

# SCHOOL FOOD POLICY COUNTRY FACTSHEETS



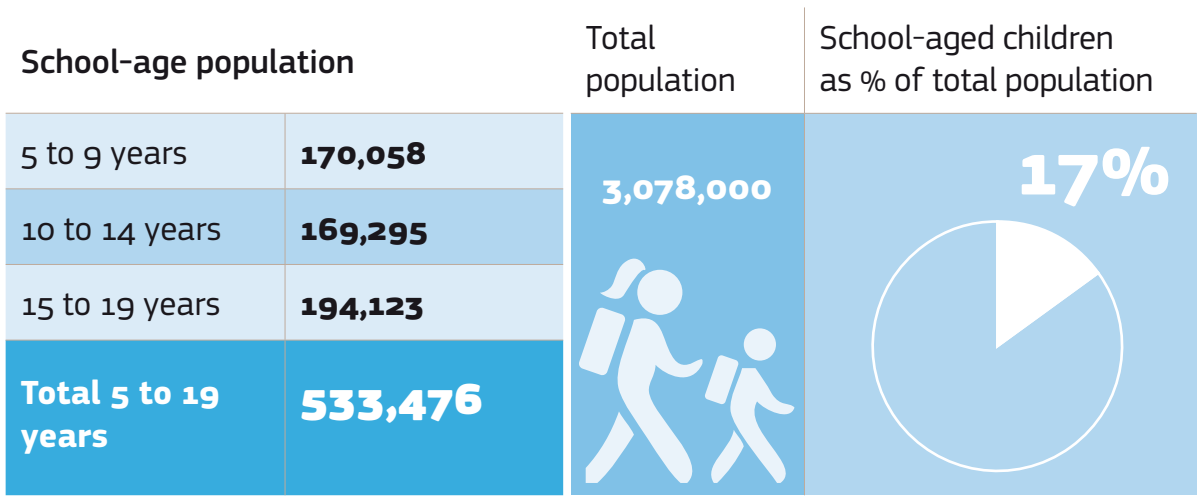
## UK-WALES



<b>School food policy (mandatory)</b>	“The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013, No. 1984”
<b>Developed by</b>	Welsh Government, under lead of Minister for Education & Skills
<b>Year of publication</b>	2013
<b>Web link(s)</b>	<a href="http://www.legislation.gov.uk/wsi/2013/1984/pdfs/wsi_20131984_mi.pdf">http://www.legislation.gov.uk/wsi/2013/1984/pdfs/wsi_20131984_mi.pdf</a>

## General information

### Demographic data



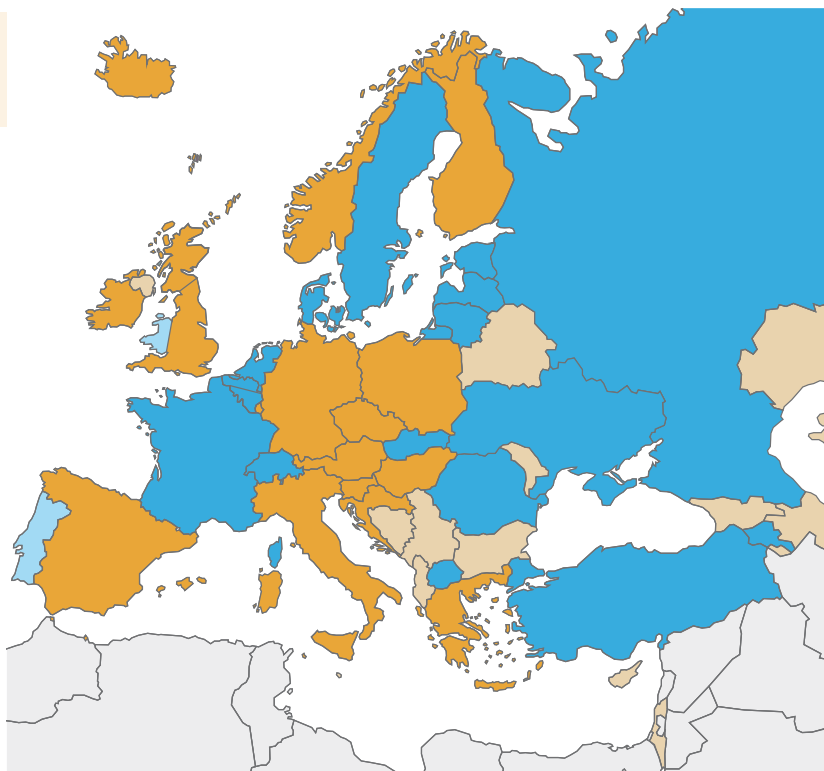
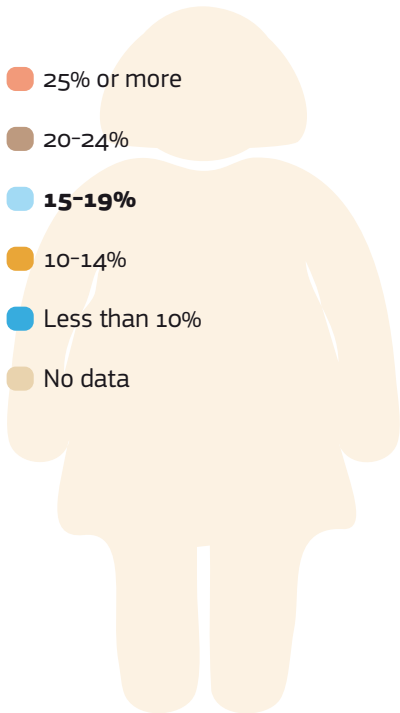
Source: EUROSTAT, year 2013.



