

SCHOOL FOOD POLICY COUNTRY FACTSHEETS



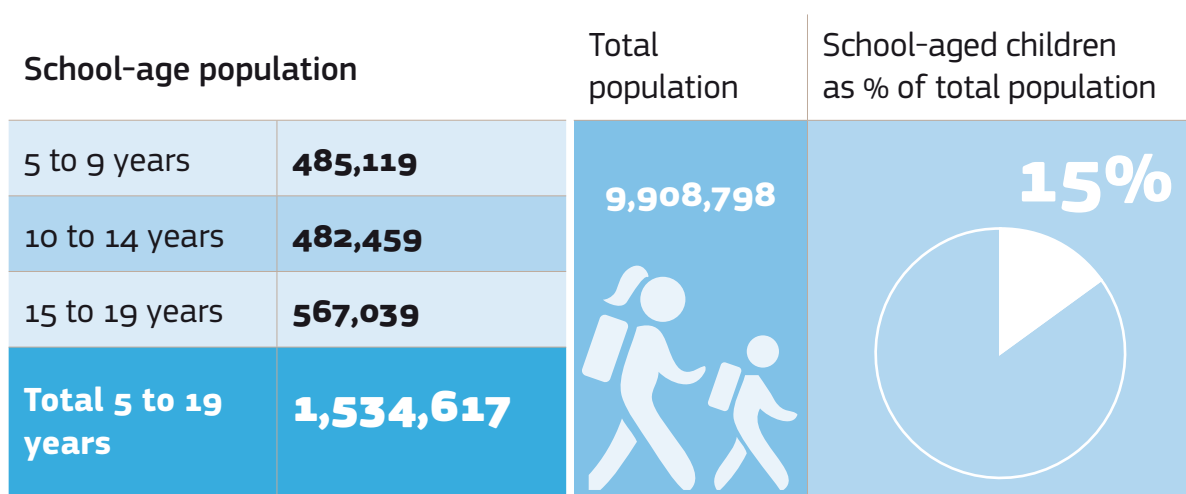
HUNGARY



School food policy (mandatory)	“37/2014. (IV. 30.) EMMI rendelet a közétkeztetésre vonatkozó táplálkozás-egészségügyi előírásokról” “20/2012. (VIII. 31.) EMMI rendelet a nevelési-oktatási intézmények működéséről és a köznevelési intézmények névhasználatáról”
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1 General information

Demographic data



Source: EUROSTAT, year 2013.

