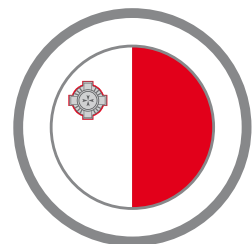


# SCHOOL FOOD POLICY COUNTRY FACTSHEETS



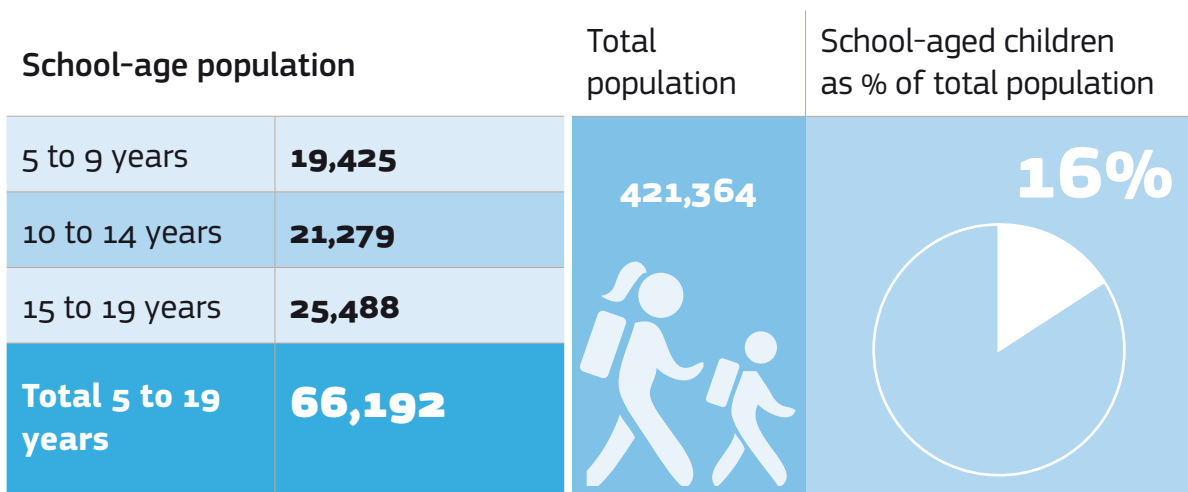
## MALTA



<b>School food policy (voluntary)</b>	“Healthy Eating Lifestyle Plan (HELP)”
<b>Developed by</b>	Ministries for Education and Employment and Ministry for Health
<b>Year of publication</b>	2007, revised in 2014
<b>Web link(s)</b>	<a href="http://education.gov.mt/en/resources/Documents/Policy%20Documents/healthy%20eating%20lifestyle%20plan.pdf">http://education.gov.mt/en/resources/Documents/Policy%20Documents/healthy%20eating%20lifestyle%20plan.pdf</a>

## General information

### Demographic data



Source: EUROSTAT, year 2013.

