

SCHOOL FOOD POLICY COUNTRY FACTSHEETS



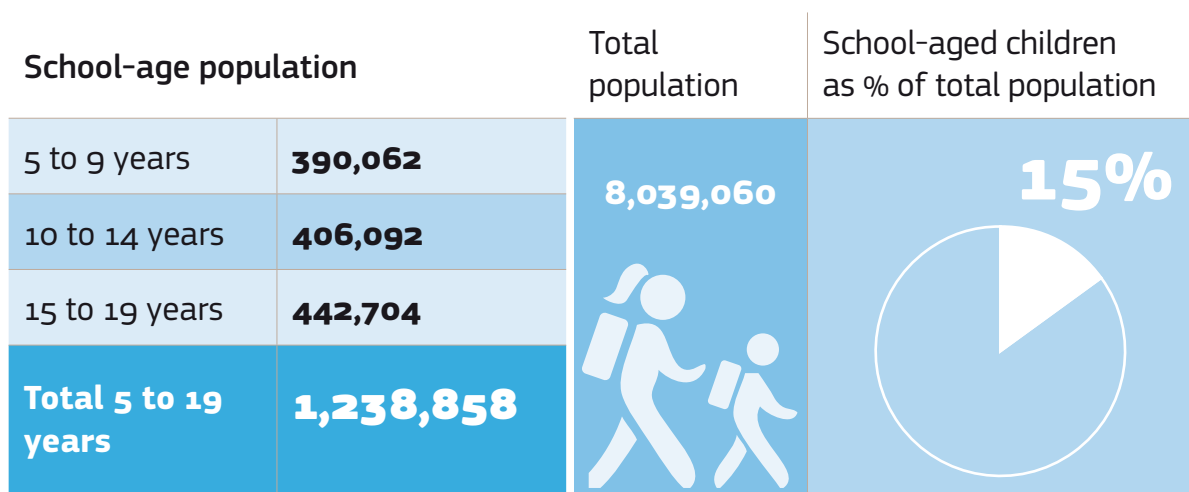
SWITZERLAND



School food policy (voluntary)	“Swiss Nutrition Policy 2013–2016” “Schweizer Qualitätsstandards für eine gesundheitsfördernde Gemeinschaftsgastronomie”
Developed by	Federal Food Safety and Veterinary Office FSVO
Year of publication	2012
Web link(s)	http://www.blv.admin.ch/themen/04679/05055/index.html?lang=en&download=NH-zLpZeg7t,lnp6loNTUo42l2Z6ln1ad1lZn4Z2qZpnO2Yuq2Z6gpJCFfYJ2fWym16zepYbgzc_JjKbNoKSn6A-- http://www.goodpractice-gemeinschaftsgastronomie.ch/fileadmin/user_upload/downloads_de/D_QSTGGG_V2.2web_20150425.pdf http://www.sge-ssn.ch/bildung-und-schule/essen-in-der-schule/schulverpflegung/

General information

Demographic data



Source: EUROSTAT, year 2013.