Childhood overweight/obesity prevalence in Hungary

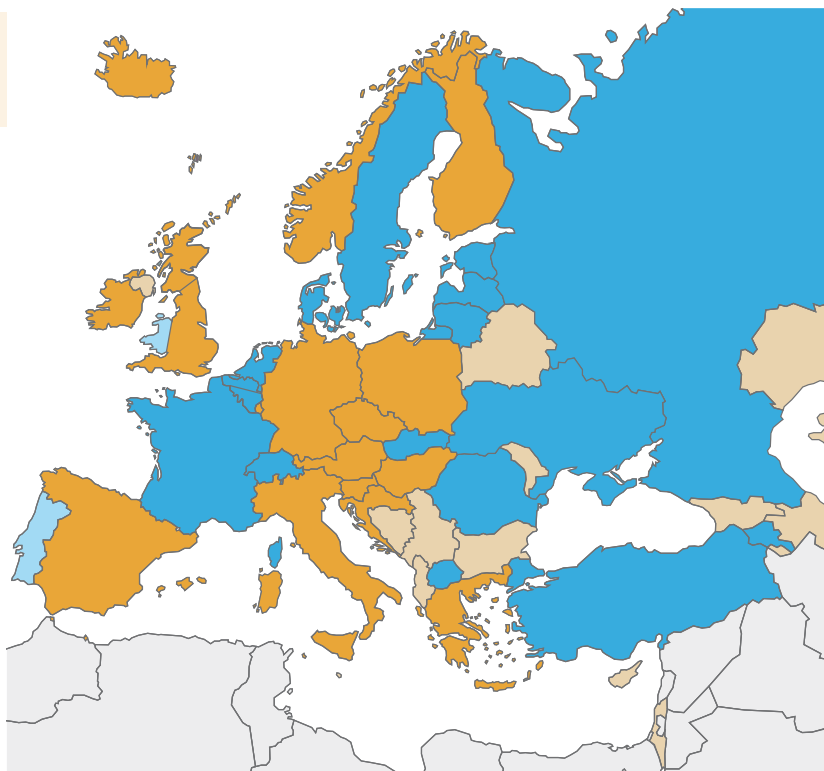
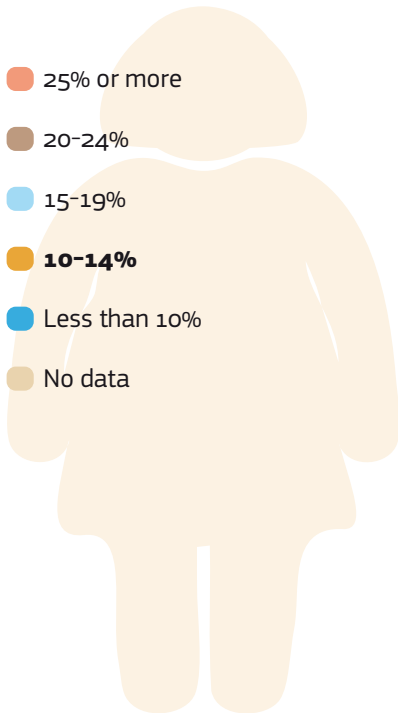
	Overweight (including obesity)	Obesity
	2009/10	2009/10
Boys (7 years)	25.1%	14.2%
Girls (7 years)	28.2%	10.3%

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

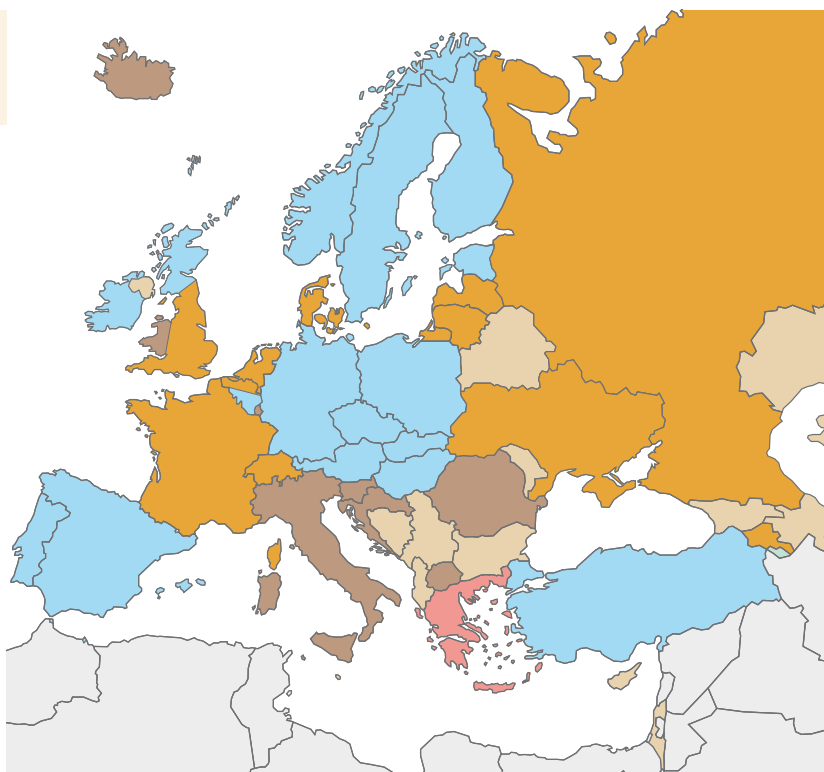
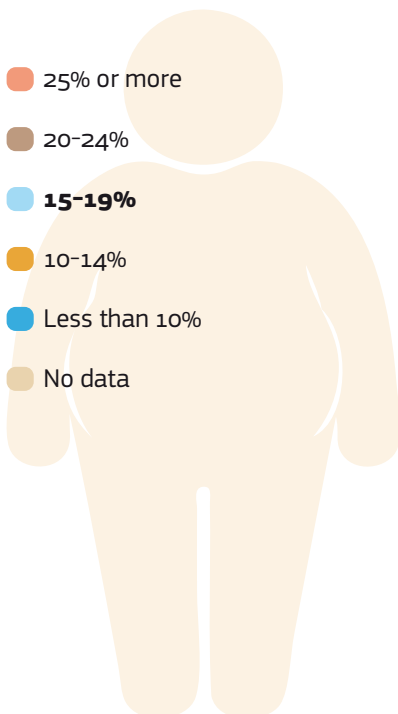
- 25% or more
- 20-24%
- 15-19%
- **10-14%**
- Less than 10%
- No data