### Childhood overweight/obesity prevalence in Malta

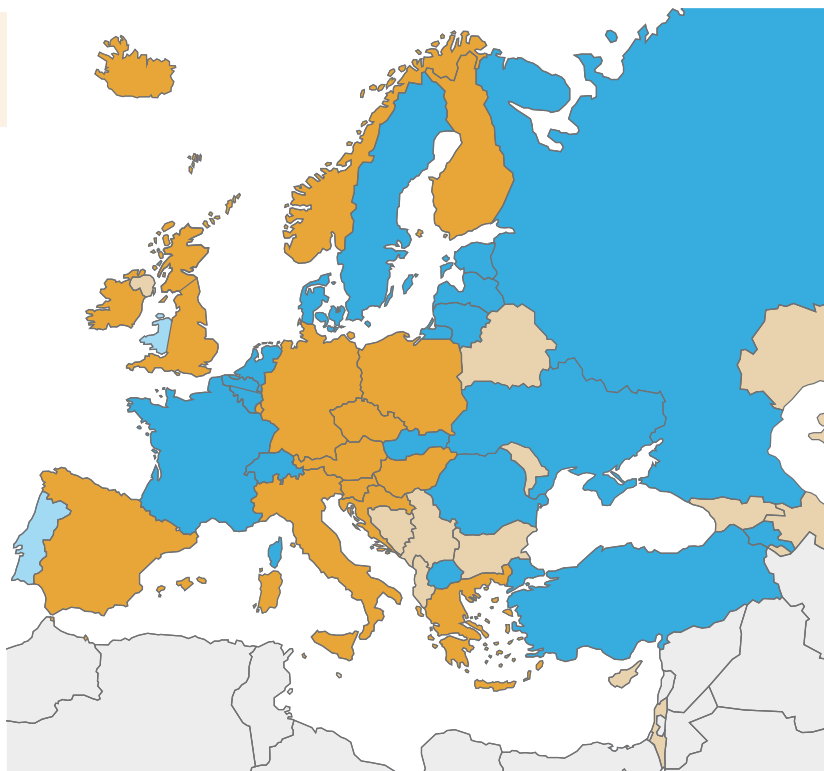
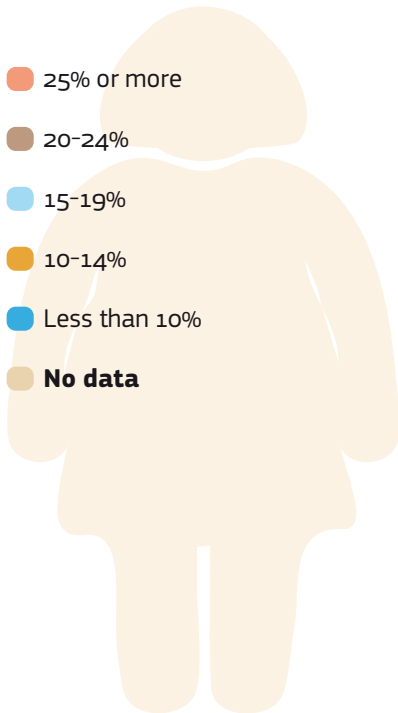
	Overweight (including obesity)	Obesity
	2007/8	2007/8
Boys (6 years)	34.4%	14.7%
Girls (6 years)	29.5%	11.9%

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

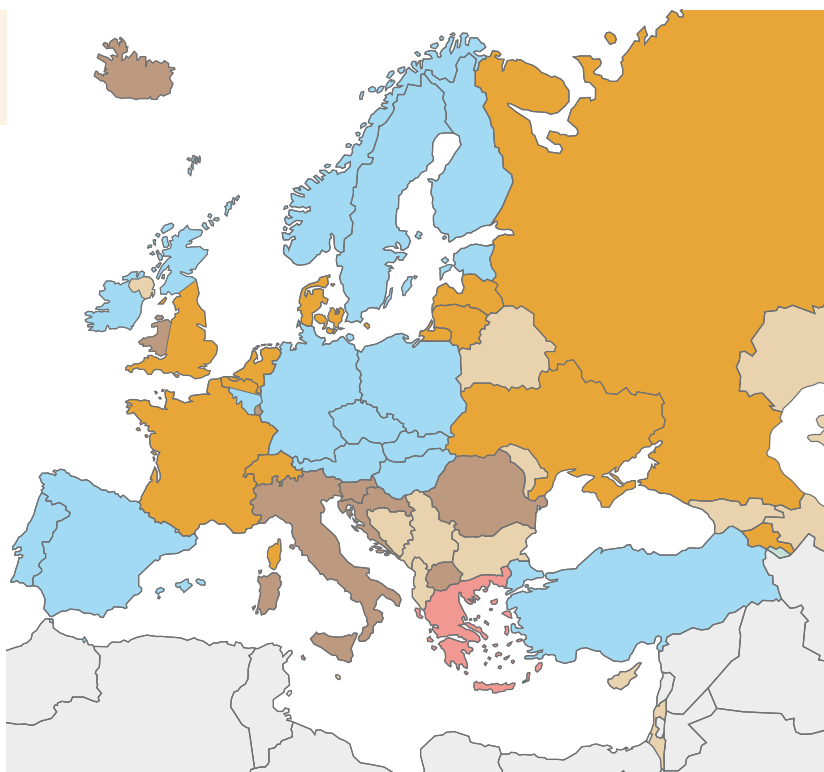
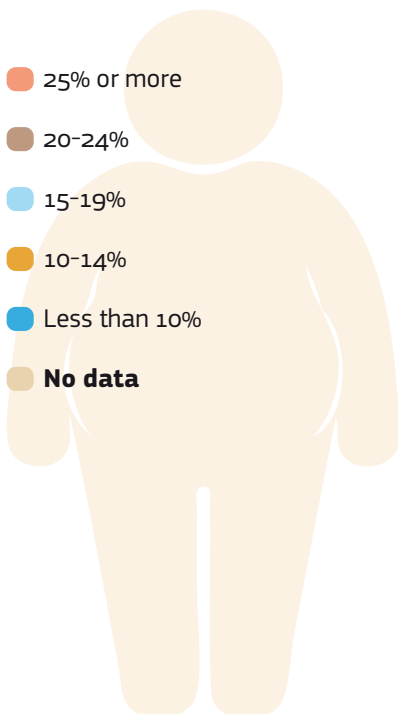
- 25% or more
- 20-24%
- 15-19%
- 10-14%
- Less than 10%
- **No data**



