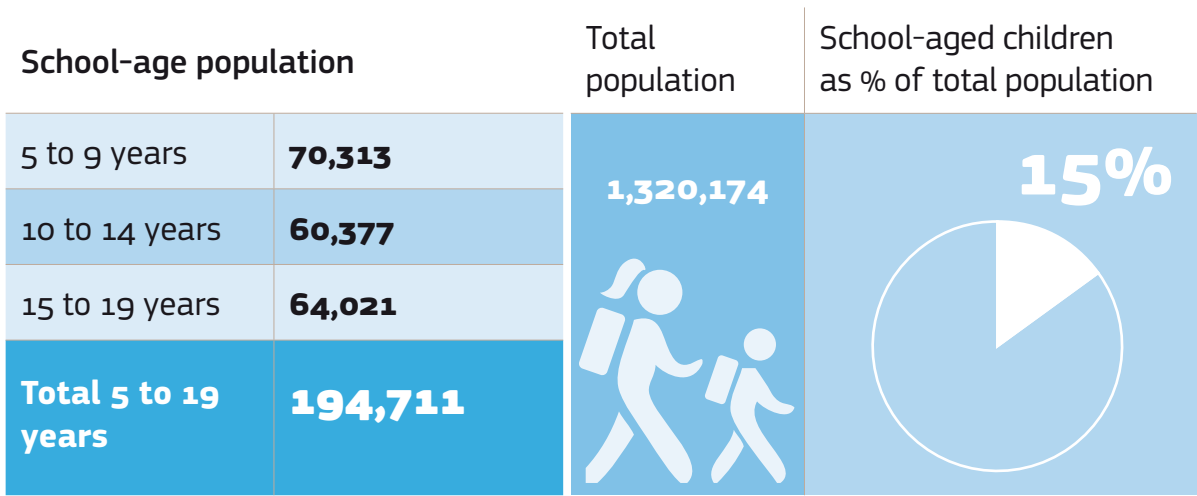
ESTONIA



School food policy (mandatory)	“Tervisekaitzenõuded toitlustamisele koolieelses lasteasutuses ja koolis”
Developed by	Ministry of Education
Year of publication	2008
Web link(s)	https://www.riigiteataja.ee/akt/12912436

General information

Demographic data



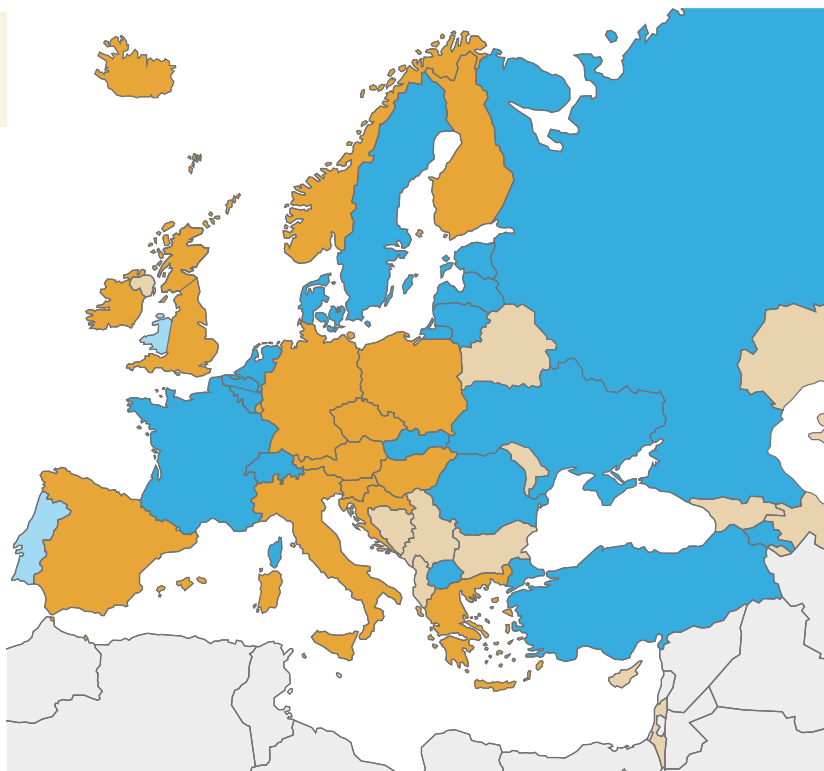
Source: EUROSTAT, year 2013.



