

SCHOOL FOOD POLICY COUNTRY FACTSHEETS



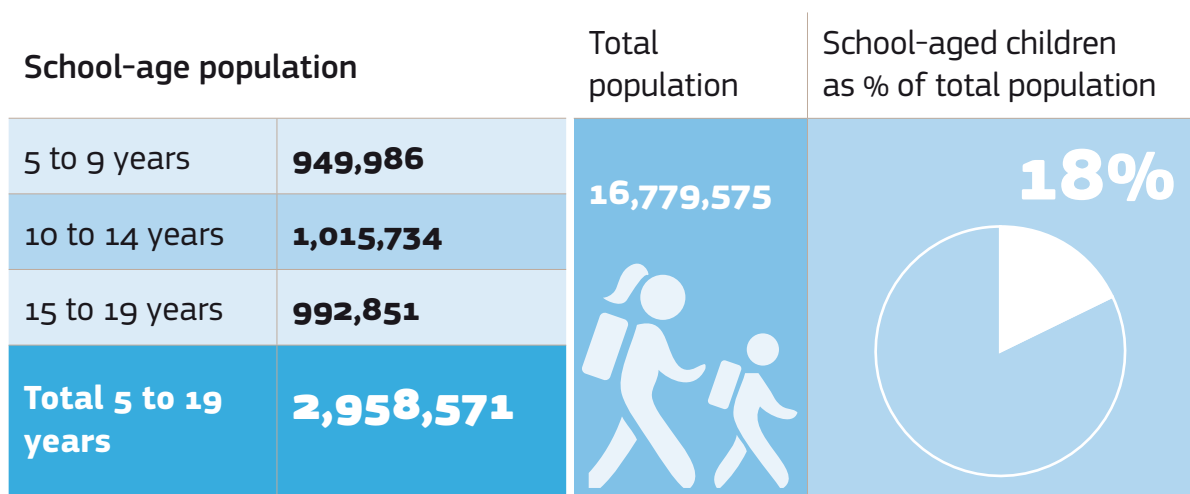
NETHERLANDS



School food policy (voluntary)	“Landelijke nota gezondheidsbeleid ‘Gezondheid dichtbij”
Developed by	Ministry of Education, Science and Culture and Ministry of Health, Welfare and Sport
Year of publication	2011 (this is the most recent national policy document on healthy lifestyle and prevention made by the government, where healthy school canteens are a part. In 2015 changes in policy on this topic will be communicated to Parliament. Specific policy documents for schools are of a much more recent date (2014) and can be found at Rijksoverheid.nl and the website of the National Nutrition Centre (Voedingscentrum) mentioned below)
Web link(s)	http://www.rijksoverheid.nl/documenten-en-publicaties/notas/2011/05/25/landelijke-nota-gezondheidsbeleid.html http://gezondeschoolkantine.voedingscentrum.nl