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%
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- **No data**

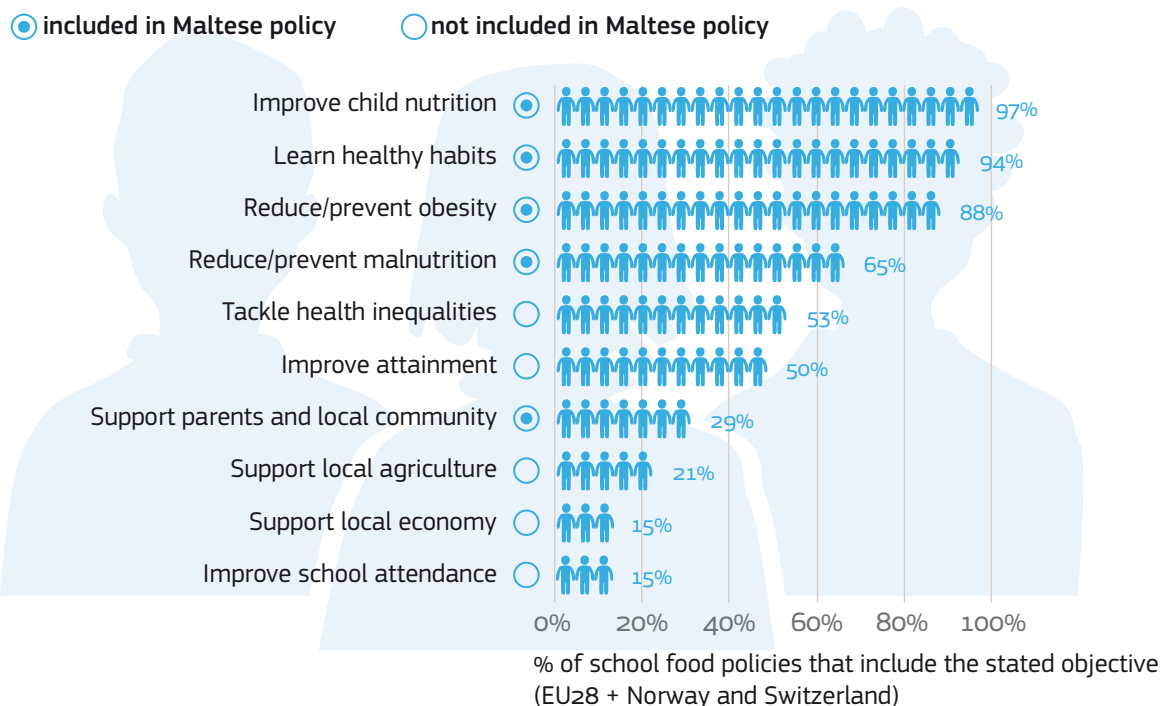


Note: HBSC teams provided disaggregated data for Belgium and the United Kingdom; these data appear in the map above.