Adolescent overweight/obesity prevalence in Europe

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

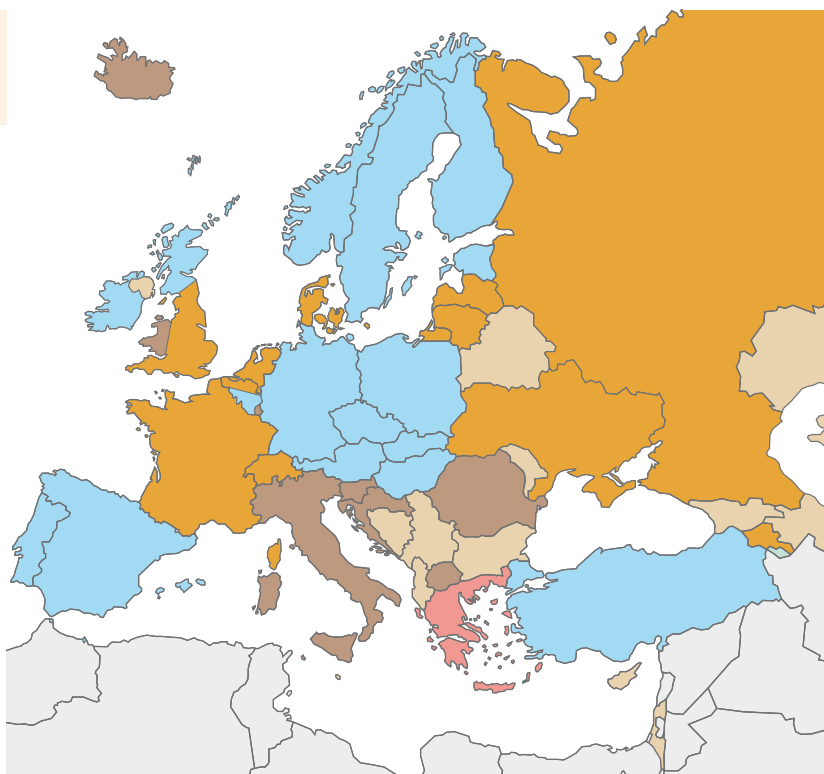
- 25% or more
- 20-24%
- 15-19%
- 10-14%
- **Less than 10%**
- No data



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

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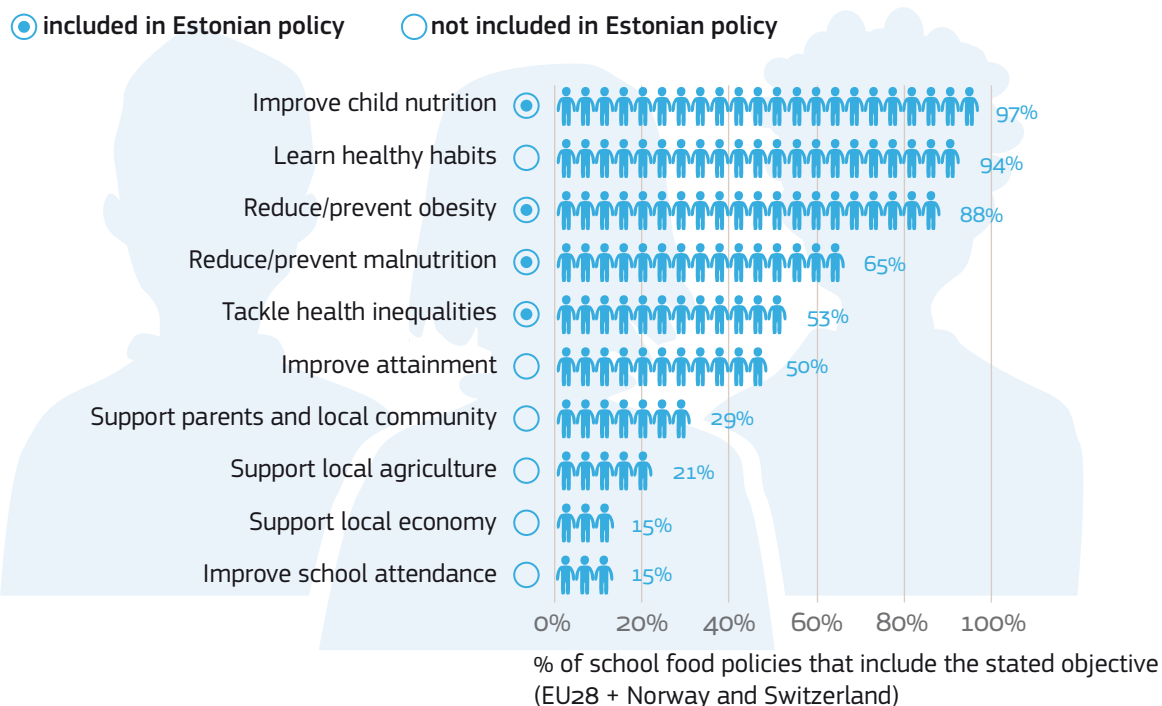


