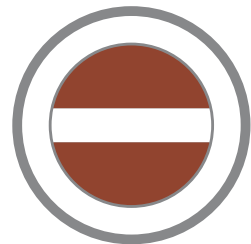


SCHOOL FOOD POLICY COUNTRY FACTSHEETS



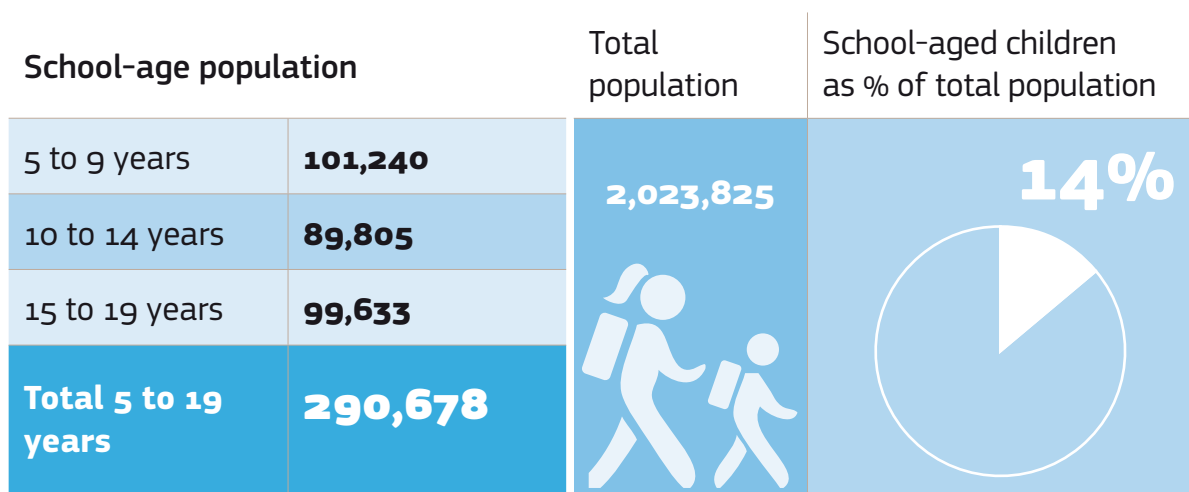
LATVIA



School food policy (mandatory)	“Ministru kabineta noteikumi Nr.172 Rīgā 2012.gada 13.martā (prot. Nr.14 17.§) Noteikumi par uztura normām izglītības iestāžu izglītojamiem, sociālās aprūpes un sociālās rehabilitācijas institūciju klientiem un ārstniecības iestāžu pacientiem”
Developed by	Cabinet of Ministers is responsible for normative regulation and legislation adoption regarding to school food and meals policy. But the health, education and agriculture sectors are responsible for school food and meal policy development
Year of publication	2012 (amendments in 2013)
Web link(s)	http://likumi.lv/doc.php?id=245300

1 General information

Demographic data



Source: EUROSTAT, year 2013.