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

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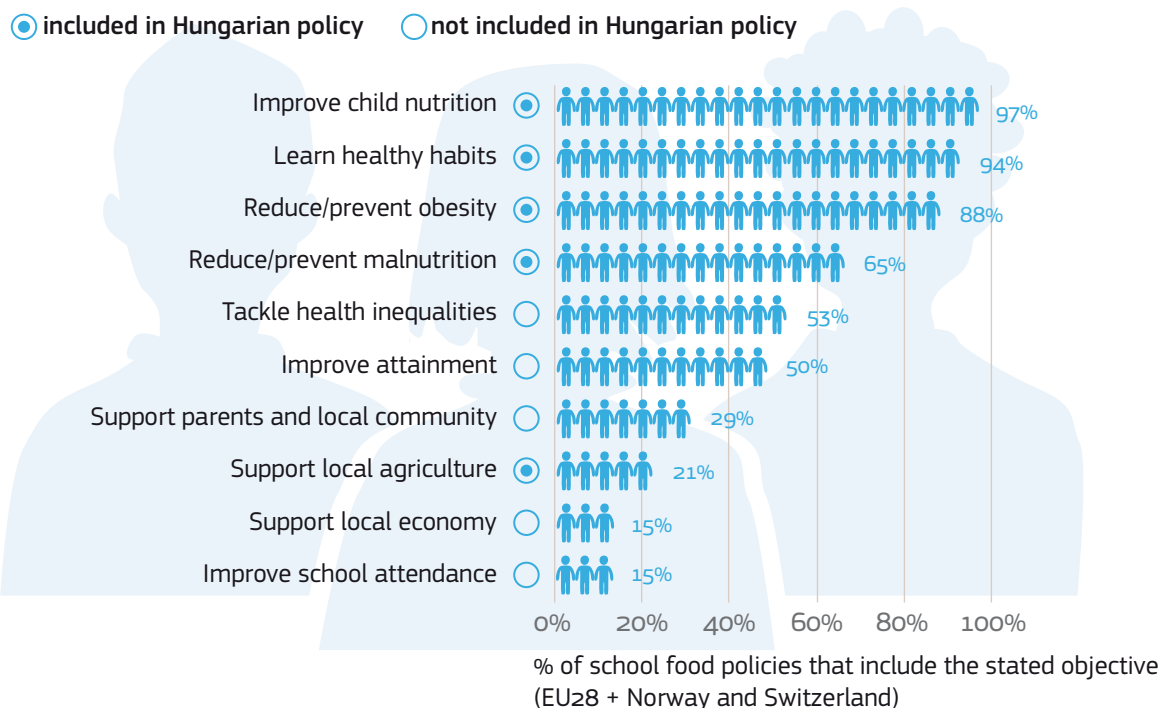


Note: HBSC teams provided disaggregated data for Belgium and the United Kingdom; these data appear in the map above.