Note: HBSC teams provided disaggregated data for Belgium and the United Kingdom; these data appear in the map above.

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).

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School food policy objectives

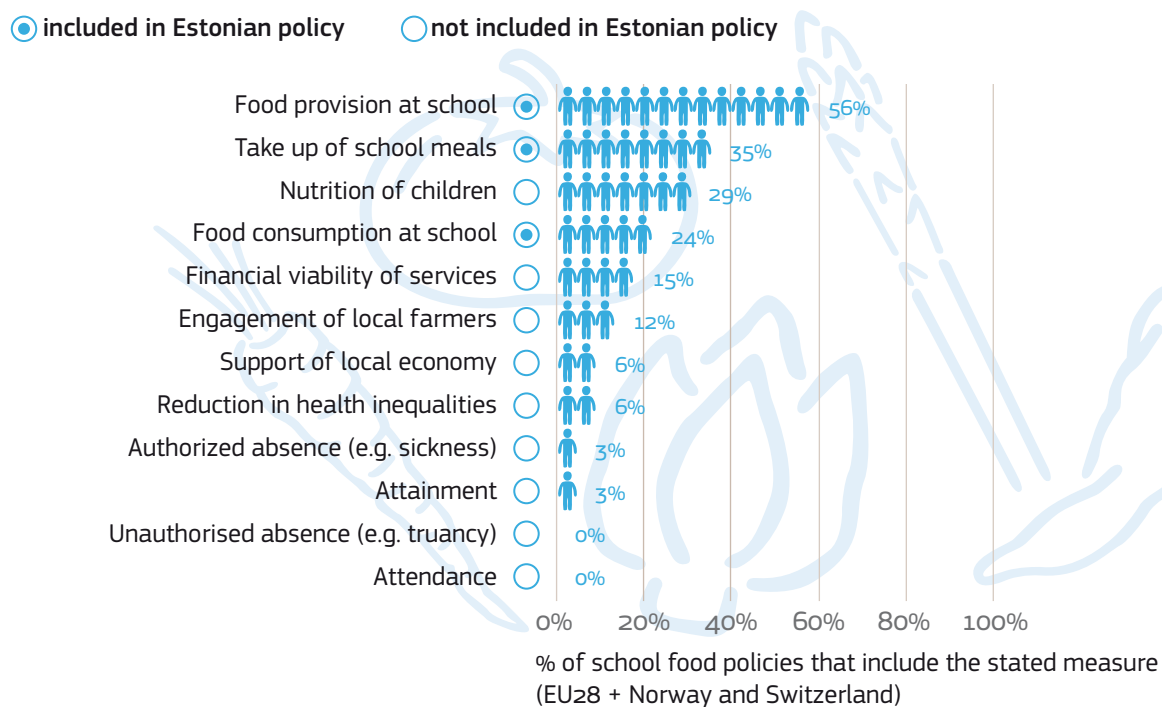


Other objectives:

- n/a

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Measures through which the policy is evaluated