## Adolescent overweight/obesity prevalence in Europe

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

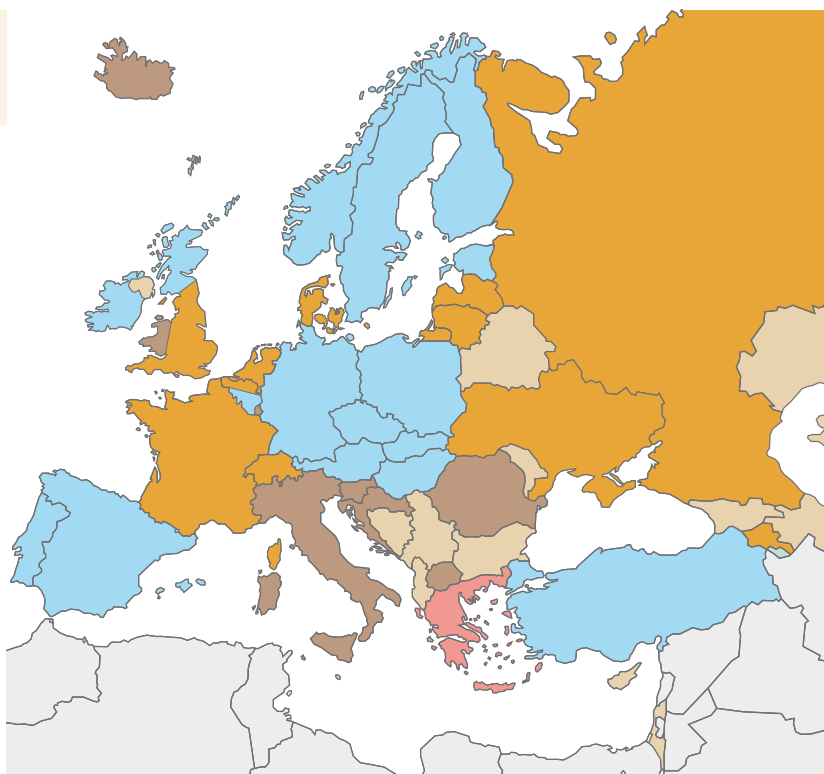
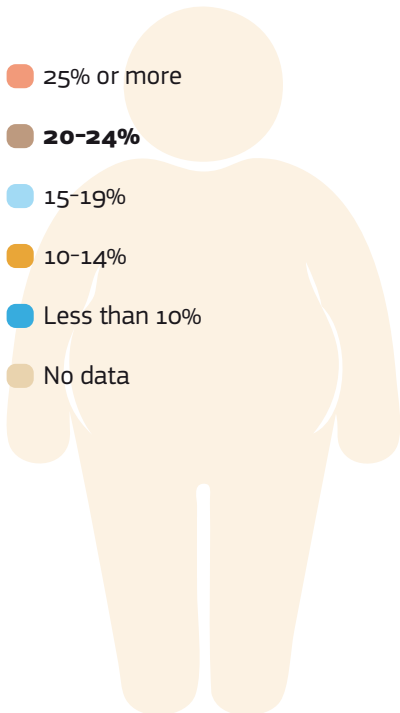
- 25% or more
- 20-24%
- **15-19%**
- 10-14%
- Less than 10%
- No data