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

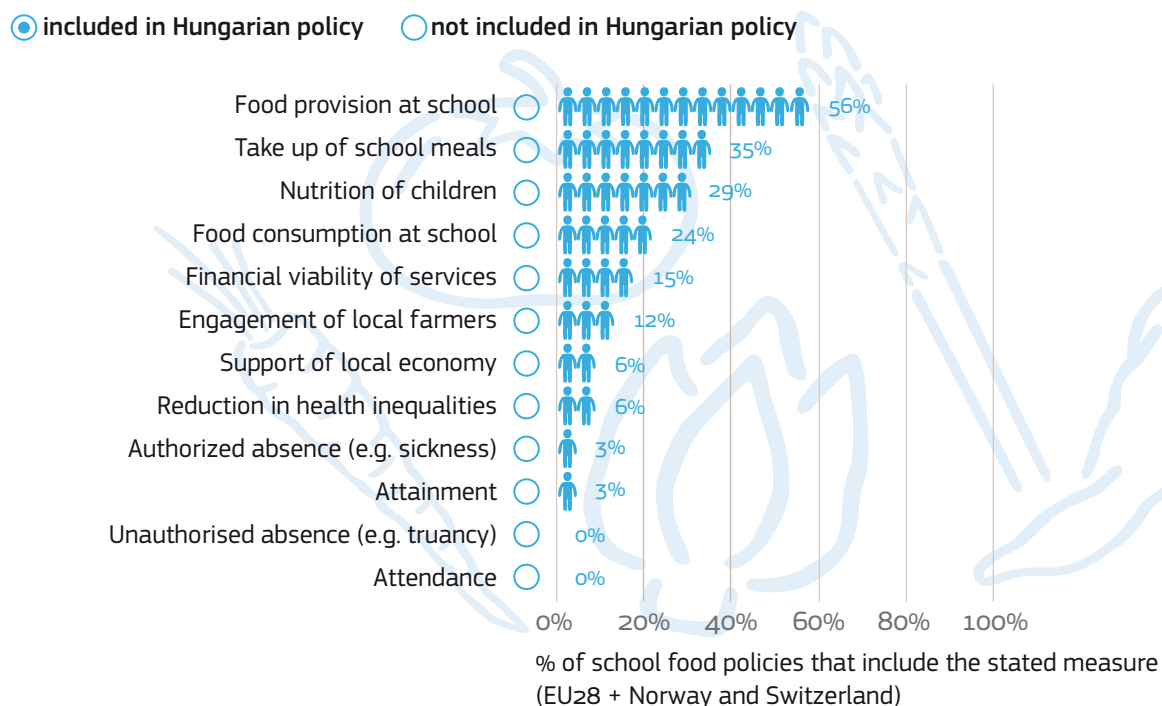


Other objectives:

- Special diet needs (lactose intolerance, etc.)

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Measures through which the policy is evaluated