Childhood overweight/obesity prevalence in Switzerland

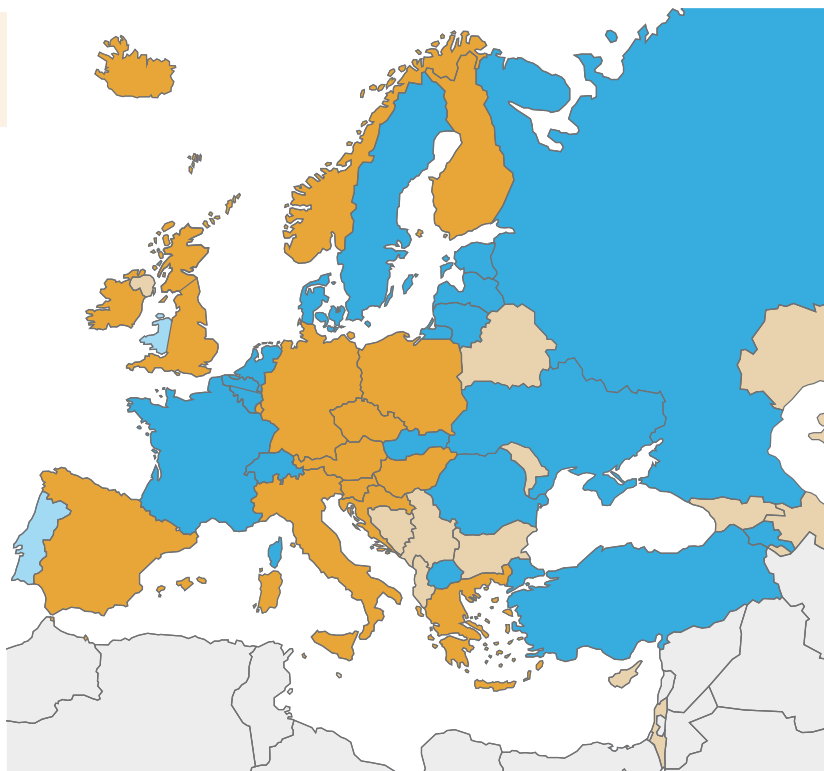
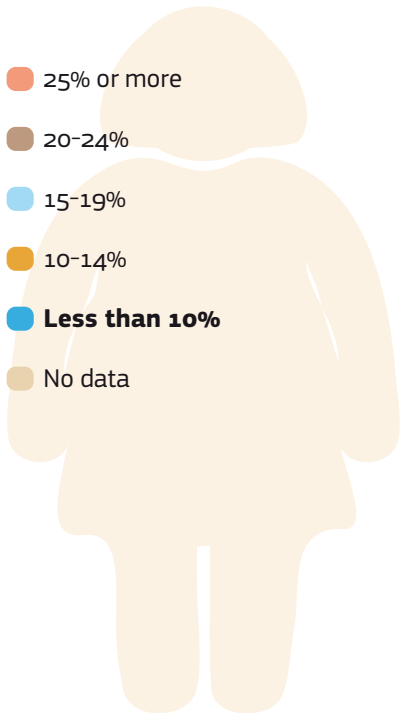
	Overweight (excluding obesity)		Obesity	
	2009	2012	2009	2012
Boys (6-12 years)	12.5%	11.9%	6.2%	8.1%
Girls (6-12 years)	12.4%	11.9%	4.4%	5.9%

Source: MOSEB 2009, 2012.

Adolescent overweight/obesity prevalence in Europe

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

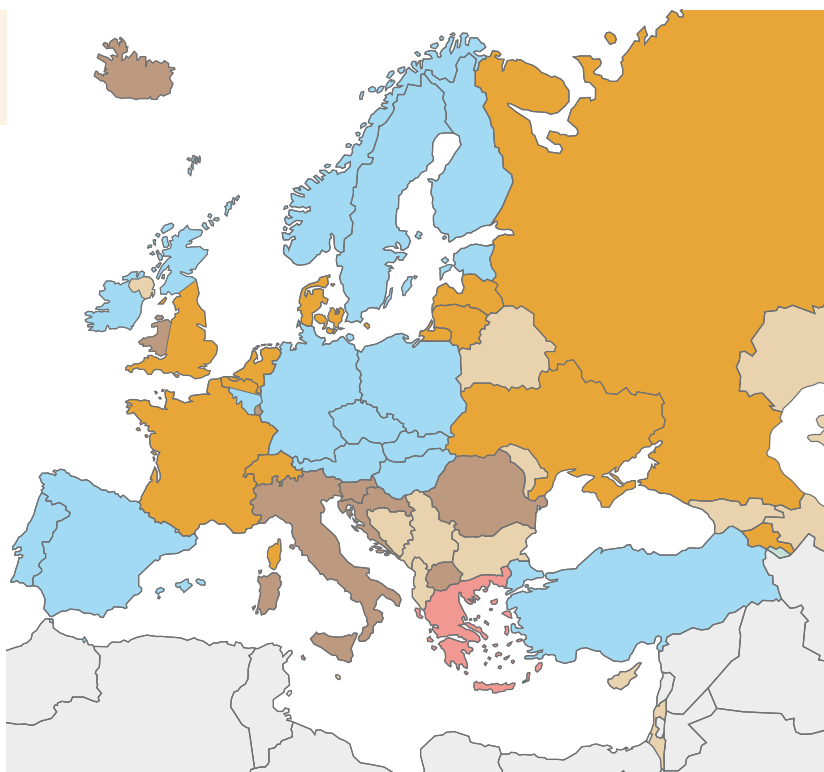
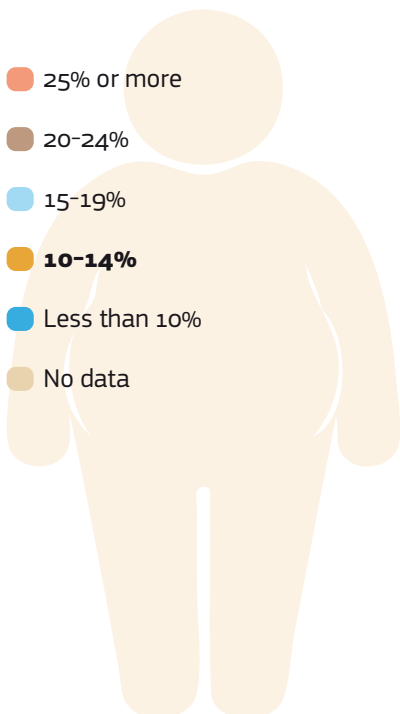
- 25% or more
- 20-24%
- 15-19%
- 10-14%
- **Less than 10%**
- No data