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

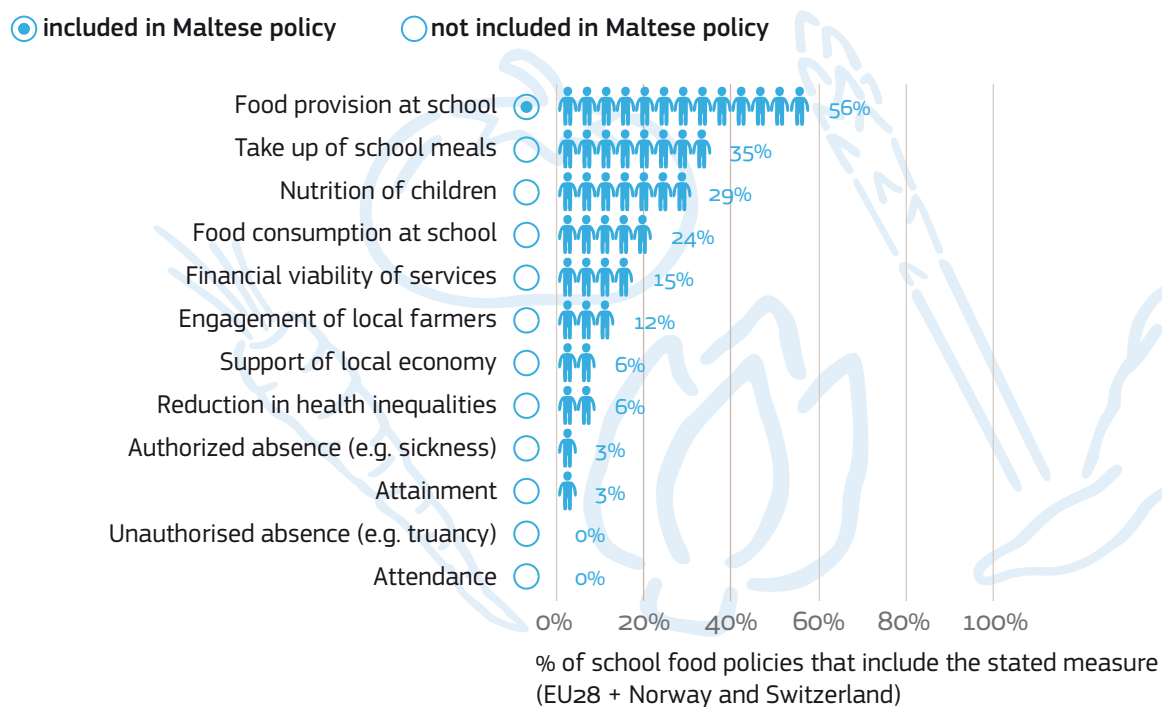


### Other objectives:

- Chronic disease prevention; provide a holistic education

# 3

## Measures through which the policy is evaluated

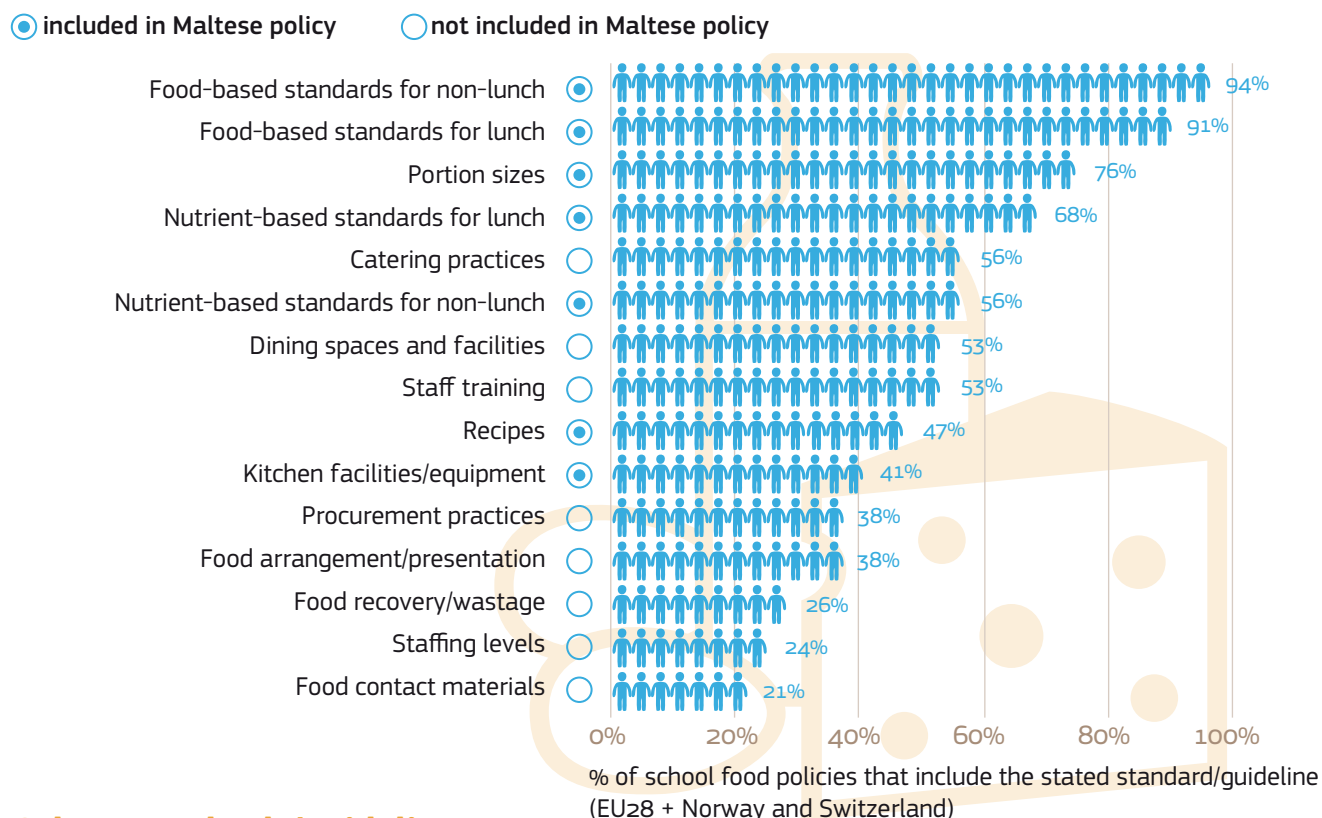


### Other measures:

- n/a