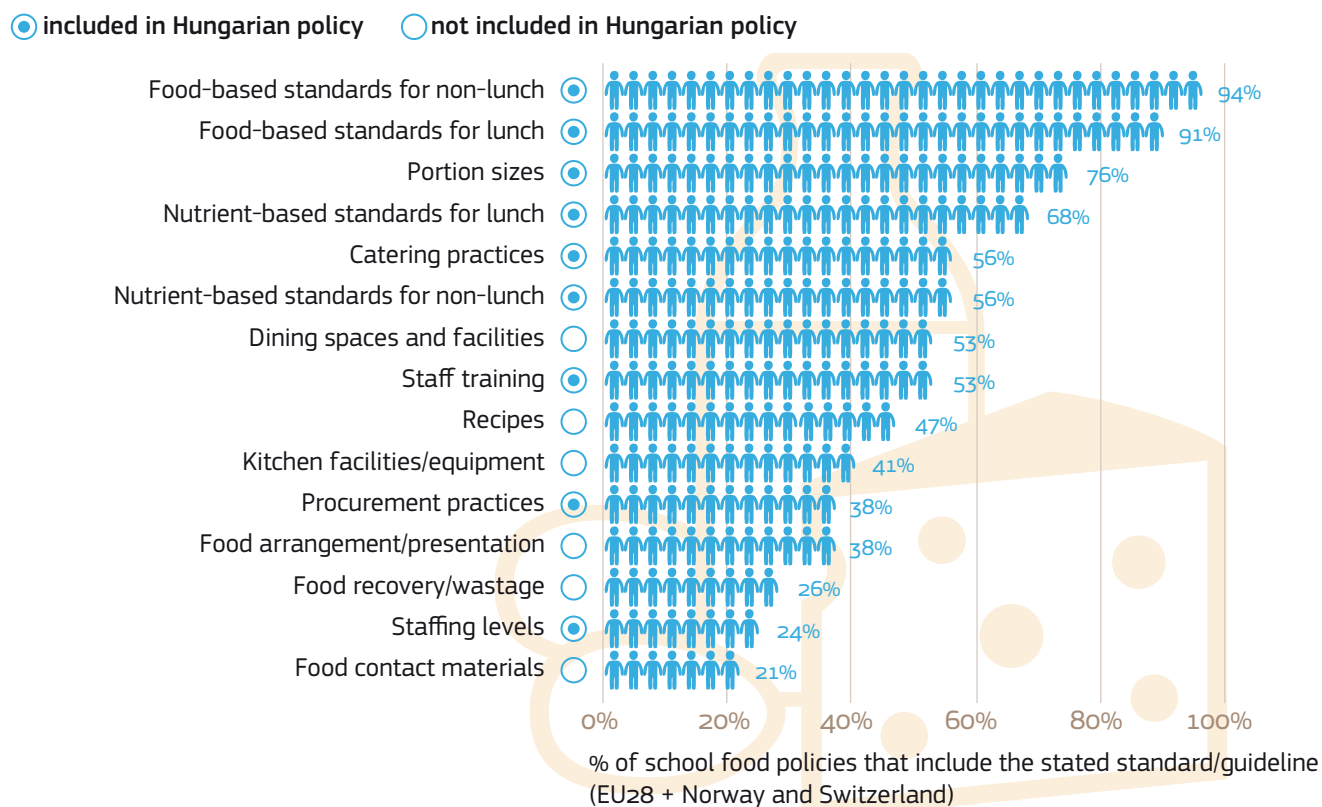


Other measures:

- Assessment of which points of the regulation are being followed, at predefined intervals

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School food policy standards and guidelines