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%**
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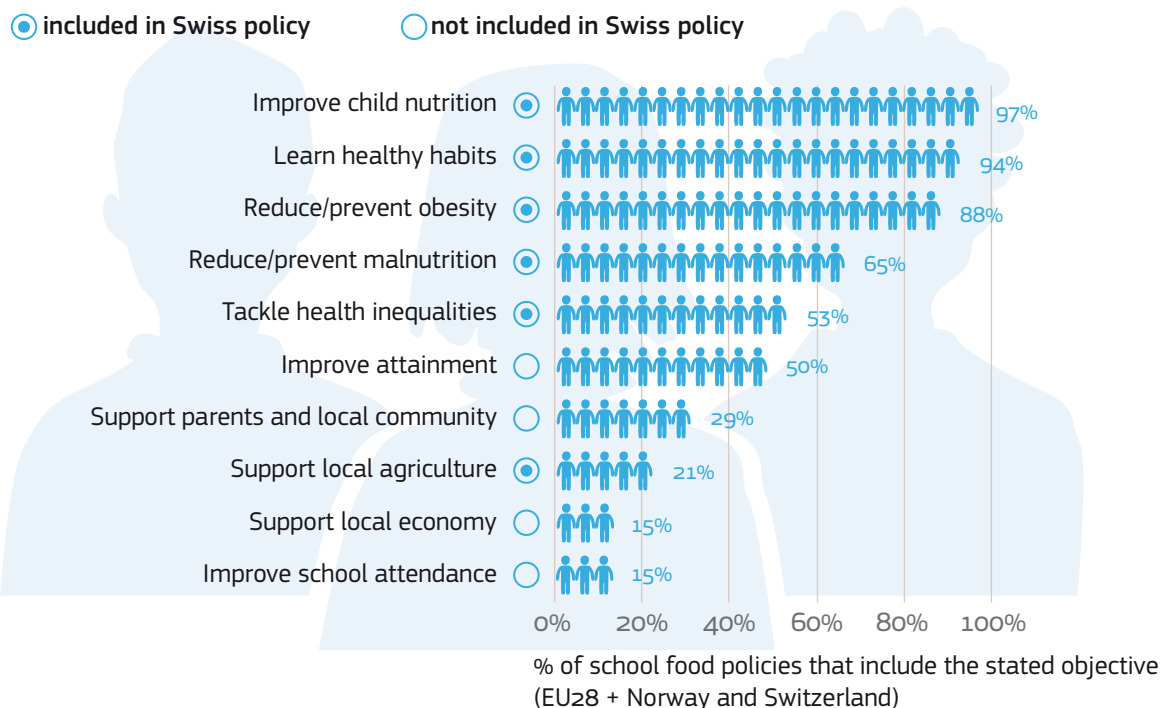


Note: HBSC teams provided disaggregated data for Belgium and the United Kingdom; these data appear in the map above.