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

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

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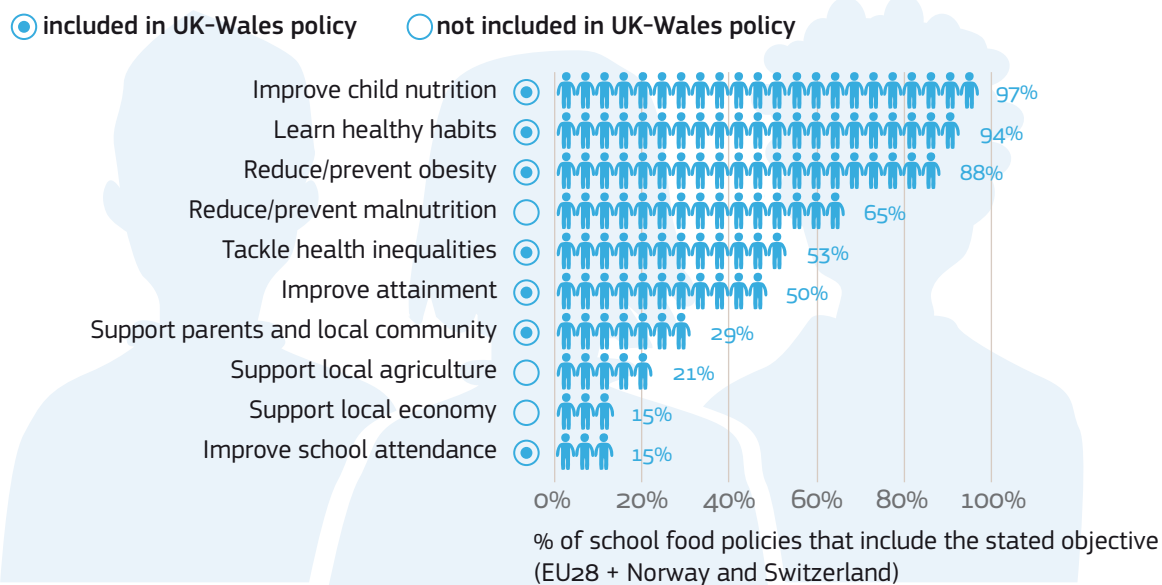


Note: HBSC teams provided disaggregated data for Belgium and the United Kingdom; these data appear in the map above.