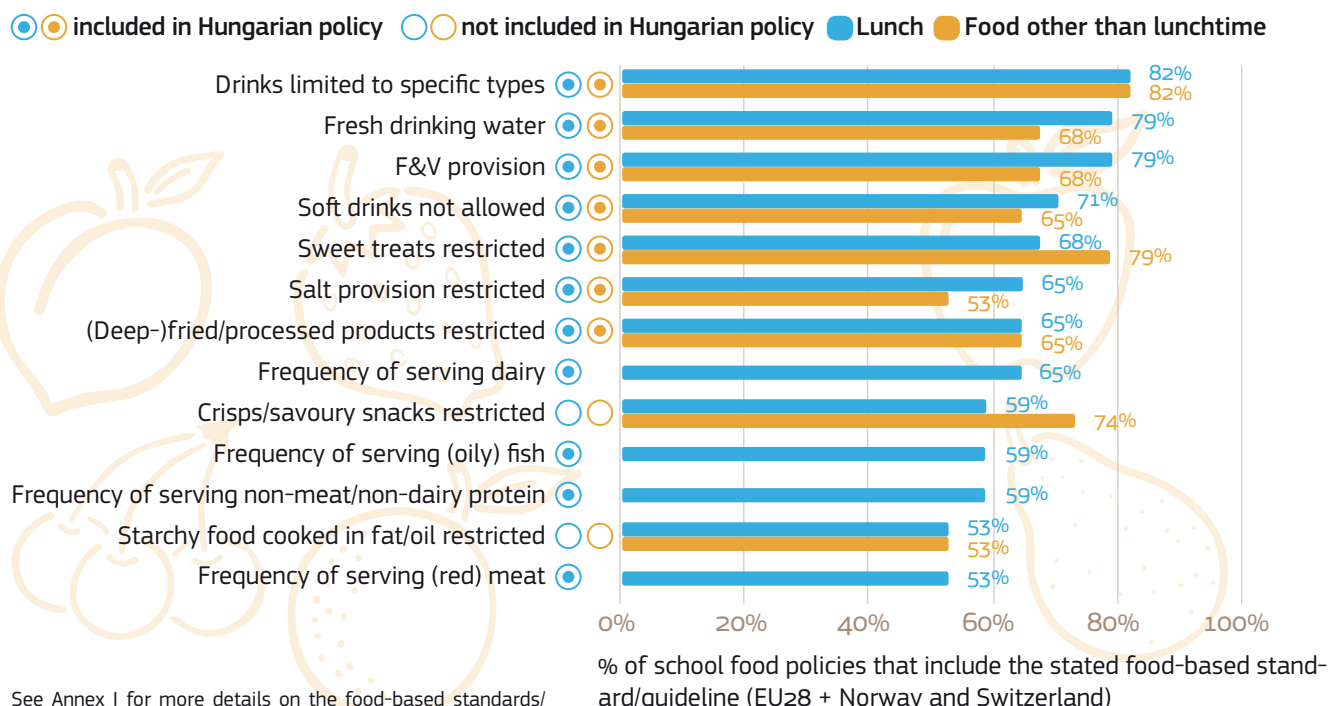


Other standards/guidelines:

- Seasonality; variety (10-day cycle); special dietary needs

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Food-based standards

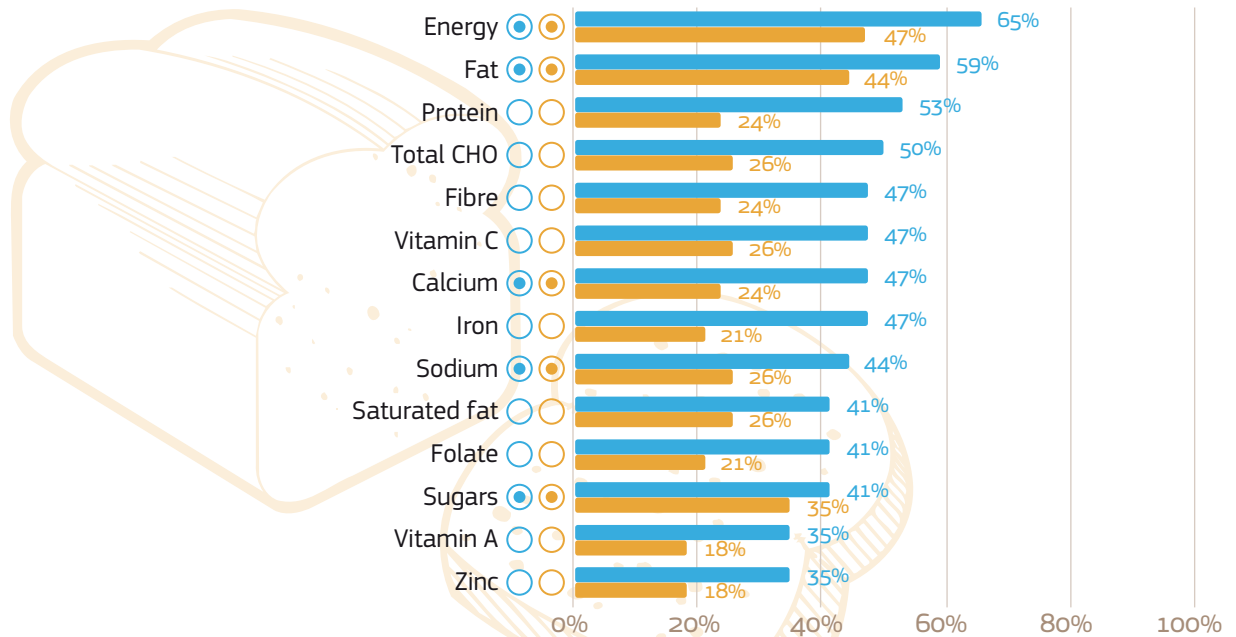


See Annex I for more details on the food-based standards/guidelines in Hungary.