Childhood overweight/obesity prevalence in Latvia

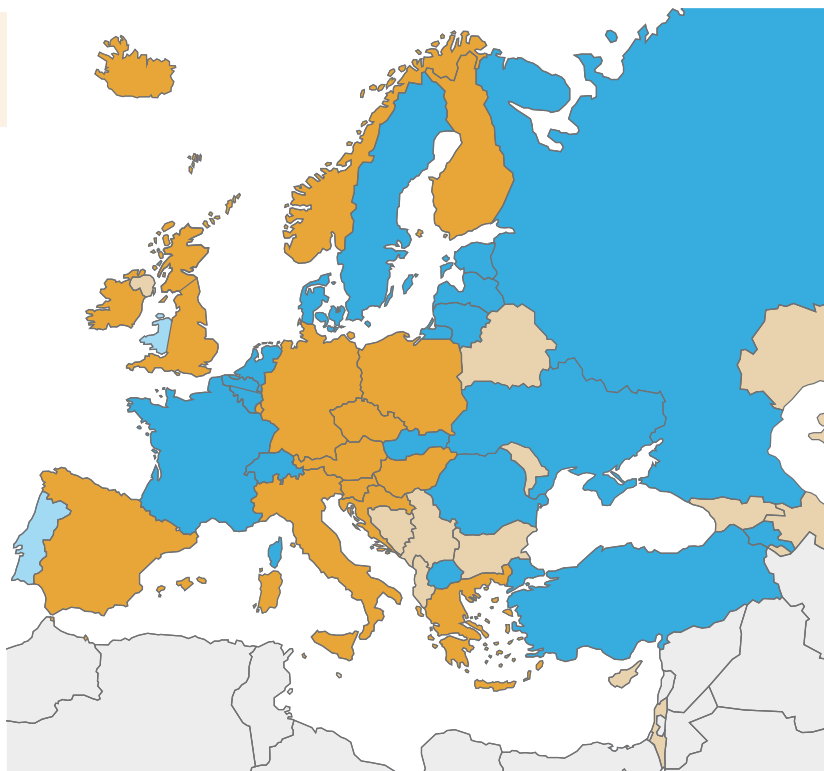
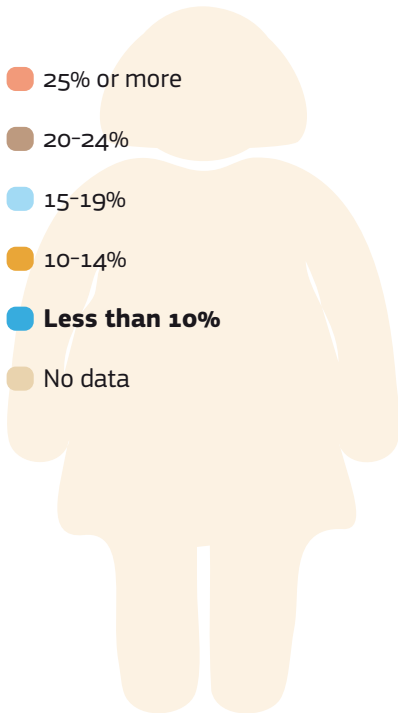
	Overweight (including obesity)		Obesity	
	2007/8	2009/10	2007/8	2009/10
Boys (7 years)	24.0%	24.5%	8.6%	10.8%
Girls (7 years)	18.9%	22.2%	4.6%	7.5%