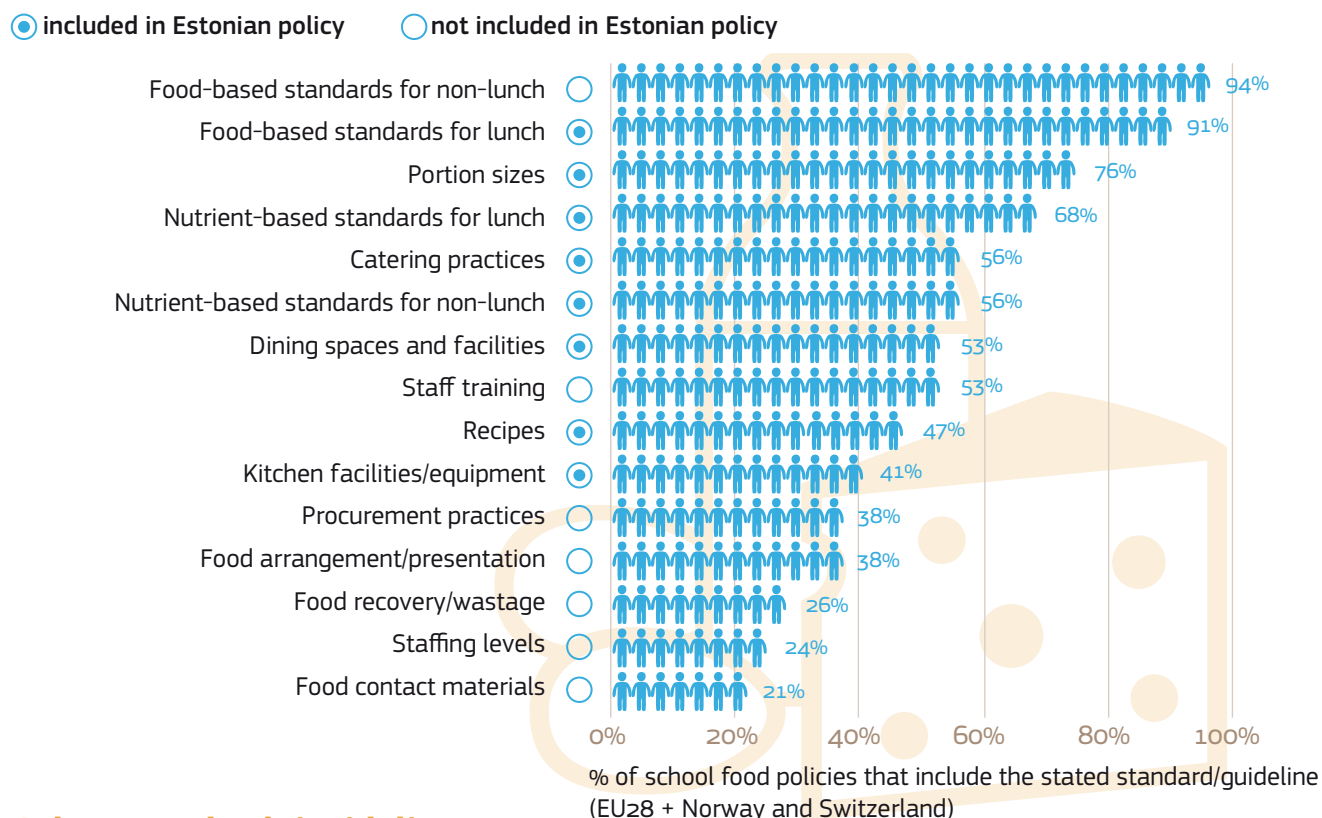


Other measures:

- n/a

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School food policy standards and guidelines