General information

Demographic data



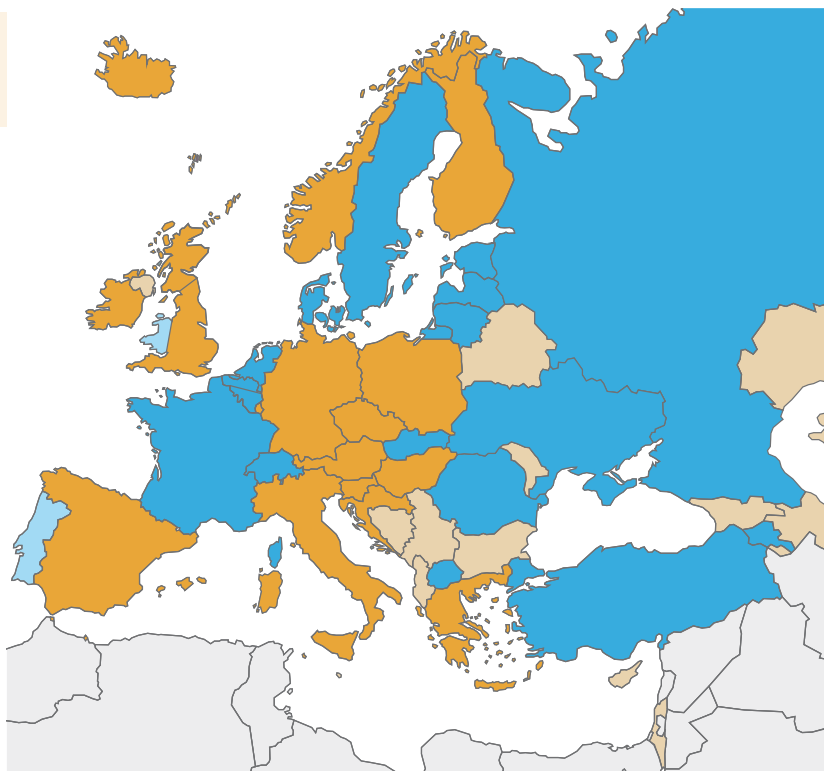
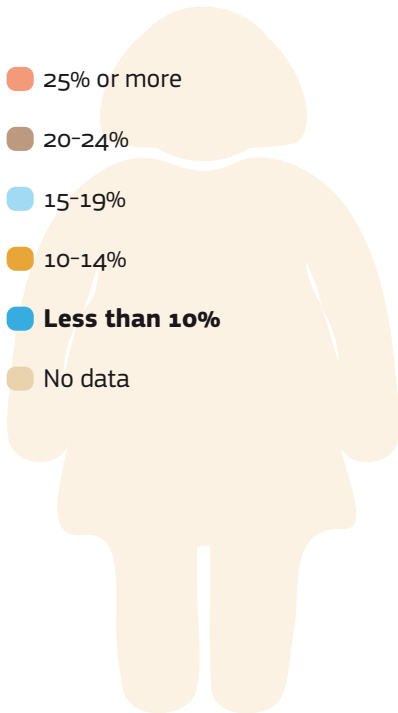
Source: EUROSTAT, year 2013.



Adolescent overweight/obesity prevalence in Europe

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

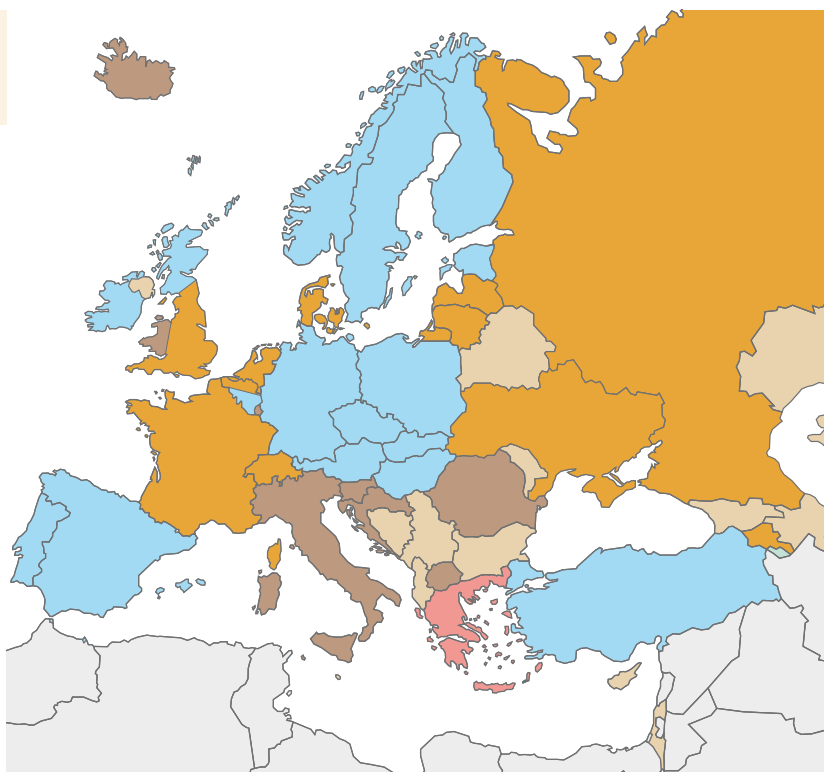
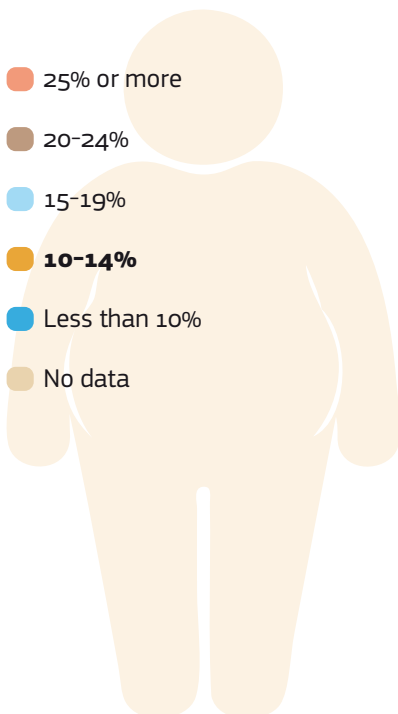
- 25% or more
- 20-24%
- 15-19%
- 10-14%
- **Less than 10%**
- No data