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

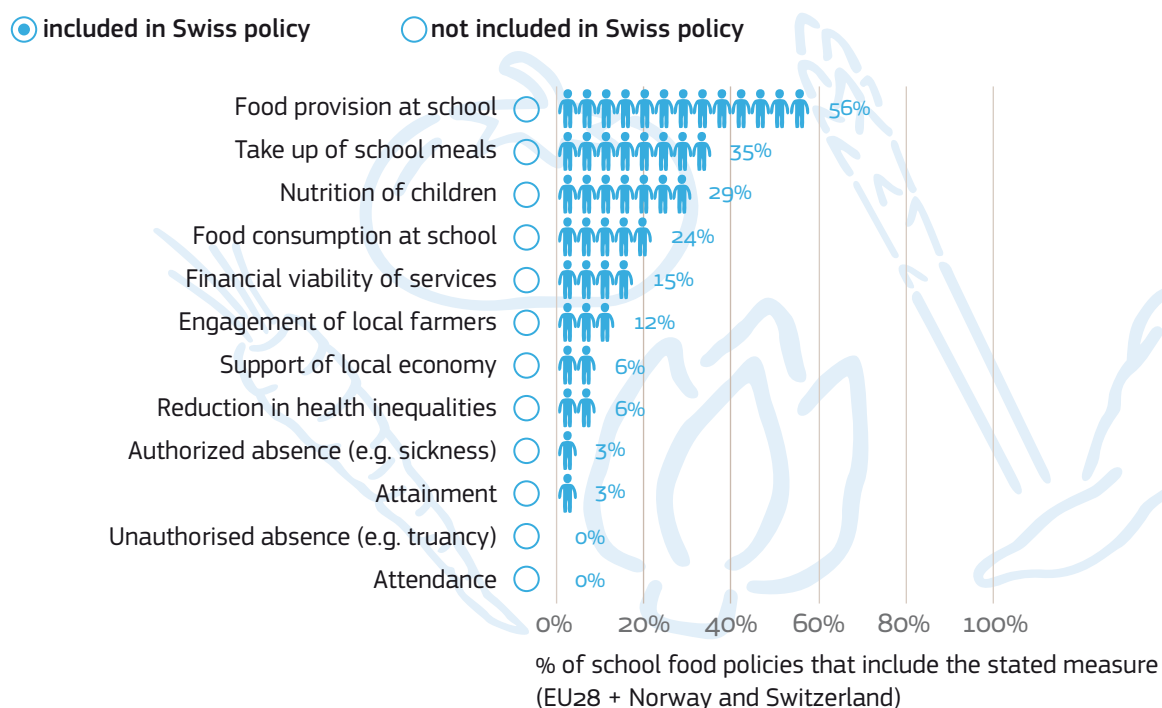


Other objectives:

- Prevent non-communicable diseases

3

Measures through which the policy is evaluated

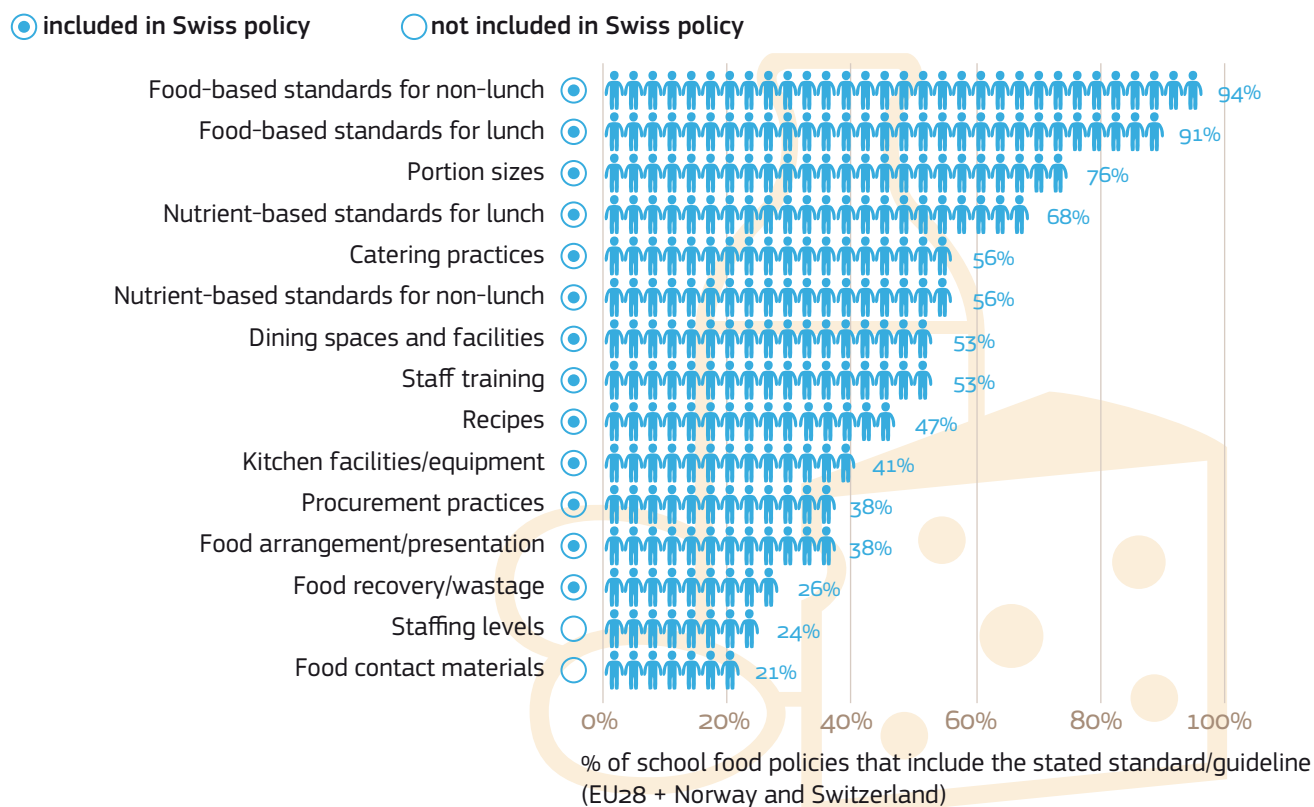


Other measures:

- n/a

4

School food policy standards and guidelines

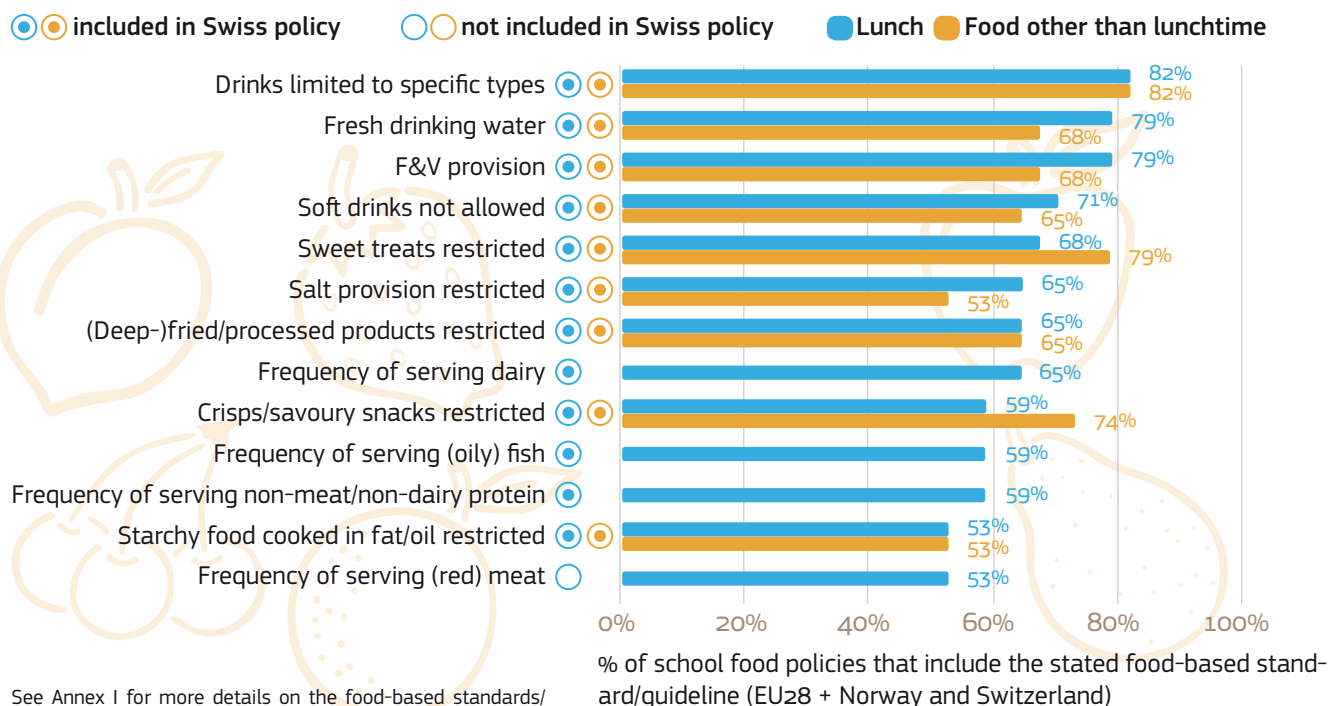


Other standards/guidelines:

- Sustainability and environmental friendliness; safety at work; food hygiene

5

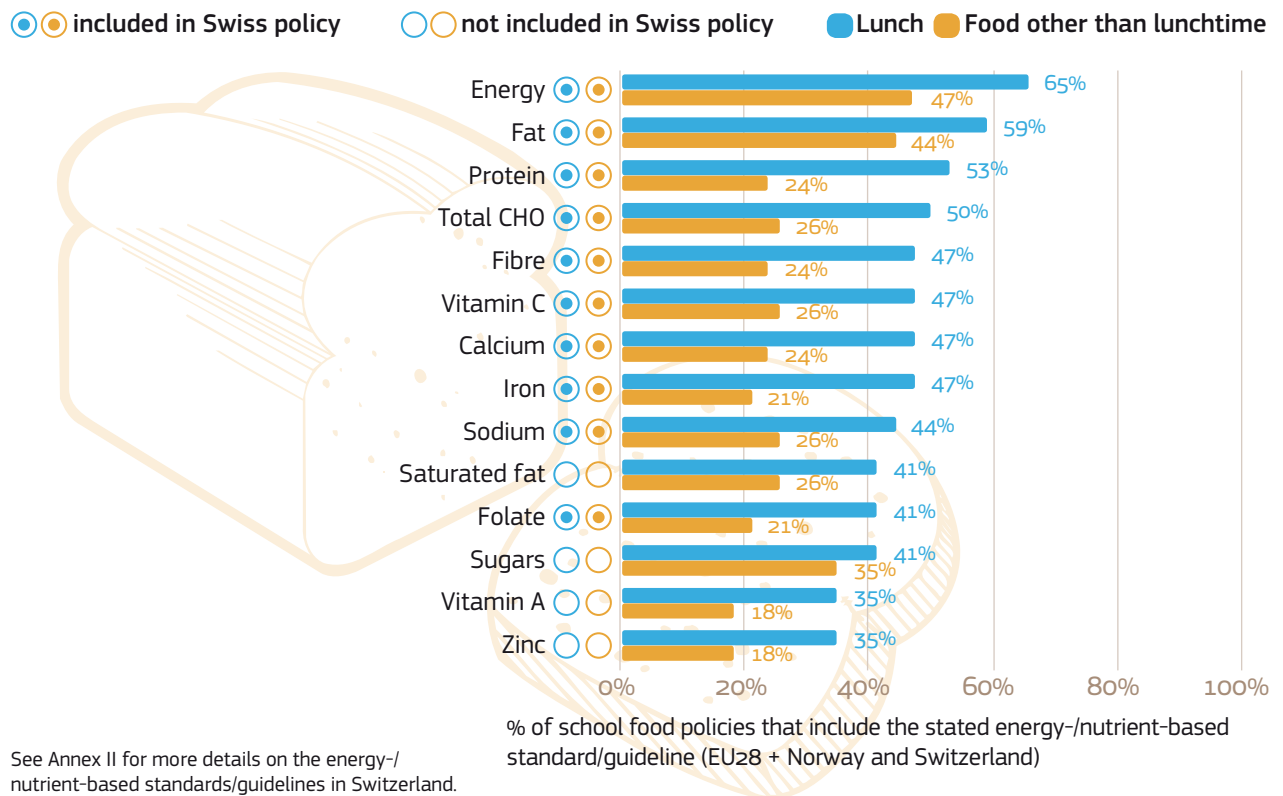
Food-based standards



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

6

Nutrient-based standards

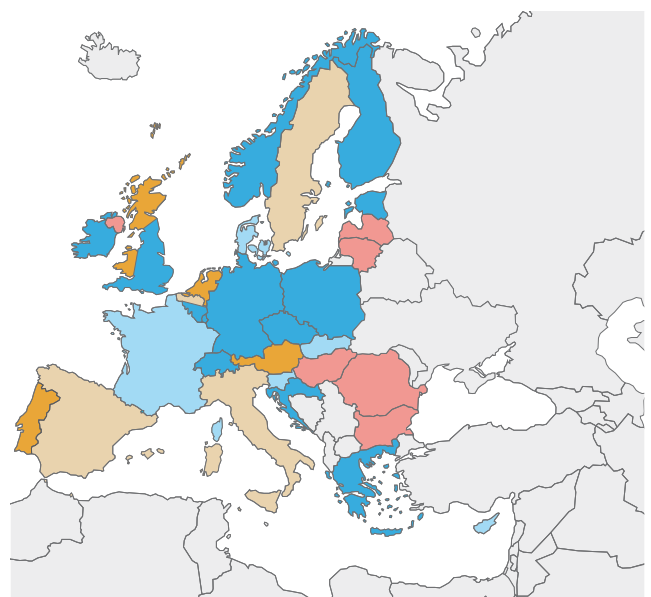


7

Restrictions on vending machines on school premises

Switzerland

- 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**



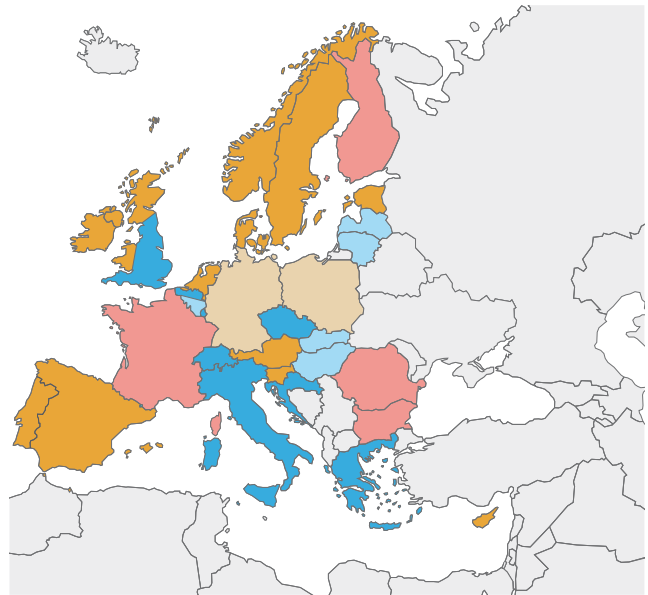
Vending machine restrictions on school premises across EU28 + Norway and Switzerland