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Nutrient-based standards

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



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

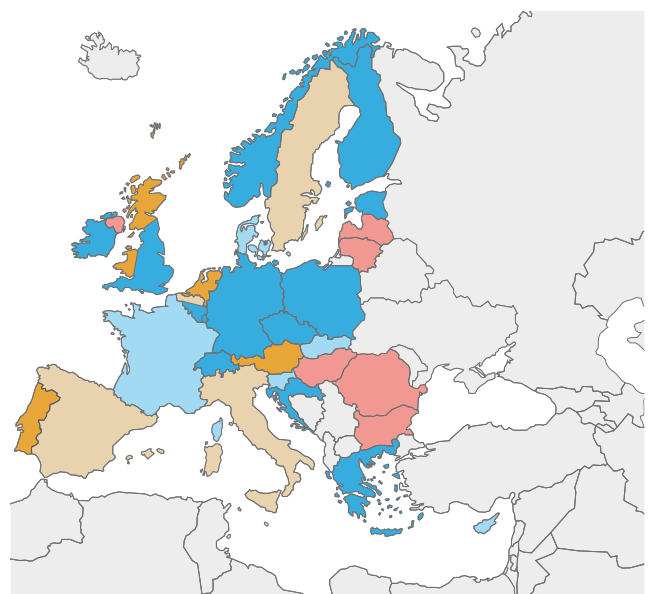
See Annex II for more details on the energy-/nutrient-based standards/guidelines in Hungary.

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Restrictions on vending machines on school premises

Hungary

- 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

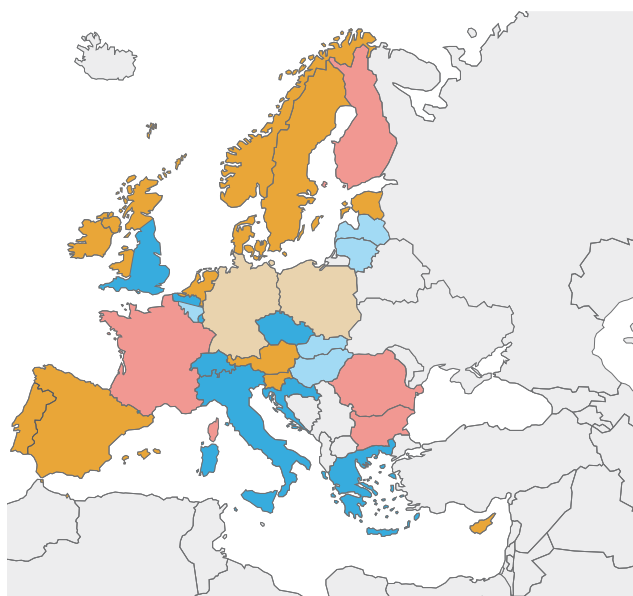
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Restrictions on marketing of food or drink on school premises

Hungary

- **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

General government regulation (2008/XLVIII) prohibits all advertising to children in kindergartens, elementary and middle schools and their dormitories with certain exceptions. Hungarian Media Law (Act82/210) prohibits advertisements capable of harming the development of children in general. "20/2012. (VIII. 31.) EMMI rendelet a nevelési-oktatási intézmények működéséről és a köznevelési intézmények névhasználatáról" prohibits marketing of foods and drinks subject to Public Health Product Tax.