# 4

## School food policy standards and guidelines

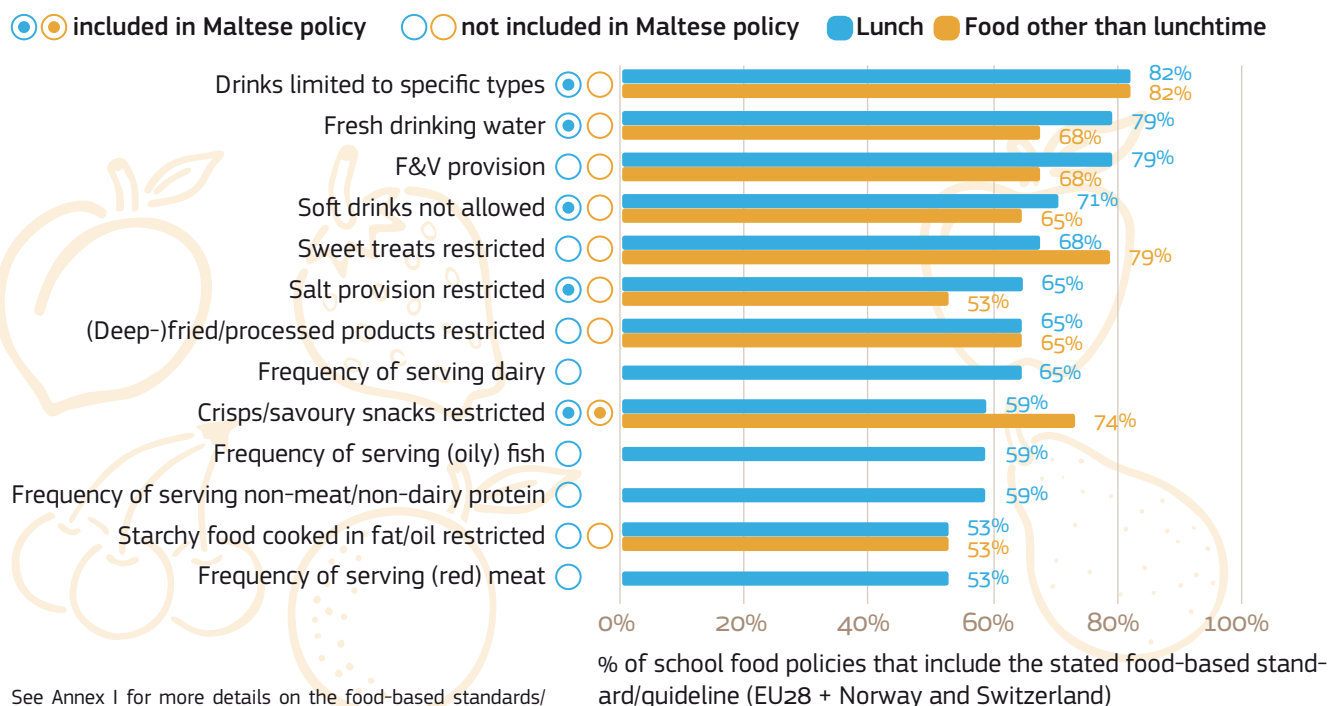


### Other standards/guidelines:

- Food preparation guidelines

# 5

## Food-based standards

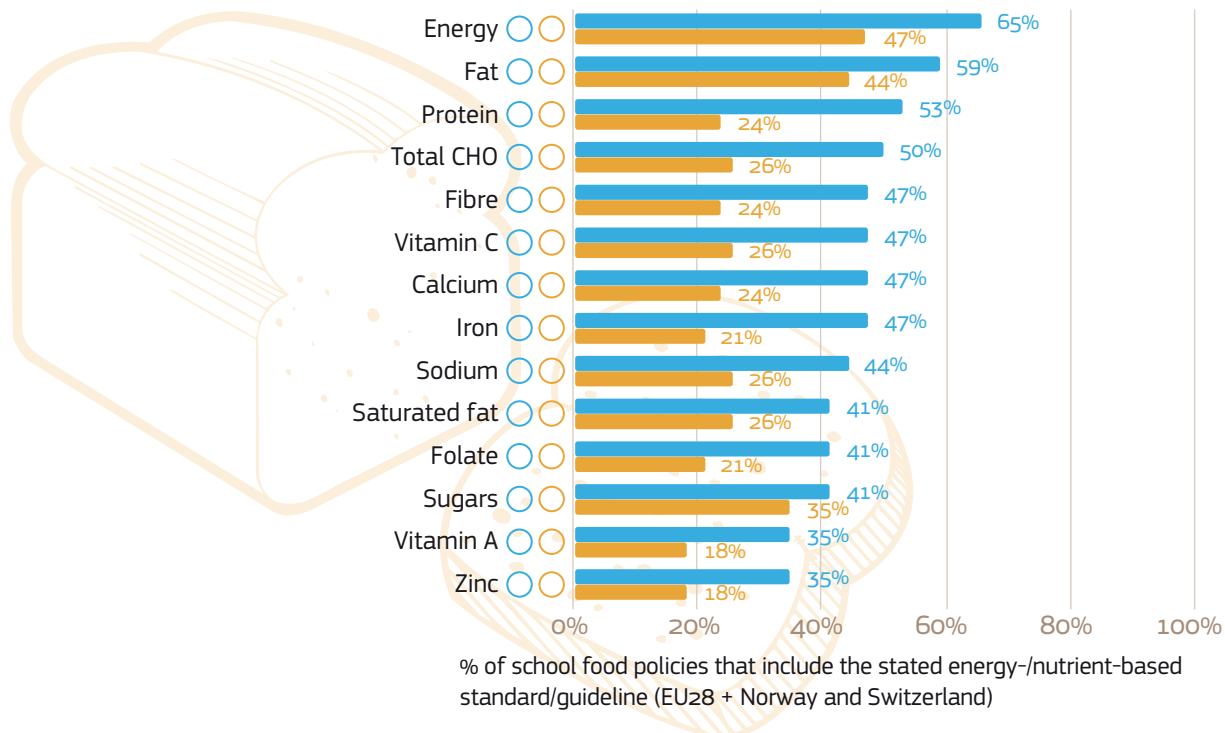


See Annex I for more details on the food-based standards/guidelines in Malta.