8

Restrictions on marketing of food or drink on school premises

Switzerland

- 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**



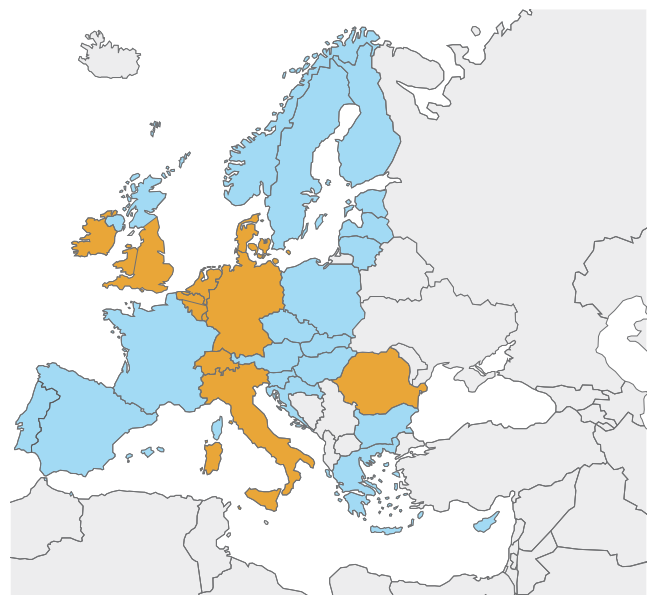
Food and drink marketing restrictions on school premises across EU28 + Norway and Switzerland

9

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

Switzerland

Swiss nutrition policy and national programme “nutrition and physical activity” mention importance of nutrition education, but no information about school curriculum