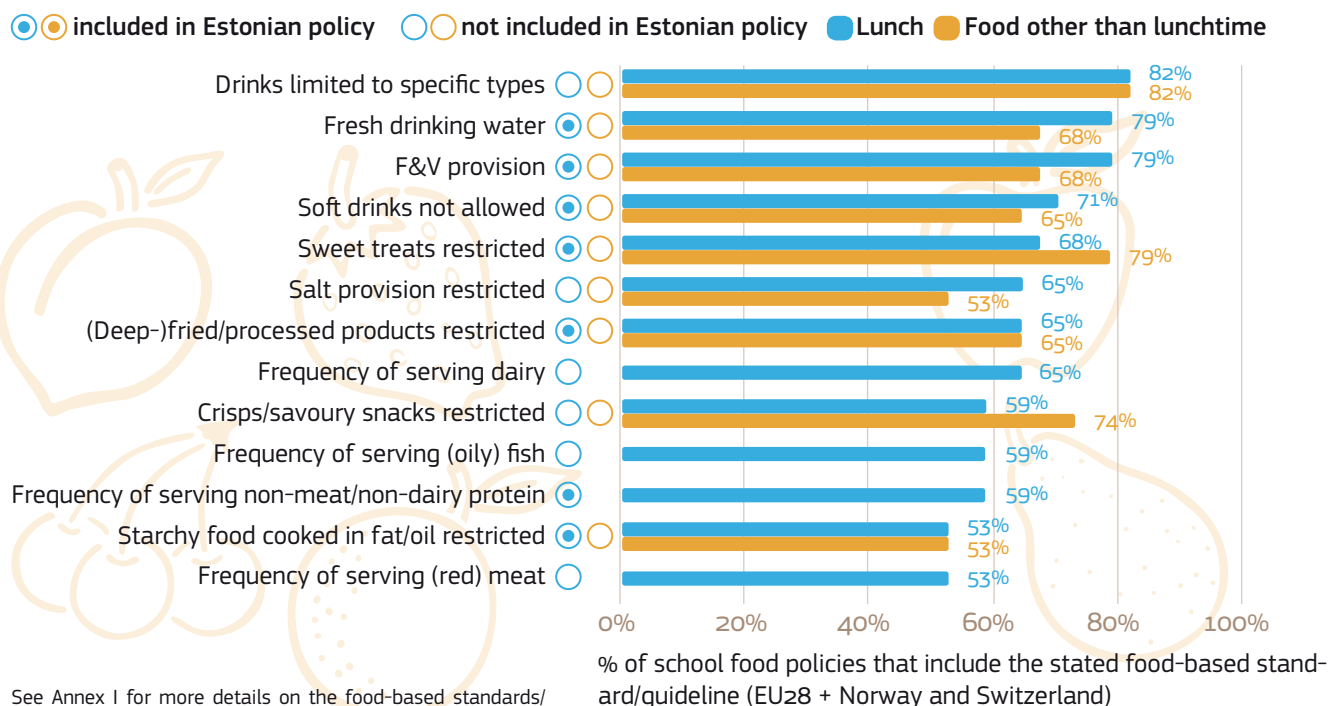


Other standards/guidelines:

- n/a

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Food-based standards

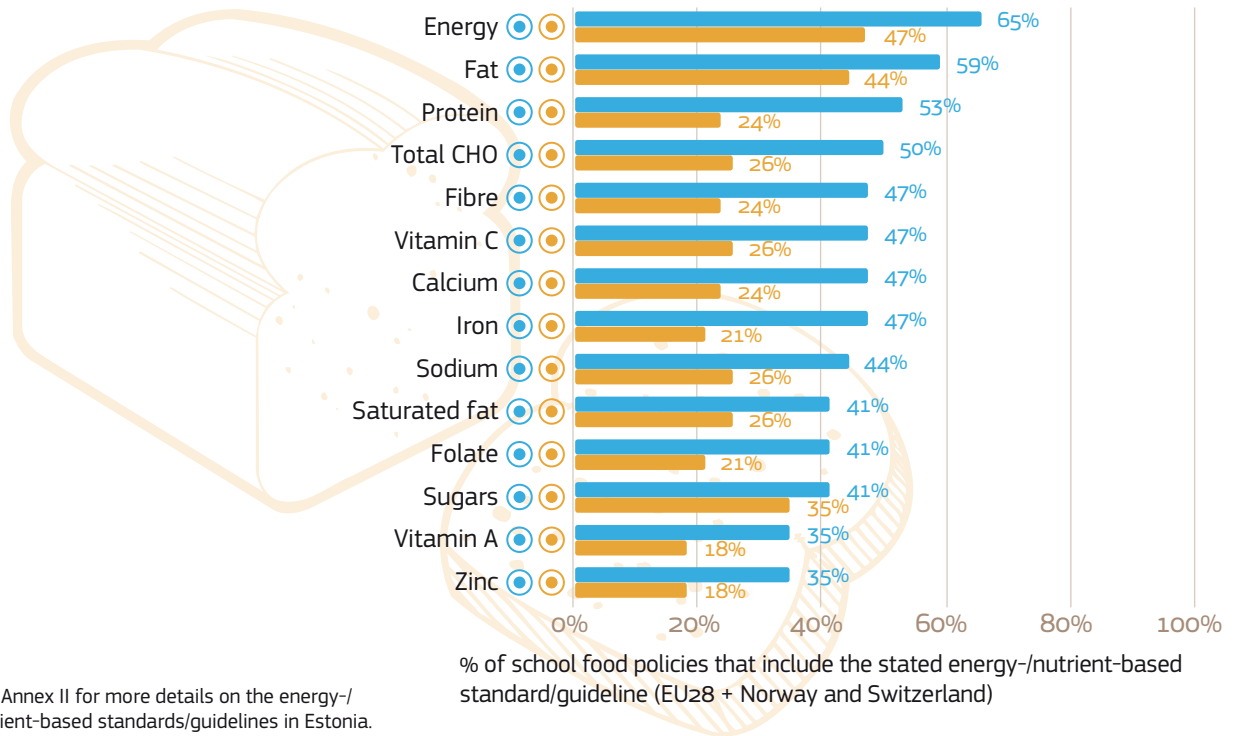


See Annex I for more details on the food-based standards/guidelines in Estonia.

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Nutrient-based standards

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

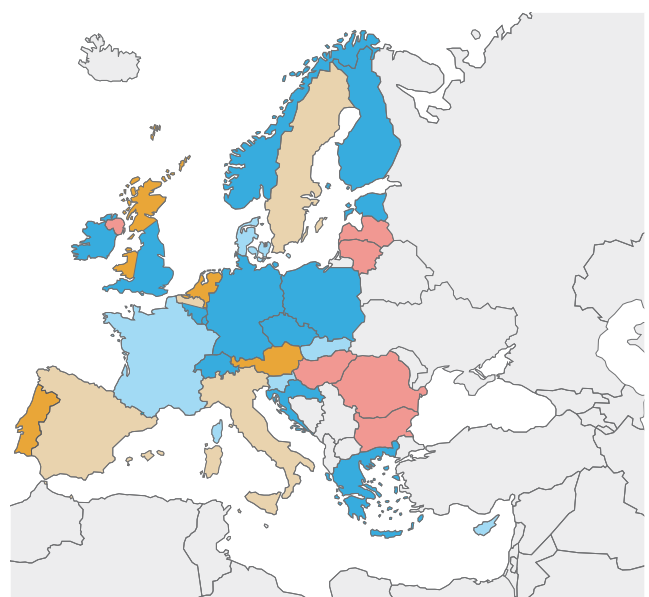


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Restrictions on vending machines on school premises

Estonia

- 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

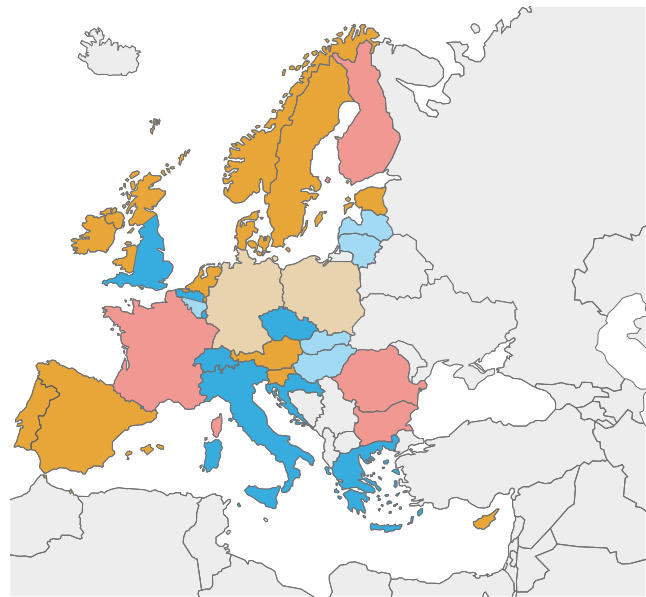
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Restrictions on marketing of food or drink on school premises

Estonia

- 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

Advertising Act prohibits commercial advertising overall in educational facilities from kindergarten to high school and vocational schools, but it does not refer to way of advertising (print advertising, branding, sponsorships, events, etc.)