# 6

## Nutrient-based standards

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

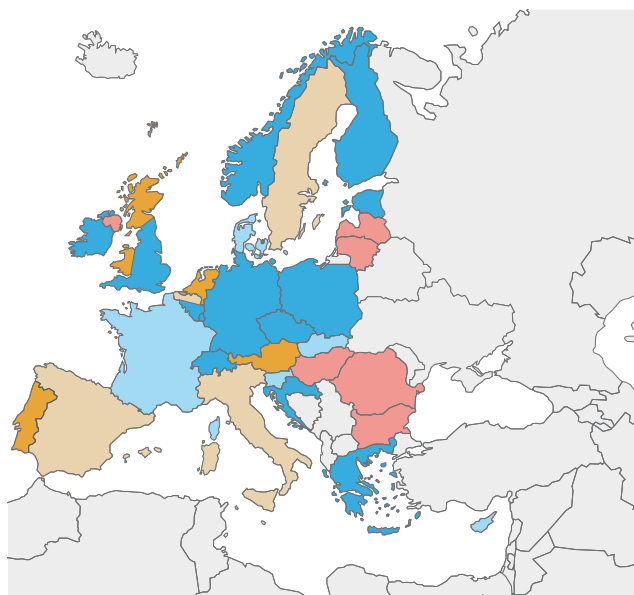


# 7

## Restrictions on vending machines on school premises

### Malta

- Vending machines don't exist on or are banned from school premises
- (Certain) unhealthful 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