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

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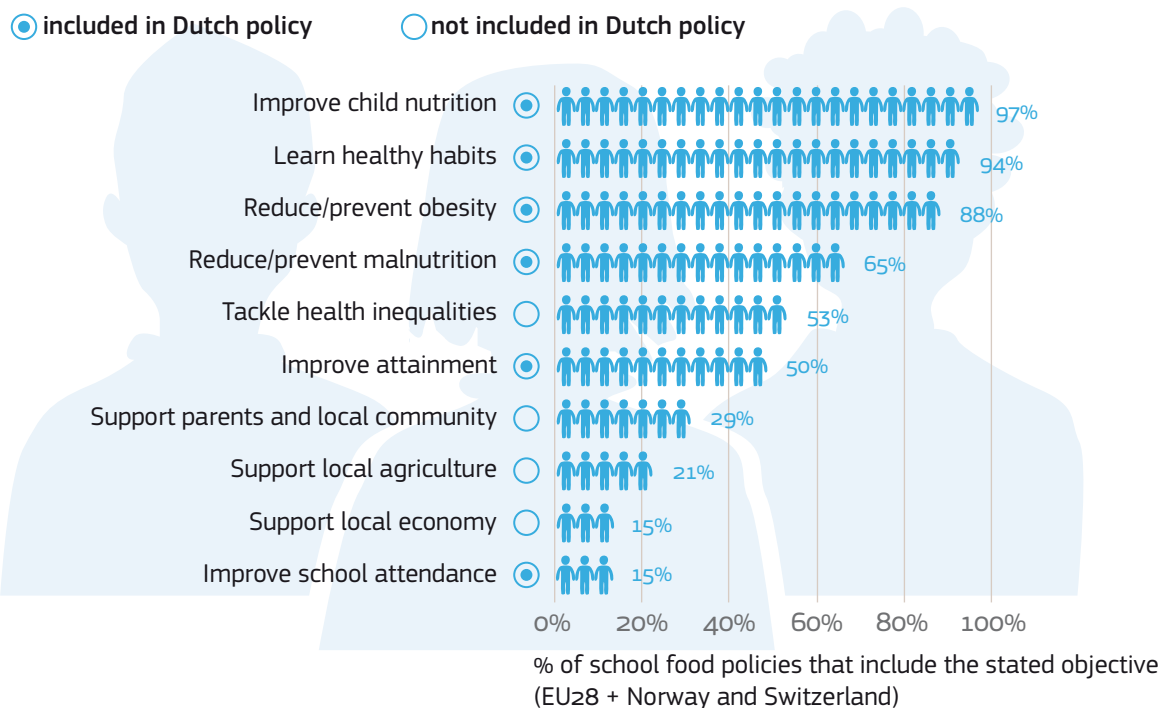


Note: HBSC teams provided disaggregated data for Belgium and the United Kingdom; these data appear in the map above.