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

Additional information on Swiss 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	1-2 portions of vegetables or fruit served with warm main dish; for full board, 3 portions of vegetables (at least one raw) and 2 portions of fruit daily	1-2 portions of vegetables or fruit served with warm main dish; for full board, 3 portions of vegetables (at least one raw) and 2 portions of fruit daily
Specified number of times (red) meat served	-	n/a
Specified number of times other sources of protein served	Daily 1 portion of meat, fish, egg, cheese or other protein source such as tofu or quorn	n/a
Specified number of times dairy products served	For full board, 3 portions of milk or dairy daily	n/a
Specified number of times (oily) fish should be on the school lunch menu	Fish 1-2 times per week; alternate low-fat and oily fish (from properly managed stocks)	n/a
Restrictions on availability of fried, deep-fried or processed products	Max. 2 high-fat dishes (>10% fat) per week, not specific to mode of preparation	Max. 2 high-fat dishes (>10% fat) per week, not specific to mode of preparation
Sweet treats (chocolate, confectionery, cakes, biscuits, etc.) restricted	Sweets, pastry, confectionery (together with soft drinks, energy drinks and ice tea, and savoury snacks) do not exceed 15% of total food & beverage choice	Sweets, pastry, confectionery (together with soft drinks, energy drinks and ice tea, and savoury snacks) do not exceed 15% of total food & beverage choice
Starchy food cooked in fat or oil restricted	Max. 2 high-fat dishes (>10% fat) per week, not specific to mode of preparation	Max. 2 high-fat dishes (>10% fat) per week, not specific to mode of preparation
Crisps and savoury snacks restricted	Savoury snacks (together with soft drinks, energy drinks and ice tea, and sweets, pastry, confectionery) do not exceed 15% of total food & beverage choice	Savoury snacks (together with soft drinks, energy drinks and ice tea, and sweets, pastry, confectionery) do not exceed 15% of total food & beverage choice
Fresh drinking water must be provided and be easily accessible	Free or cost-reduced tap water	Free or cost-reduced tap water
Drinks limited to specific types (e.g. milk, fruit juice, water, combination of these)	Not strictly limited to specific types, but emphasis on water and diluted fruit juices (2 parts water, one part juice)	Not strictly limited to specific types, but emphasis on water and diluted fruit juices (2 parts water, one part juice)
Soft-drinks (e.g. sugar-sweetened or artificially-sweetened soft drinks, squash) restricted	Soft drinks, energy drinks and ice tea (together with sweets, pastry, confectionery and savoury snacks) do not exceed 15% of total food & beverage choice	Soft drinks, energy drinks and ice tea (together with sweets, pastry, confectionery and savoury snacks) do not exceed 15% of total food & beverage choice
Salt provision is restricted	Use salt sparingly in dishes, should not exceed 2.5 g salt (1 g Na) per dish; salt-containing seasoning only made available to customers on request	Use salt sparingly in dishes, should not exceed 2.5 g salt (1 g Na) per dish; salt-containing seasoning only made available to customers on request

NB: It is important to note that the standards are not specifically addressed to children; therefore some points such as salt may not be appropriate. Switzerland is adapting these standards for school meals at the moment.

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

	Lunch	Other than lunch
Other	Use herbs and spices for seasoning; at least 25% of foods are seasonal and/or local produce; 50% of bread offer is wholegrain; wholegrain options of other cereal-based foods to be included; emphasis on low(er)-fat food options and modes of preparation; pulses at least once per week; a carbohydrate component to be served with each main meal; for full board, ideally include one portion of nuts daily; need to balance nutrition criteria with customers' food preferences (including cultural and religious aspects); aim is to cover average nutrient requirements of target group over a period of 4 weeks; vegetarian alternative daily	Use herbs and spices for seasoning; at least 25% of foods are seasonal and/or local produce; 50% of bread offer is wholegrain; wholegrain options of other cereal-based foods to be included; emphasis on low(er)-fat food options and modes of preparation; pulses at least once per week; a carbohydrate component to be served with each main meal; for full board, ideally include one portion of nuts daily; need to balance nutrition criteria with customers' food preferences (including cultural and religious aspects); aim is to cover average nutrient requirements of target group over a period of 4 weeks; vegetarian alternative daily

NB: It is important to note that the standards are not specifically addressed to children; therefore some points such as salt may not be appropriate. Switzerland is adapting these standards for school meals at the moment.

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

	Lunch	Other than lunch
Energy	D-A-CH reference values	D-A-CH reference values
Fat	D-A-CH reference values; use oils and spreadable fats sparingly, max 10 g per meal (should not exceed 30 g per person per day)	D-A-CH reference values; use oils and spreadable fats sparingly, max 10 g per meal (should not exceed 30 g per person per day)
Saturated fat	-	-
Total carbohydrate	D-A-CH reference values	D-A-CH reference values
Non-milk extrinsic sugars	-	-
Fibre	D-A-CH reference values	D-A-CH reference values
Protein	D-A-CH reference values	D-A-CH reference values
Iron	D-A-CH reference values	D-A-CH reference values
Zinc	-	-
Calcium	D-A-CH reference values	D-A-CH reference values
Vitamin A	-	-
Vitamin C	D-A-CH reference values	D-A-CH reference values
Folate	D-A-CH reference values	D-A-CH reference values
Sodium	Max. 1 g per meal	Max. 1 g per meal
Other	Vitamins E, B1, B2; magnesium, iodine; recommendations on E% split between protein, fat and carbohydrate for full board and for lunch, by age (4-6y, 7-9y, 10-12y, 13-14y, 15-18y)	Vitamins E, B1, B2; magnesium, iodine; recommendations on E% split between protein, fat and carbohydrate for full board and for lunch, by age (4-6y, 7-9y, 10-12y, 13-14y, 15-18y)