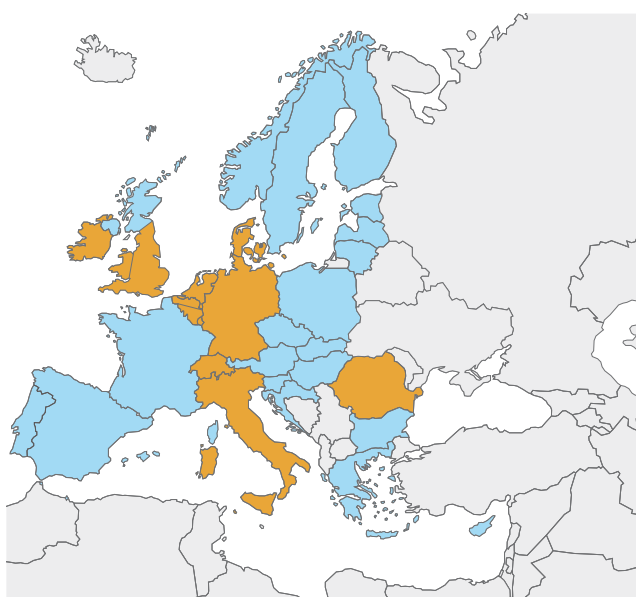


Food and drink marketing restrictions on school premises across EU28 + Norway and Switzerland

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

Hungary



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

Additional information on Hungarian 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	For full day catering: 4 servings/day of vegetable – excluding potatoes – or fruit, at least one portion in raw form; for nursery catering: 3 servings of vegetable – excluding potatoes – or fruit, at least one portion in raw form; for 3 meals: 2 portions of vegetable – excluding potatoes – or fruit at least one portion in raw form; 1 meal: 1 portion fruit or vegetable, at least 3/10 raw	For full day catering: 4 servings/day of vegetable – excluding potatoes – or fruit, at least one portion in raw form; for nursery catering: 3 servings of vegetable – excluding potatoes – or fruit, at least one portion in raw form; for 3 meals: 2 portions of vegetable – excluding potatoes – or fruit at least one portion in raw form; 1 meal: 1 portion fruit or vegetable, at least 3/10 raw
Specified number of times (red) meat served	Depending on age and number of meals provided in a day: meat 6-10, no restriction on red meat per se, but fat content <30%	n/a
Specified number of times other sources of protein served	Depending on age and number of meals per day; eggs max 8/10; number of times legumes served depends on the type of catering and on the month	n/a
Specified number of times dairy products served	5 l of milk or an equivalent amount of dairy products containing calcium per 10 days for whole day catering; 4 l of milk or an equivalent amount of dairy products containing calcium per 10 days for nursery catering; In case of 3 meals per day 3 l of milk or an equivalent amount of dairy products containing calcium per 10 days	n/a
Specified number of times (oily) fish should be on the school lunch menu	At least 1/10	n/a
Restrictions on availability of fried, deep-fried or processed products	Deep-fried max. 1/10 (forbidden in nursery catering)	Max. 1/10
Sweet treats (chocolate, confectionery, cakes, biscuits, etc.) restricted	Confectionery and sweet treats should not be given as lunch	Restricted with some exceptions
Starchy food cooked in fat or oil restricted	-	-
Crisps and savoury snacks restricted	-	-
Fresh drinking water must be provided and be easily accessible	x	To ensure the required fluid consumption, water and/or mineral water must be provided between meals
Drinks limited to specific types (e.g. milk, fruit juice, water, combination of these)	Depending on age: (full fat) milk, tea with sugar not exceeding age-specific amounts, overall sugary drinks limited; fruit juice only with 100% fruit, frequency limited per 10 days	Depending on age: (full fat) milk, tea with sugar not exceeding age-specific amounts, overall sugary drinks limited; fruit juice only with 100% fruit, frequency limited per 10 days

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

	Lunch	Other than lunch
Soft-drinks (e.g. sugar-sweetened or artificially-sweetened soft drinks, squash) restricted	Forbidden; fruit juice only with 100% fruit; no artificial sweetener/colorants below age 6; alcohol, coffee, energy drinks forbidden	Forbidden; no artificial sweetener/colorants below age 6; alcohol, coffee, energy drinks forbidden; fruit juice only with 100% fruit
Salt provision is restricted	Age-specific limits, also depending on whether only single meal or full board; gradual reduction with transition periods for children above age 7, until salt provision meets age-specific WHO recommendations	Age-specific limits, also depending on whether only single meal or full board; gradual reduction with transition periods for children above age 7, until salt provision meets age-specific WHO recommendations
Other	-	-

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

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