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

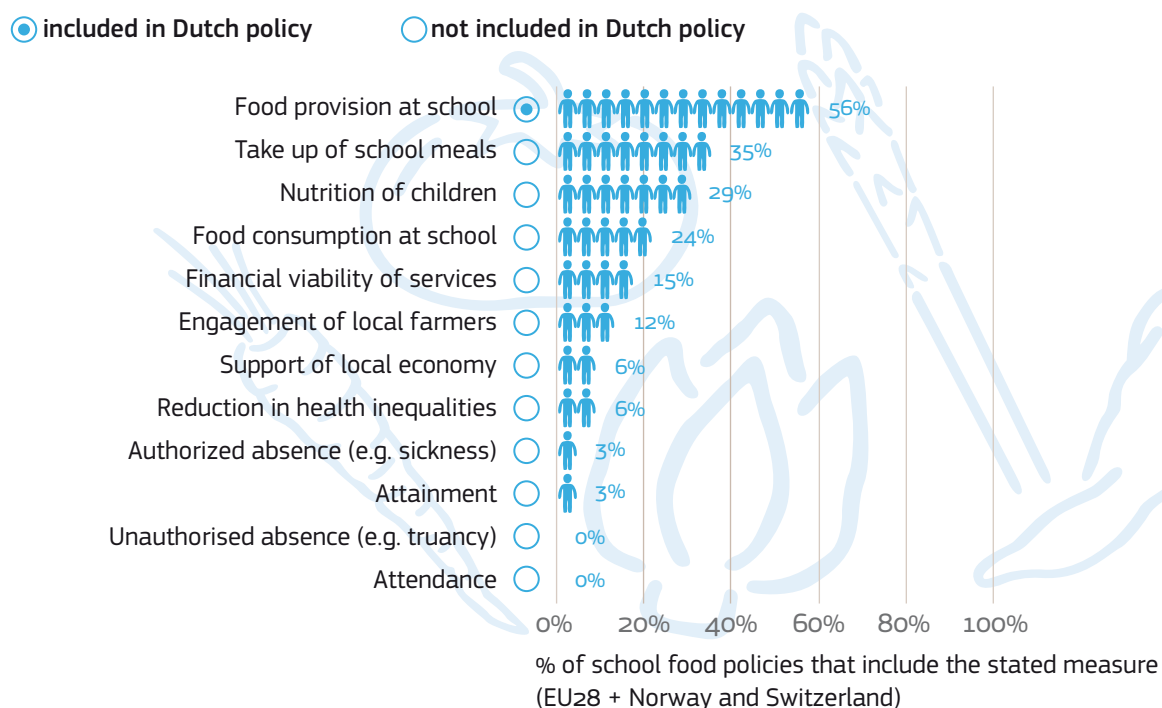


Other objectives:

- To influence sustainability of environment (eating more fruit, vegetables and wholegrain cereals and less animal products)