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

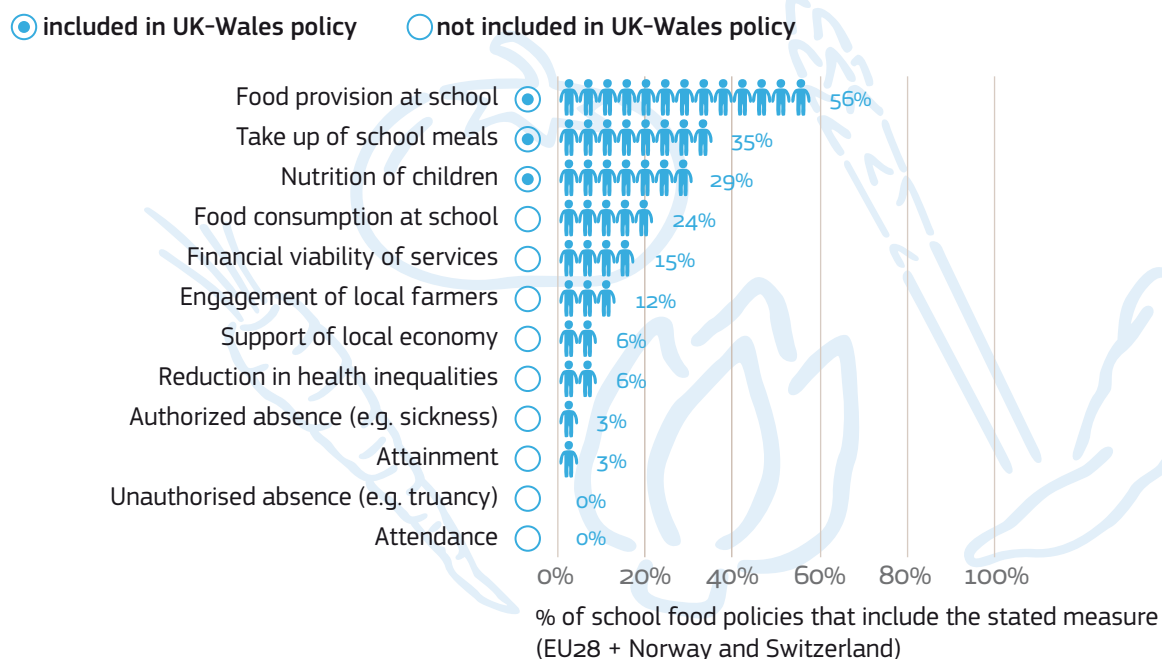


### Other objectives:

- n/a

# 3

## Measures through which the policy is evaluated

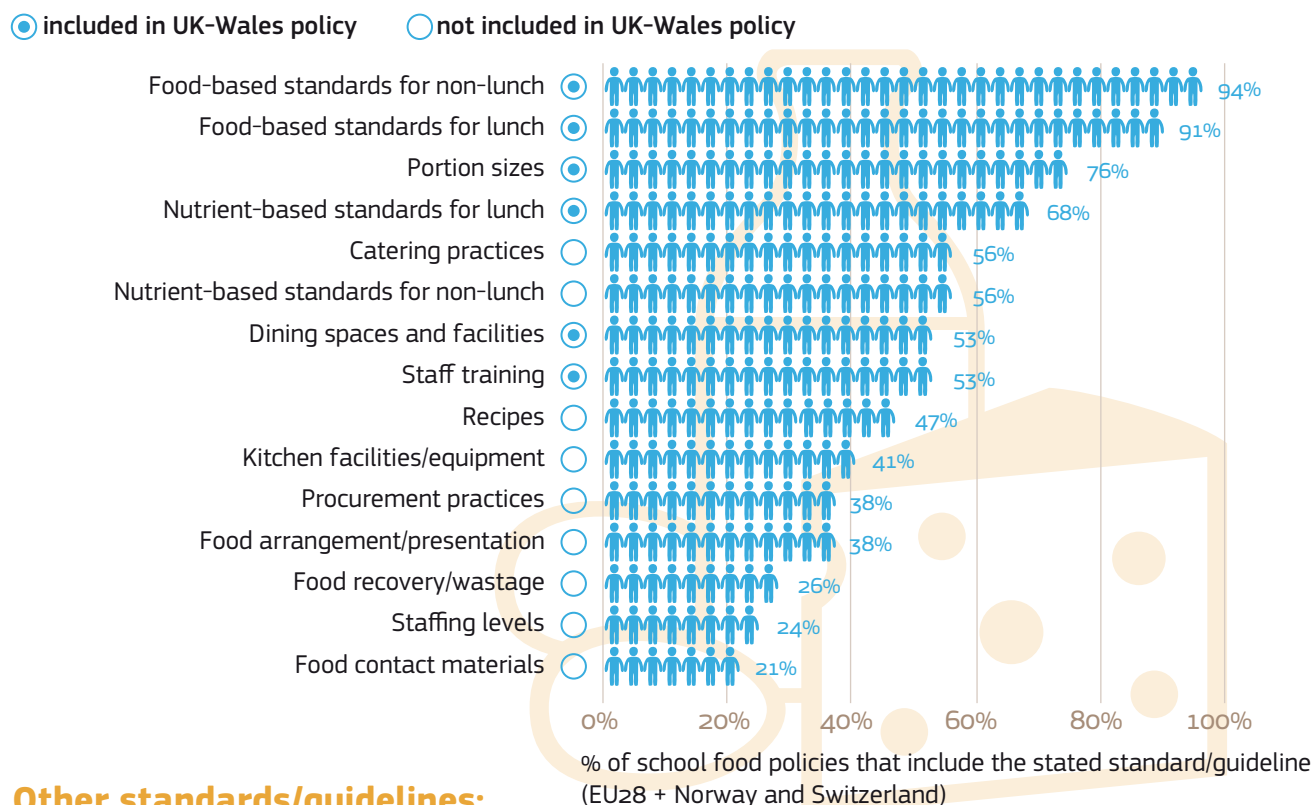


### Other measures:

- n/a