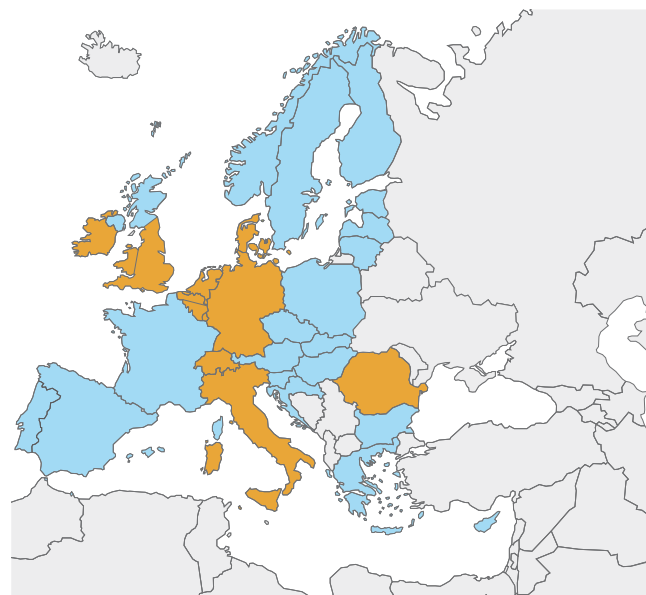
Food and drink marketing restrictions on school premises across EU28 + Norway and Switzerland

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

Estonia

Nutrition education is part of national curriculum in primary and secondary schools since 2002 (subject syllabus “Health education”), and of national preschool education curriculum in kindergartens (since 1999); new curriculum and subject syllabus currently under development



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

Additional information on Estonian 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	Vegetables are served every day, fruits are served at least three times a week	-
Specified number of times (red) meat served	Meat or poultry at least twice a week; frankfurters, cooked sausages, sardelki and sauces made from them should not be served more than once a month	-
Specified number of times other sources of protein served	-	-
Specified number of times dairy products served	-	-
Specified number of times (oily) fish should be on the school lunch menu	Meals from fresh fish or fish products are served at least once a week	-
Restrictions on availability of fried, deep-fried or processed products	Meals fried in a lot of fat are prohibited	-
Sweet treats (chocolate, confectionery, cakes, biscuits, etc.) restricted	Sweets such as chewing gum, fruit and muesli bars, and candies are not served as dessert	-
Starchy food cooked in fat or oil restricted	Meals fried in a lot of fat are prohibited	-
Crisps and savoury snacks restricted	-	-
Fresh drinking water must be provided and be easily accessible	x	-
Drinks limited to specific types (e.g. milk, fruit juice, water, combination of these)	-	-
Soft-drinks (e.g. sugar-sweetened or artificially-sweetened soft drinks, squash) restricted	Water-based flavoured drinks, including energy and sports drinks which contain food colorants E 102, E 110, E 122, E 123, E 124, E 129, E 151, E 154, E 155, E 180 are not served as drinks	-
Salt provision is restricted	-	-

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

	Lunch	Other than lunch
Other	Mayonnaise and mayonnaise-based sauces may be used in small portions and not more often than three times a month; products containing hydrogenated vegetable fats should be avoided; fat in food preparations should be vegetable oil; School fruit scheme has been introduced since 2009; bread must be available on a daily basis; milk has to be pasteurised; canned or preserved food based dishes are not allowed; pasta shouldn't be served more than twice a week; liver not more than twice a month; supplements on prescription from health care professionals	-

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

	Lunch	Other than lunch
Energy	Lunch covers 30-35 % of the daily energy). Daily energy need based on age groups (kcal): 7-9 y: 1880+/-190; 10-12 y: 2120+/-210; 13-15 y: 2410 +/-240; 16-19 y: 2610 +/-260	Daily energy need based on age groups (kcal): 7-9 y: 1880+/-190; 10-12 y: 2120+/-210; 13-15 y: 2410 +/-240; 16-19 y: 2610 +/-260
Fat	30 +/-2.5 E%	30 +/-2.5 E%
Saturated fat	max 10 E%	max 10 E%
Total carbohydrate	57.5 +/-2.5 E%	57.5 +/-2.5 E%
Non-milk extrinsic sugars	max 10 E%	max 10 E%
Fibre	14-22 g	14-22 g
Protein	12.5 +/- 2.5 E%	12.5 +/- 2.5 E%
Iron	9-12.5 mg	9-12.5 mg
Zinc	7-9 mg	7-9 mg
Calcium	700-900 mg	700-900 mg
Vitamin A	400-800 mcg	400-800 mcg
Vitamin C	45-75 mg	45-75 mg
Folate	130-325 mcg	130-325 mcg
Sodium	max 1.56-2.20 g	max 1.56-2.20 g
Other	https://www.riigiteataja.ee/aktalisa/1200/4201/2008/Lisa3.pdf	https://www.riigiteataja.ee/aktalisa/1200/4201/2008/Lisa3.pdf