3

Measures through which the policy is evaluated

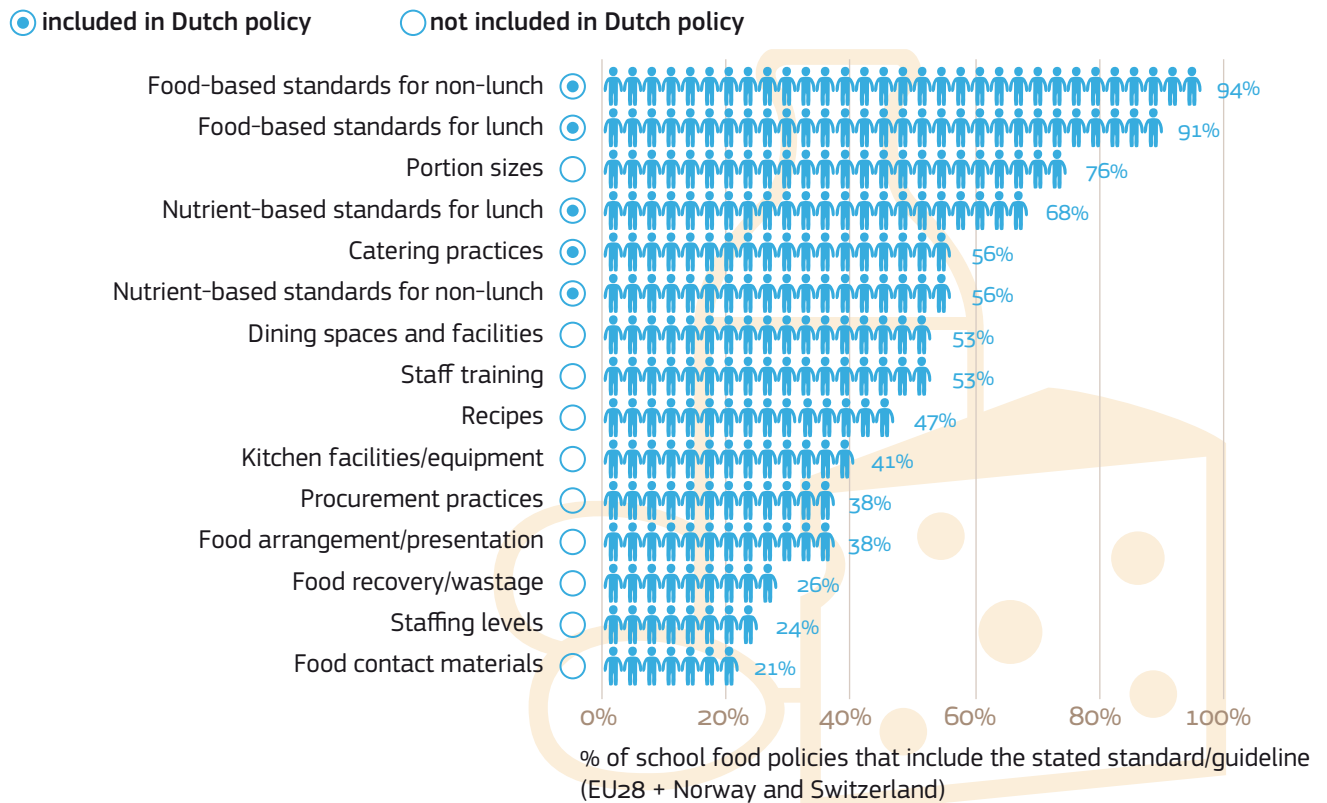


Other measures:

- n/a

4

School food policy standards and guidelines

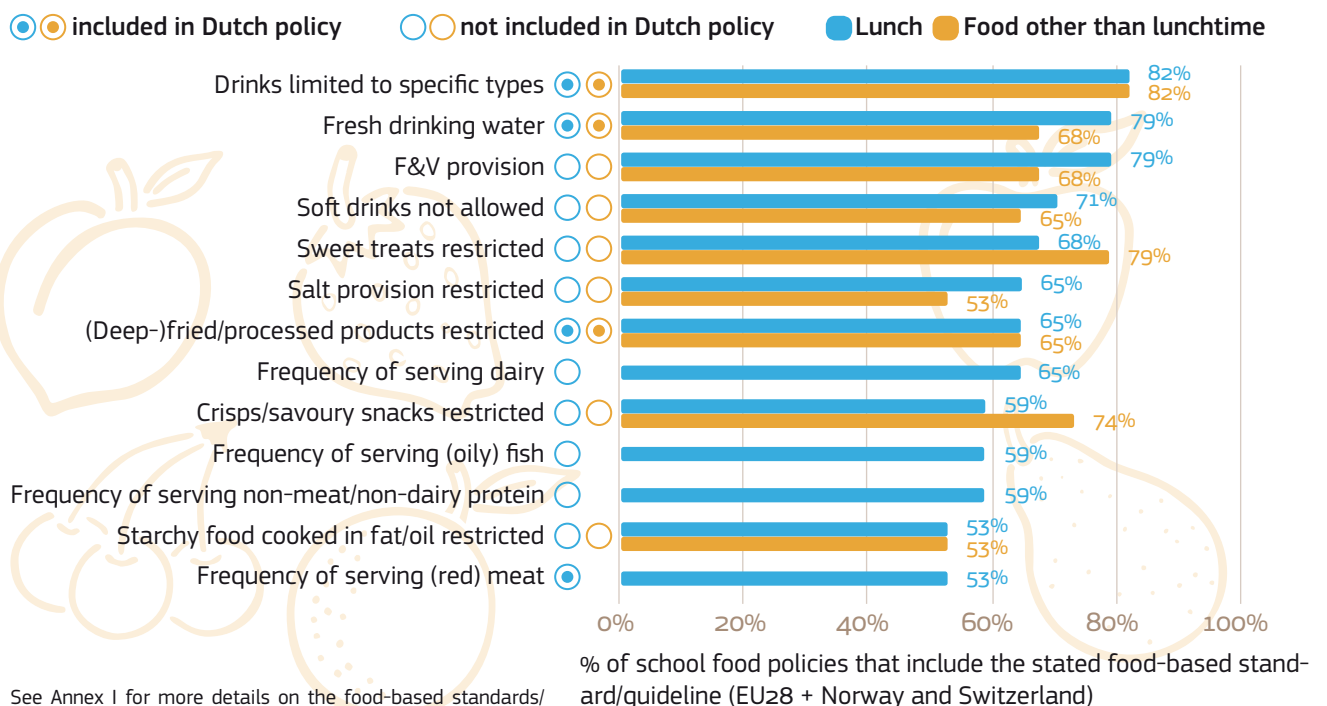


Other standards/guidelines:

- “Healthy school canteen” mentions importance of attractive dining spaces, food arrangements and so on, but there are no standards for this

5

Food-based standards

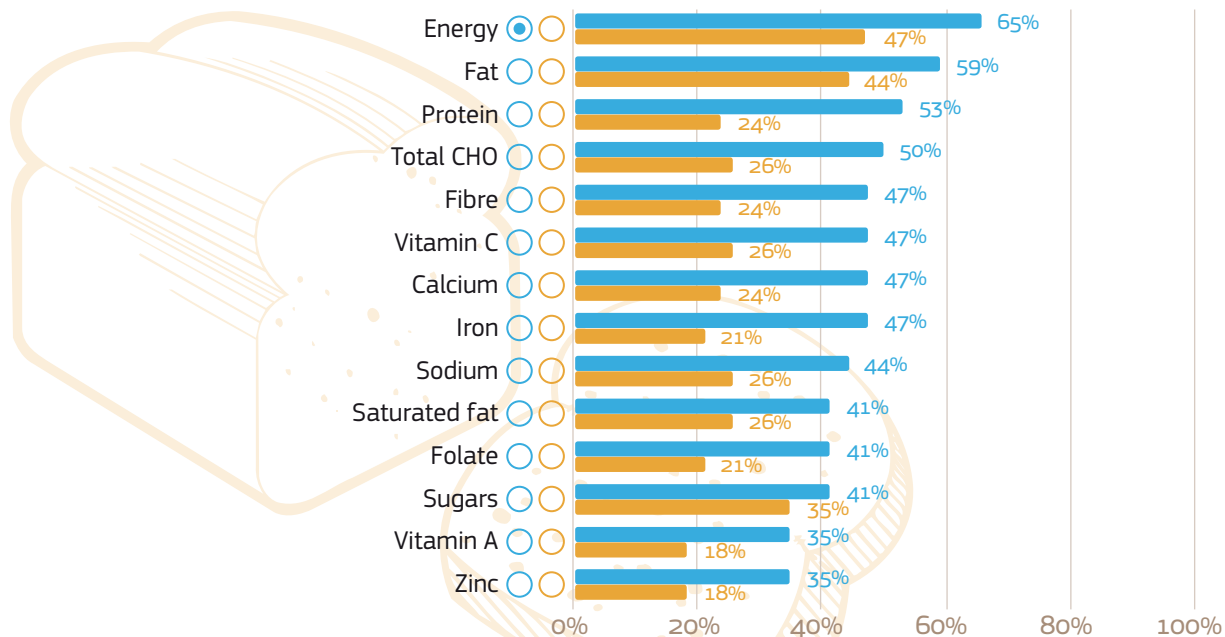


See Annex I for more details on the food-based standards/guidelines in the Netherlands.