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

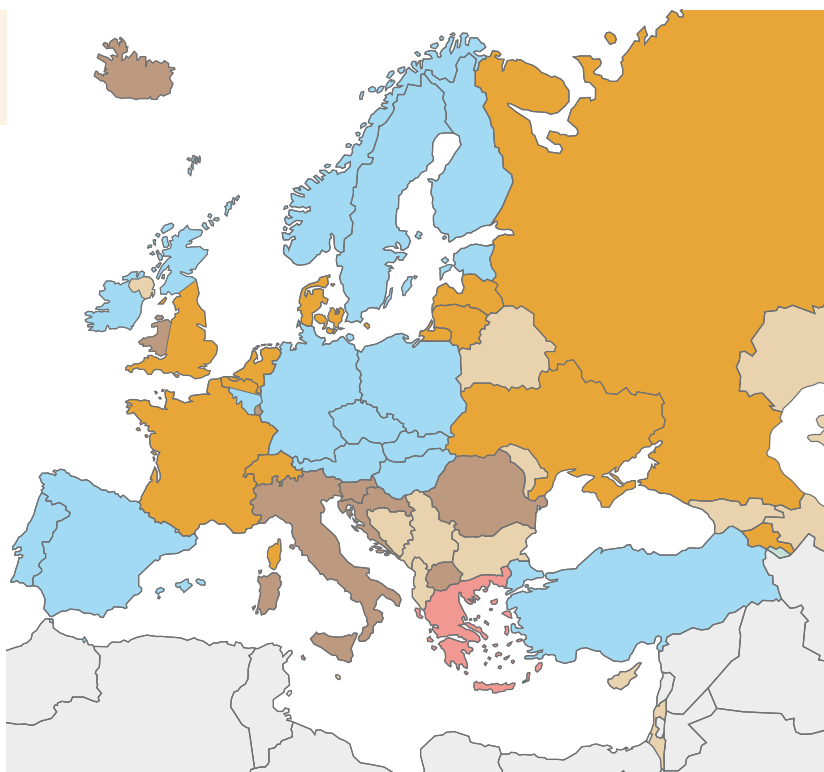
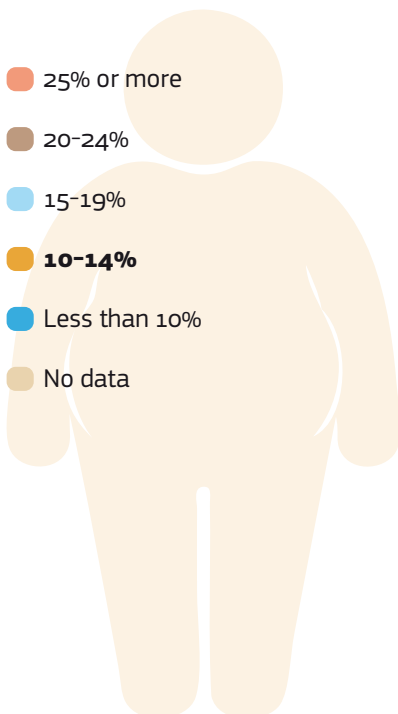
- 25% or more
- 20-24%
- 15-19%
- 10-14%
- **Less than 10%**
- No data



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

- 25% or more
- 20-24%
- 15-19%
- **10-14%**
- Less than 10%
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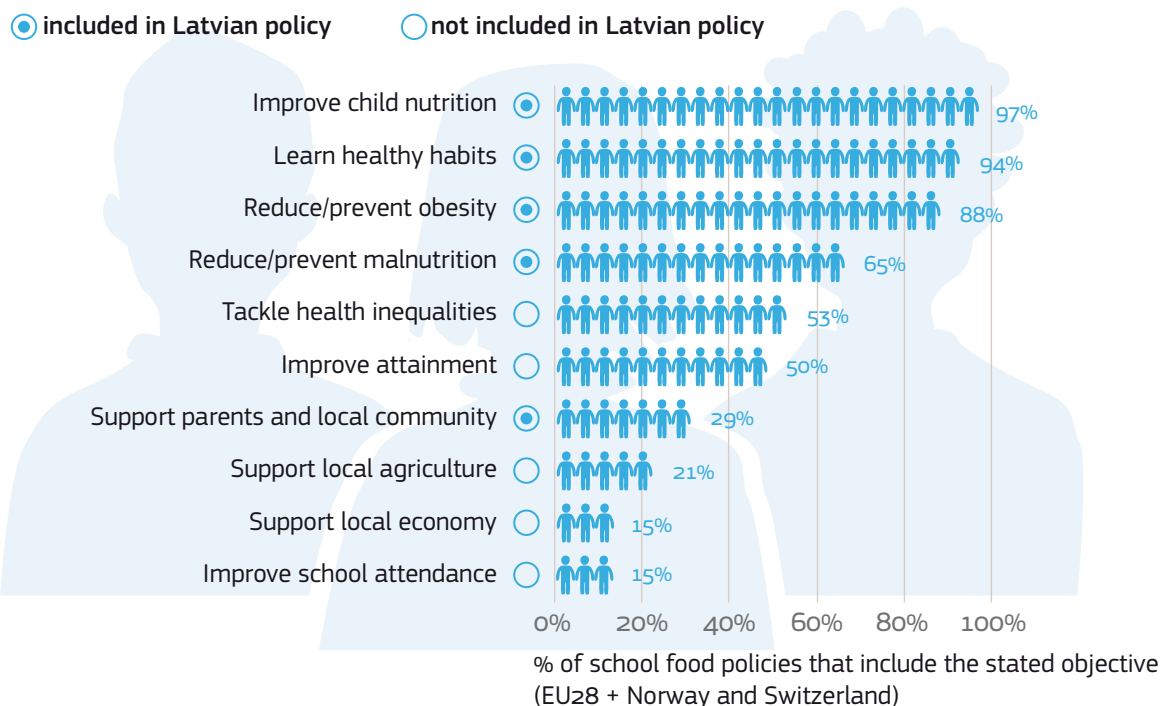