# 4

## School food policy standards and guidelines

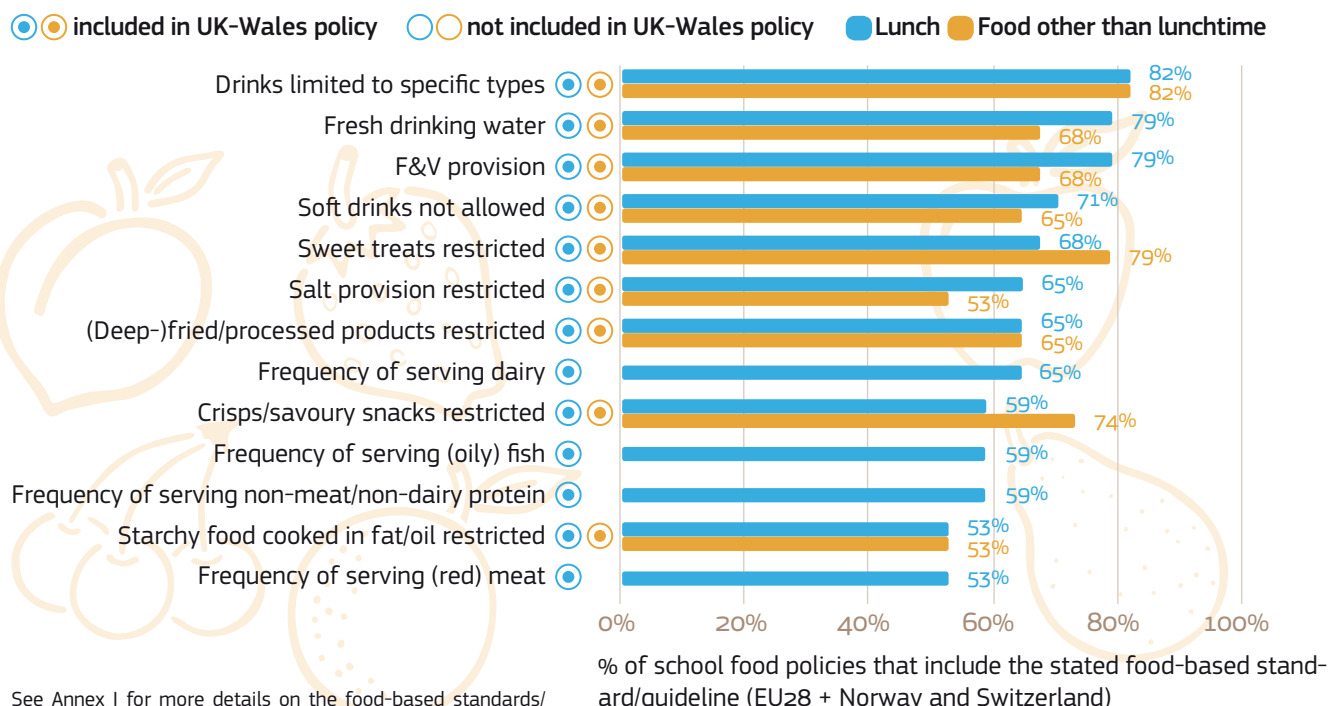


### Other standards/guidelines:

- Special dietary needs such as religious concerns, vegetarianism, food allergies/intolerances; don't use food and drinks as treat or rewards; be mindful of routines and preferences as well as selective eaters