6

Nutrient-based standards

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



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

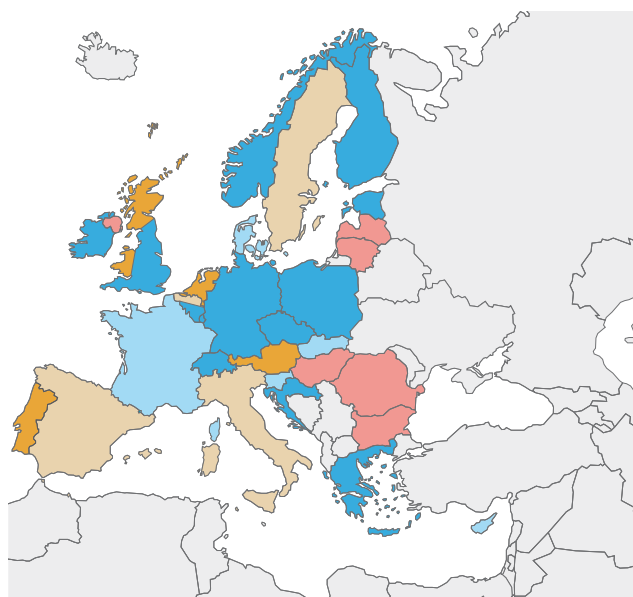
See Annex II for more details on the energy-/nutrient-based standards/guidelines in the Netherlands.

7

Restrictions on vending machines on school premises

Netherlands

- 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

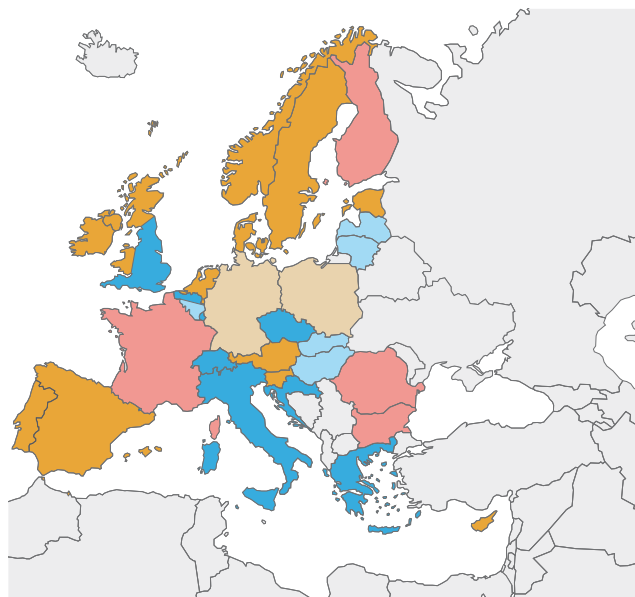
8

Restrictions on marketing of food or drink on school premises

Netherlands

- 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

Since 1st January 2015 new self-regulation is in effect. The age of children 0-13 years is included, and new food-criteria are in place. See: https://www.reclamecode.nl/bijlagen/SRC_NRC_Engels_apr14.pdf