Note: HBSC teams provided disaggregated data for Belgium and the United Kingdom; these data appear in the map above.

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

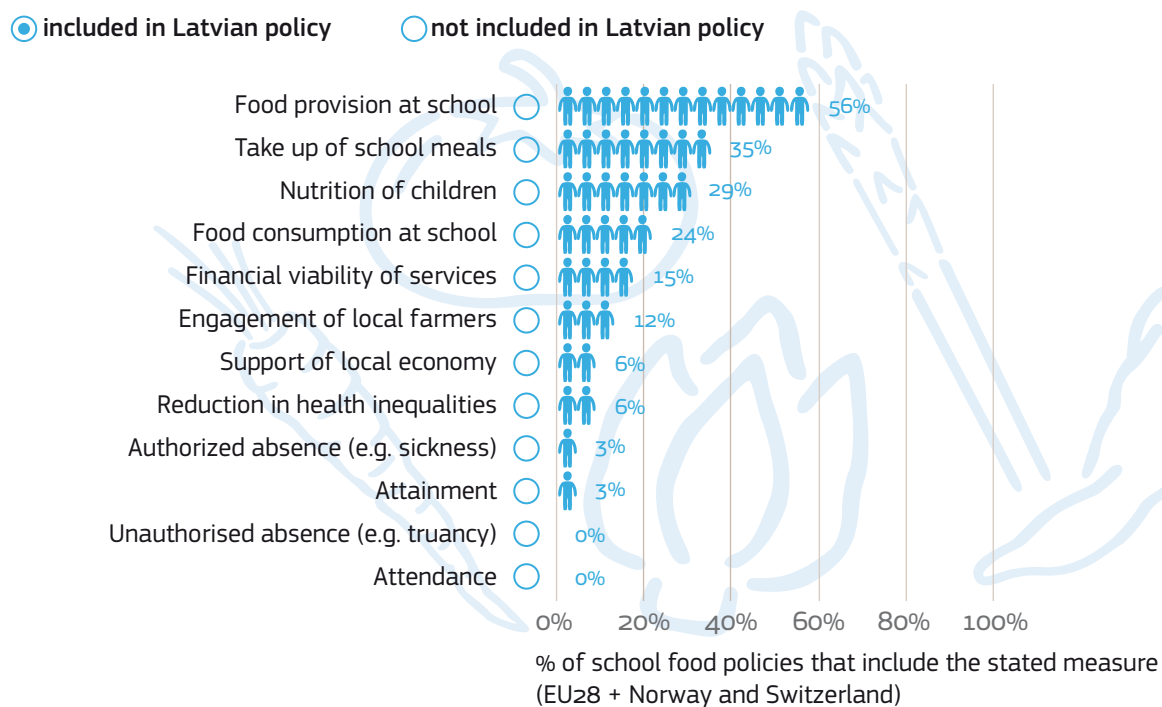


Other objectives:

- n/a

3

Measures through which the policy is evaluated

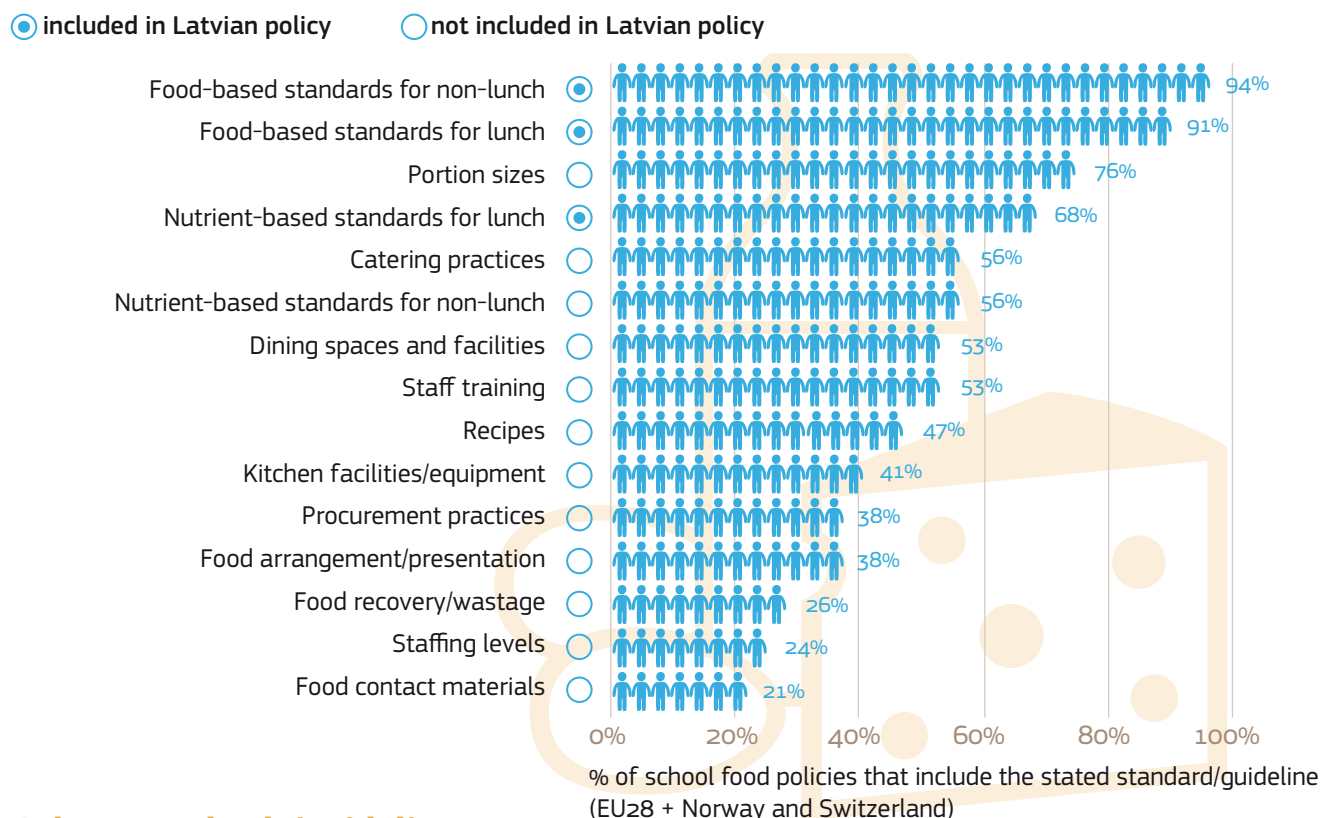


Other measures:

- n/a

4

School food policy standards and guidelines

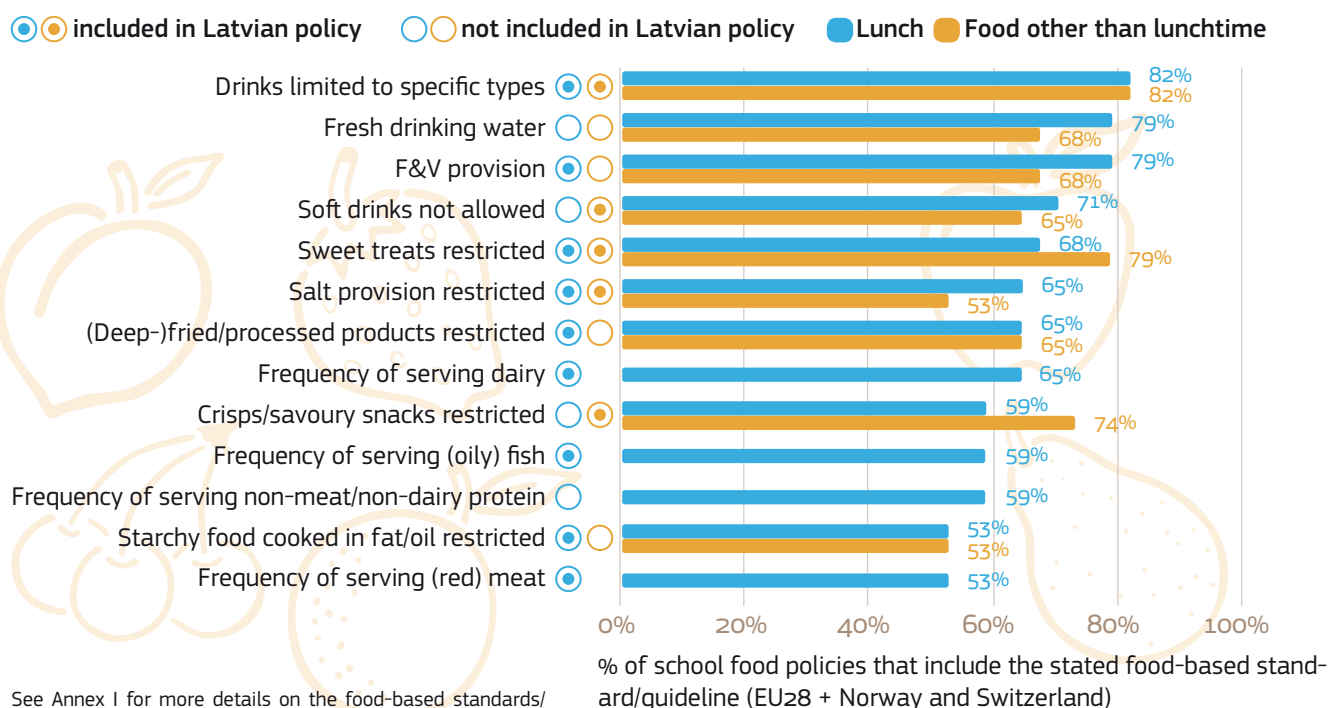


Other standards/guidelines:

- n/a

5

Food-based standards

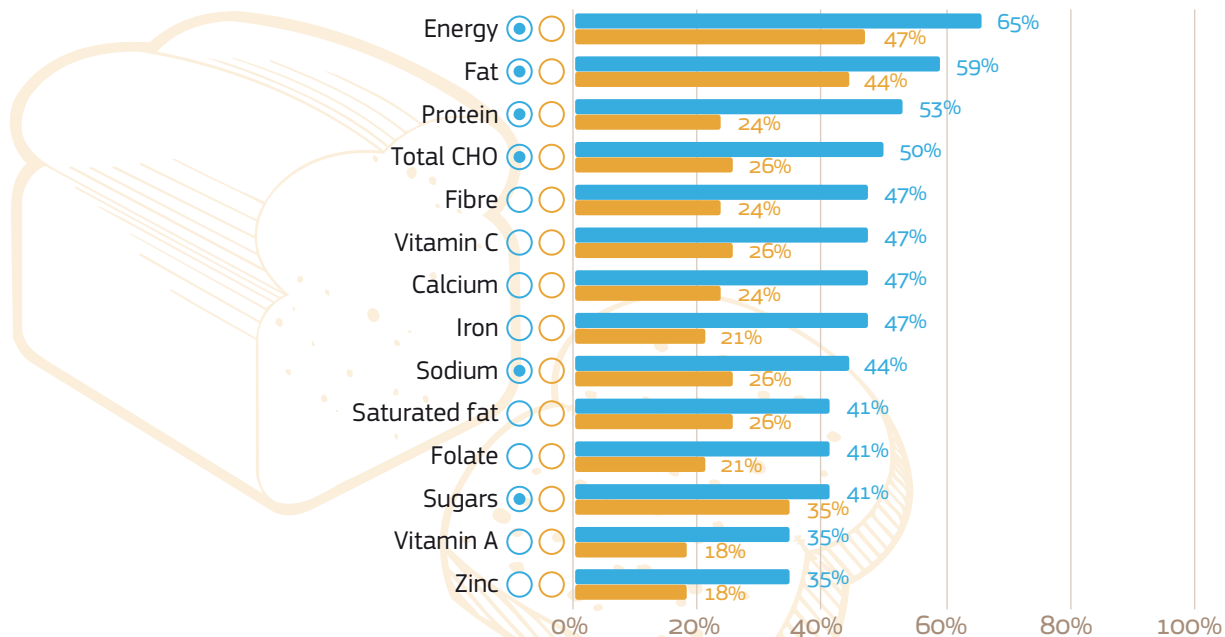


See Annex I for more details on the food-based standards/guidelines in Latvia.

6

Nutrient-based standards

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



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

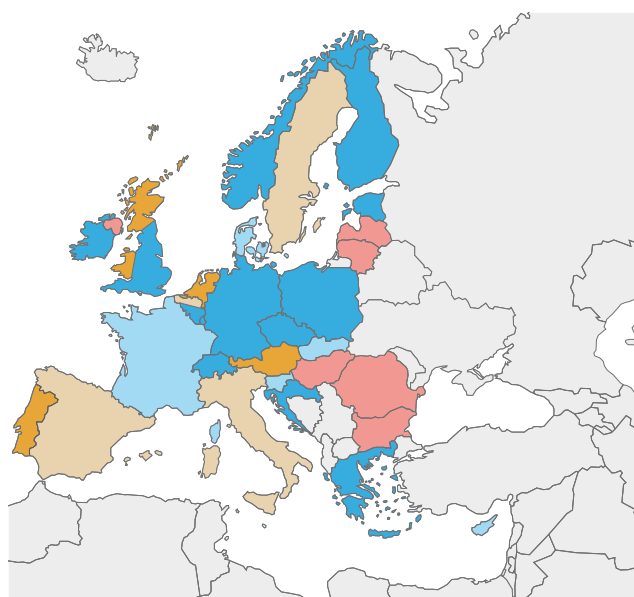
See Annex II for more details on the energy-/nutrient-based standards/guidelines in Latvia.

7

Restrictions on vending machines on school premises

Latvia

- 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

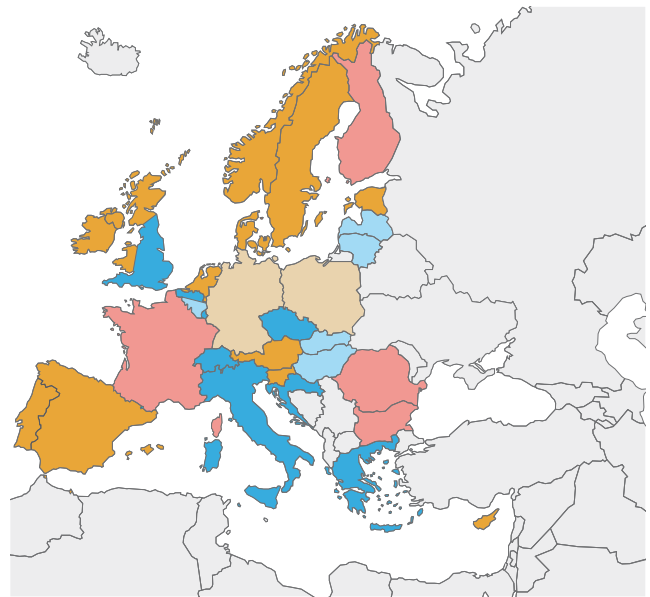
8

Restrictions on marketing of food or drink on school premises

Latvia

- **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

In 2006 regulations were adopted to restrict marketing of unhealthy food and beverages in pre-schools and schools