# 5

## Food-based standards

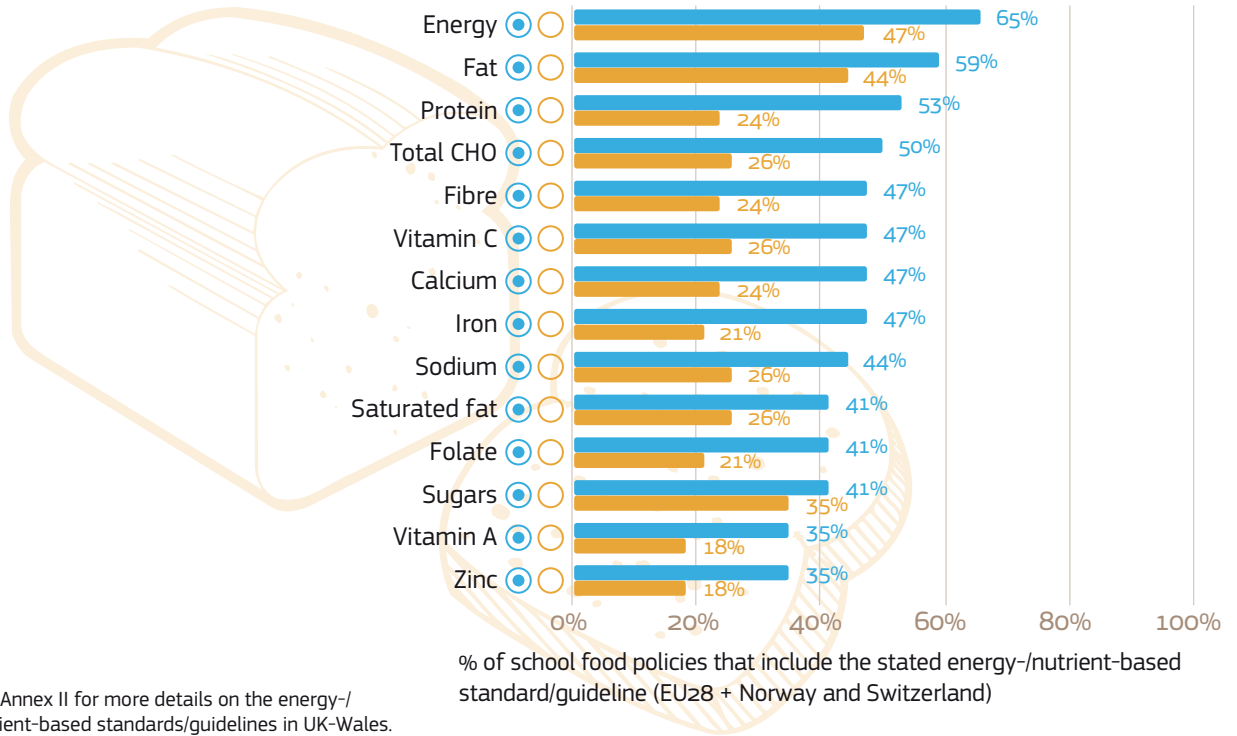


See Annex I for more details on the food-based standards/guidelines in UK-Wales.

# 6

## Nutrient-based standards

● ● included in UK-Wales policy  
 ○ ○ not included in UK-Wales policy  
 ■ Lunch  
 ■ Food other than lunchtime



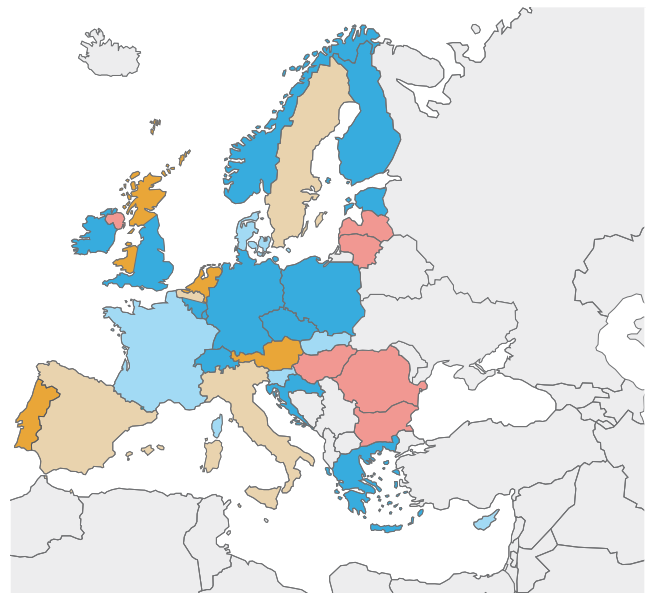
See Annex II for more details on the energy-/nutrient-based standards/guidelines in UK-Wales.