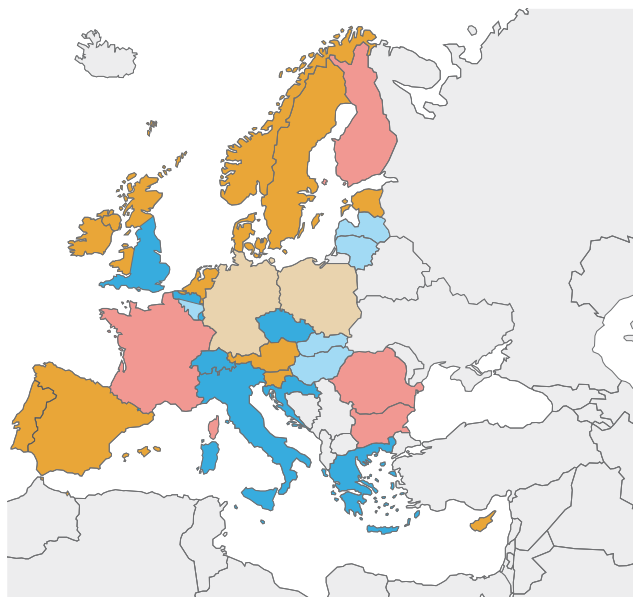
# 8

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

### Malta

- 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**

Companies producing/selling products high in salt, sugar or fat are not permitted to sponsor school activities



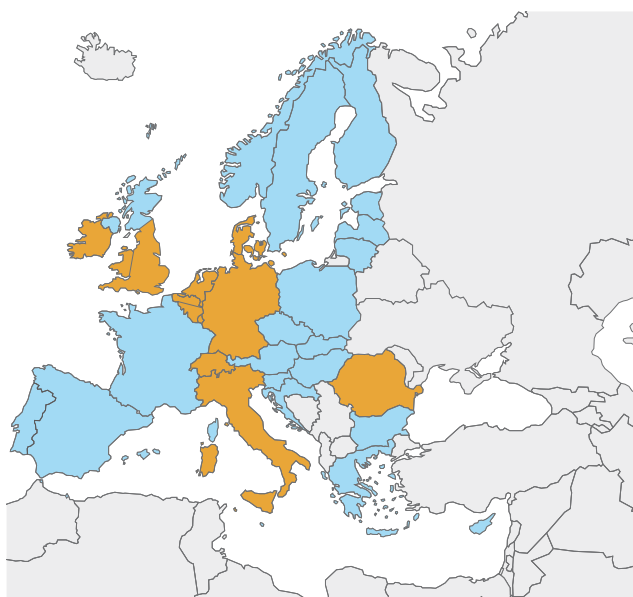
Food and drink marketing restrictions on school premises across EU28 + Norway and Switzerland

# 9

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

### Malta

Mandatory only in public schools; voluntary in private schools



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

## Additional information on Maltese 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	-	-
Sweet treats (chocolate, confectionery, cakes, biscuits, etc.) restricted	-	-
Starchy food cooked in fat or oil restricted	-	-
Crisps and savoury snacks restricted	x	x
Fresh drinking water must be provided and be easily accessible	x	-
Drinks limited to specific types (e.g. milk, fruit juice, water, combination of these)	Furthermore, milk and low fat milk 2-3 servings day for children up to 11 years, 3-4 servings for children > 11 years (CINDI)	-
Soft-drinks (e.g. sugar-sweetened or artificially-sweetened soft drinks, squash) restricted	x	-
Salt provision is restricted	x	-
Other	No school lunches are provided. Children bring their own food; food brought to school is regulated by HELP	Vending machines are not allowed in public schools and most private schools; an organised food service is the EU School Fruit Scheme which started in October 2010; this provides free/subsidised portion of fruit/vegetables to all primary school children once a week