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

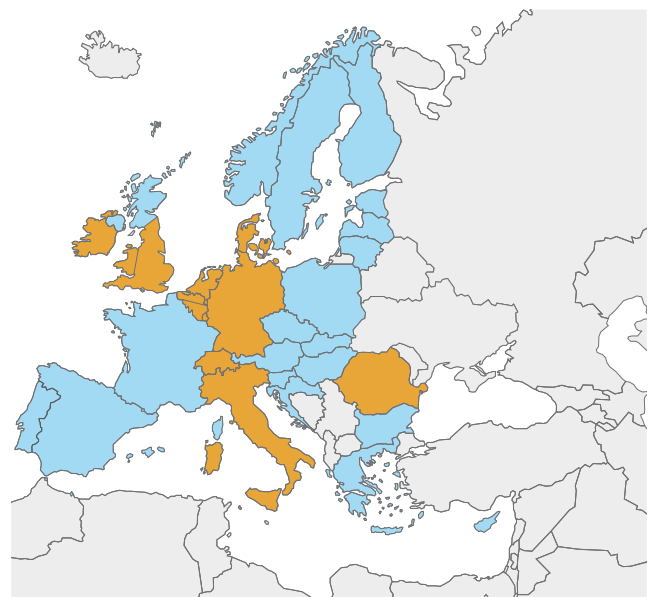
9

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

Latvia

Food and nutrition is a part of different curricula at schools (Social sciences, Health education, Domestic sciences, Biology, etc.).

Teacher training in the promotion of healthy nutrition is provided.



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

Additional information on Latvian 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	At least 500 g of fruit and vegetables per week) (also fruit consumption encouraged by EU School Fruit Scheme since 2010 and free fruits and vegetables are offered to children in grades 1-9	-
Specified number of times (red) meat served	At least 200 g of lean meat or fish (fillet) per week	n/a
Specified number of times other sources of protein served	-	n/a
Specified number of times dairy products served	At least 50 g of products rich in milk proteins (cottage cheese, cheese) per week. At least 250 g of milk, kefir, yoghurt or other cultured product per week	n/a
Specified number of times (oily) fish should be on the school lunch menu	At least 200 g of lean meat or fish (fillet) per week	n/a
Restrictions on availability of fried, deep-fried or processed products	Fried potatoes (fries), potato croquettes and other food products boiled in oil and analogous food products are excluded	-
Sweet treats (chocolate, confectionery, cakes, biscuits, etc.) restricted	Confectionery containing partially hydrogenated vegetable fats is excluded	Sugar confectionery (candies, caramels) with added food additives - colours and sweeteners - are excluded
Starchy food cooked in fat or oil restricted	Fried potatoes (fries), potato croquettes and other food products boiled in oil and analogous food products are excluded	-
Crisps and savoury snacks restricted	-	Crisps and savoury snacks which contain 1.25 g or more salt per 100 g or 0.5 g or more sodium per 100 g are excluded
Fresh drinking water must be provided and be easily accessible	-	-
Drinks limited to specific types (e.g. milk, fruit juice, water, combination of these)	Milk consumption encouraged by EU School Milk Scheme since 2004, and free milk is offered to children in grades 1-9	Milk consumption encouraged by EU School Milk Scheme since 2004, and free milk is offered to children in grades 1-9
Soft-drinks (e.g. sugar-sweetened or artificially-sweetened soft drinks, squash) restricted	-	Soft drinks with added food additives (colours, sweeteners, preservatives), caffeine are excluded
Salt provision is restricted	Amount of added salt in a prepared dish shall not exceed 0.4 g per 100 g of product	x
Other	Rich in complex carbohydrates	Unhealthy foods and beverages are not allowed in vending machines; EU school fruit scheme provides free fruit to school children in grades 1-9

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

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