# 7

## Restrictions on vending machines on school premises

### UK-Wales

- 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



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

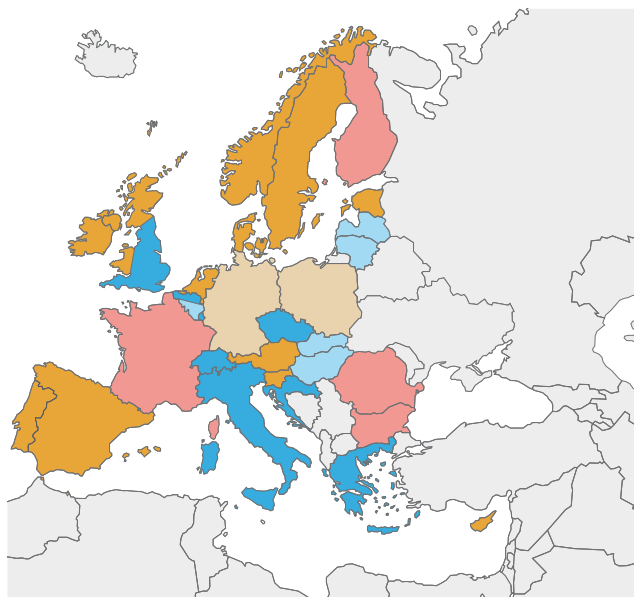
# 8

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

### UK-Wales

- 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

Reference to guidance document on healthy food and drink vending



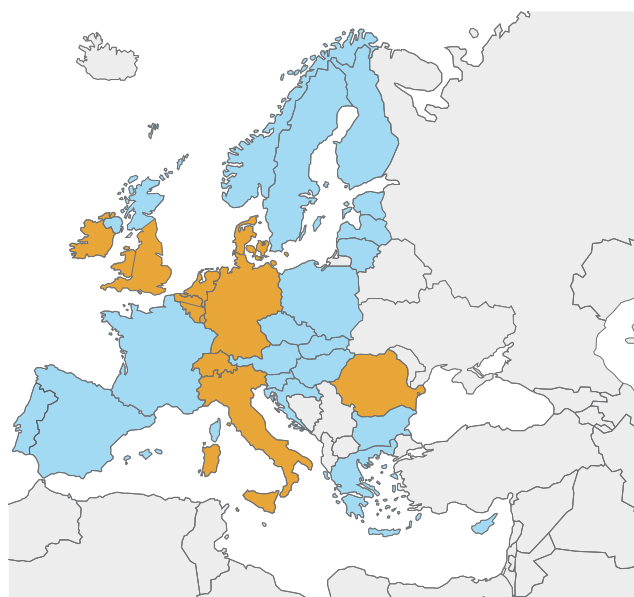
Food and drink marketing restrictions on school premises across EU28 + Norway and Switzerland

# 9

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

### UK-Wales

Not mandatory, but clearly recommended



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

## Additional information on Welsh 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 one portion of vegetables or salad must be provided each day in primary schools; at least two portions of vegetables or salad must be provided each day in secondary schools; for the purposes of sub-paragraphs (1) and (2), "vegetables" excludes potatoes; fruit: at least one portion of fruit, fruit salad or fruit juice must be provided each day; a fruit-based dessert must be provided at least twice each week; a portion of a fruit based dessert must contain (a) in primary schools, at least 40 grams measured by weight of raw ingredients; (b) in secondary schools, at least 60 grams measured by weight of raw ingredients	In addition to portion of fruit and portion of vegetables at lunchtime, fruit & vegetables should be made available in any outlet on the school premises where food is made available throughout the school day
Specified number of times (red) meat served	Daily provision of meat: meat in all forms whether fresh, frozen, canned or dried, including meat products	n/a
Specified number of times other sources of protein served	Daily provision of non-dairy sources of protein: eggs; nuts; pulses and beans, other than green beans	n/a
Specified number of times dairy products served	Daily provision of food from dairy category: milk, yoghurt (including frozen yoghurt and drinking yoghurt), fromage frais, custard and cheese, but excluding butter and cream	n/a
Specified number of times (oily) fish should be on the school lunch menu	Daily provision of fish: fish in all forms whether fresh, frozen, canned or dried, including fish products. A portion of oily fish must be provided at least twice during any four week period	n/a
Restrictions on availability of fried, deep-fried or processed products	A portion of food, including prepared, coated, battered and breaded food products, deep-fried or flash-fried on school premises or during the manufacturing process must not be provided more than twice each week; does not include potato and potato products	Product may only be provided if it is treated as being a product that is permitted under paragraph 6 of Schedule 3 (see regulation)
Sweet treats (chocolate, confectionery, cakes, biscuits, etc.) restricted	No confectionery may be provided; cakes and biscuits only allowed to be served as part of lunch provision and must not contain any confectionery	Confectionery not to be made available throughout whole school day; sweets or chocolate, including products containing, coated or flavoured by chocolate should not be made available; cakes and biscuits can only be sold outside lunchtimes in secondary schools e.g. morning break, if they are sold as part of the lunch provision and have therefore been included within nutritional analysis for that days menu; NB: cakes and biscuits cannot be served outside of the school lunch in primary schools