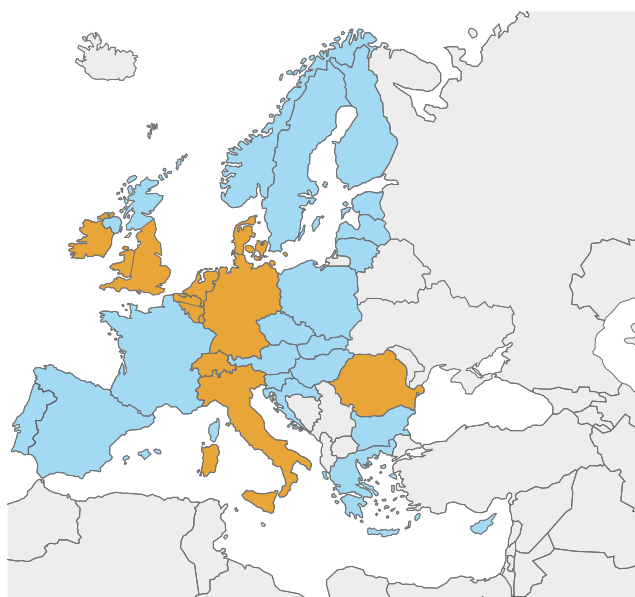
Food and drink marketing restrictions on school premises across EU28 + Norway and Switzerland

9

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

Netherlands

Schools are encouraged to include lifestyle issues including diet in the educational curriculum



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

Additional information on Dutch 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	-	-
Specified number of times (red) meat served	-	n/a
Specified number of times other sources of protein served	-	n/a
Specified number of times dairy products served	-	n/a
Specified number of times (oily) fish should be on the school lunch menu	-	n/a
Restrictions on availability of fried, deep-fried or processed products	Classified as "exceptional"	Classified as "exceptional"
Sweet treats (chocolate, confectionery, cakes, biscuits, etc.) restricted	-	-
Starchy food cooked in fat or oil restricted	-	-
Crisps and savoury snacks restricted	-	-
Fresh drinking water must be provided and be easily accessible	x	x
Drinks limited to specific types (e.g. milk, fruit juice, water, combination of these)	x	x
Soft-drinks (e.g. sugar-sweetened or artificially-sweetened soft drinks, squash) restricted	-	-
Salt provision is restricted	-	-

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

	Lunch	Other than lunch
Other	Charter signed by various stakeholders from public health and industry sectors provides food-based recommendations for healthier school meals. No specified numbers or amount of food-based standards are given, and it doesn't say what isn't allowed, however in the canteen offer should be based on 75% food essentials, and maximum 25% of non-basic food. The recommendations also include if food should be "preferred, intermediate or exceptional" (available at: http://www.voedingscentrum.nl/Assets/Uploads/Documents/Handvest%20Gezonder%20voedingsaanbod%20op%20scholen.pdf (p. 7)). It is specified at what level soft drinks (>30 kcal/100 ml), sauces (>5 g), soups (>100 kcal/100 g) and sandwiches (>15 g of "broodbeleg") are NOT to be considered as food essentials.	Charter signed by various stakeholders from public health and industry sectors provides food-based recommendations for healthier school meals. No specified numbers or amount of food-based standards are given, and it doesn't say what isn't allowed, however the canteen offer should be based on 75% food essentials, and maximum 25% of non-basic food. The recommendations also include if food should be "preferred, intermediate or exceptional" (available at: http://www.voedingscentrum.nl/Assets/Uploads/Documents/Handvest%20Gezonder%20voedingsaanbod%20op%20scholen.pdf (p. 7)). It is specified at what level soft drinks (>30 kcal/100 ml), sauces (>5 g), soups (>100 kcal/100 g) and sandwiches (>15 g of "broodbeleg") are NOT to be considered as food essentials.

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

	Lunch	Other than lunch
Energy	There are recommendations for the amount of energy from NON basic food (maximum 25% of the canteen offer) which include lunch and other meals: preferred level <75 kcal/portion, intermediate level < or = 110 kcal, exceptional level >110 kcal/portion	-
Fat	-	-
Saturated fat	-	-
Total carbohydrate	-	-
Non-milk extrinsic sugars	-	-
Fibre	-	-
Protein	-	-
Iron	-	-
Zinc	-	-
Calcium	-	-
Vitamin A	-	-
Vitamin C	-	-
Folate	-	-
Sodium	-	-
Other	-	-