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

	Lunch	Other than lunch
Starchy food cooked in fat or oil restricted	A portion of potato or potato product which is cooked in fat or oil must not be provided more than twice each week; in secondary schools, alternative starchy food not cooked in fat or oil must be provided in parallel	Product may only be provided if it is treated as being a product that is permitted under paragraph 5(1) of Schedule 3 (see regulation)
Crisps and savoury snacks restricted	No savoury snacks may be provided	No savoury snacks to be provided throughout whole school day except for nuts and seeds without added salt, sugar or fat; savoury crackers/breadsticks only allowed as part of lunch time provision when served with accompaniments
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)	PRIMARY SCHOOLS: plain water – still or carbonated; plain milk – semi skimmed or skimmed; fruit juice – still or carbonated; fruit juice from concentrate – still or carbonated; vegetable juice – still or carbonated; fruit juice combined with water; vegetable juice combined with water; fruit and/or vegetable blends/purees (e.g. fruit/vegetable smoothies); SECONDARY SCHOOL: Plain water – still or carbonated; milk – semi skimmed or skimmed; milk alternatives – plain soya, rice or oat drink; yoghurt drinks – plain; fruit juice – still or carbonated; fruit juice from concentrate – still or carbonated; fruit juice combined with water – still or carbonated; vegetable juice – still or carbonated; vegetable juice combined with water – still or carbonated; fruit and blends/purees (e.g. fruit/vegetable smoothies); fruit and/or vegetable juice combined with milk/yoghurt/milk alternatives (e.g. dairy smoothies); flavoured milk; tea and coffee; hot chocolate	PRIMARY SCHOOLS: plain water – still or carbonated; plain milk – semi skimmed or skimmed; fruit juice – still or carbonated; fruit juice from concentrate – still or carbonated; vegetable juice – still or carbonated; fruit juice combined with water; vegetable juice combined with water; fruit and/or vegetable blends/purees (e.g. fruit/vegetable smoothies); SECONDARY SCHOOLS: Plain water – still or carbonated; milk – semi skimmed or skimmed; milk alternatives – plain soya, rice or oat drink; yoghurt drinks – plain; fruit juice – still or carbonated; fruit juice from concentrate – still or carbonated; fruit juice combined with water – still or carbonated; vegetable juice – still or carbonated; vegetable juice combined with water – still or carbonated; fruit and/or vegetable blends/purees (e.g. fruit/vegetable smoothies); fruit and/or vegetable juice combined with milk/yoghurt/milk alternatives (e.g. dairy smoothies); flavoured milk; tea and coffee; hot chocolate
Soft-drinks (e.g. sugar-sweetened or artificially-sweetened soft drinks, squash) restricted	PRIMARY SCHOOLS: squash of any kind, including sugar free squash; flavoured waters including sugar free flavoured water; flavoured milk; sports or energy drinks; fizzy soft drinks including diet or sugar free fizzy drinks e.g. cola, lemonade; fruit and/or vegetable juice combined with milk/yoghurt/milk alternatives (e.g. dairy smoothies); SECONDARY SCHOOLS: Squash of any kind, including sugar free squash; flavoured waters including sugar free flavoured water; sports or energy drinks; fizzy soft drinks including diet or sugar free fizzy drinks e.g. cola, lemonade	PRIMARY SCHOOLS: squash of any kind, including sugar free squash; flavoured waters including sugar free flavoured water; flavoured milk; sports or energy drinks; fizzy soft drinks including diet or sugar free fizzy drinks e.g. cola, lemonade; fruit and/or vegetable juice combined with milk/yoghurt/milk alternatives (e.g. dairy smoothies); SECONDARY SCHOOLS: Squash of any kind, including sugar free squash; flavoured waters including sugar free flavoured water; sports or energy drinks; fizzy soft drinks including diet or sugar free fizzy drinks e.g. cola, lemonade

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

	Lunch	Other than lunch
Salt provision is restricted	No salt must be available to pupils to add to food after cooking process is complete; portion of any condiment made available to pupils must not exceed 10 ml	Not permitted
Other	No more than two meat products are to be provided each week. (2) A meat product provided under paragraph (1) must not be served more than twice each week. (3) For the purposes of paragraphs (1) and (2), meat product does not include luncheon meat. (4) Meat products including luncheon meat must meet the minimum meat content levels set out in Schedule 2 to the Meat Product Regulations. (5) No meat product must be provided if it contains any carcass part listed in regulation 6(2) of the Meat Products Regulations, subject to the exception in regulation 6(3) of those Regulations. (6) No economy burgers as defined in Schedule 2 to the Meat Products Regulations must be provided. (7) Any shaped meat product consisting of a mixture of meat and other ingredients which is not included in the reserved descriptions specified in Schedule 2 to the Meat Product Regulations may only be provided if it complies with the meat content requirements for "Burger" in that Schedule; bread should be available every day, must include brown and wholemeal bread; oils and spreads must meet certain SFA/MUFA/PUFA specifications)	Food suggestions to offer outside lunch: bread-based products, e.g. wholemeal toast, English muffins, crumpets, flavoured breads and bagels; toast with various toppings e.g. baked beans, cheese, tomatoes, mushrooms, eggs (not fried); small sandwiches/wraps/ baguettes with a variety of non-mayonnaise based fillings including salad; yoghurts; fruit and dried fruit (without added fat and sugar); vegetable crudities; salads; breakfast cereals with semi-skimmed milk (not sugar coated or containing chocolate, chocolate flavour or cocoa powder) – see PSFBI guidance for suitable breakfast cereals; NB: foods covered under meat & meat products standard, potatoes cooked in fats/oils standard and deep fried products standard served outside lunch time provision may only be served as part of two per week limit, as specified in lunchtime food standards; reference to guidance on healthy food and drink vending

MUFA = mono-unsaturated fatty acids; PUFA = poly-unsaturated fatty acids; SFA = saturated fatty acids.

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

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