

# SCHOOL FOOD POLICY COUNTRY FACTSHEETS



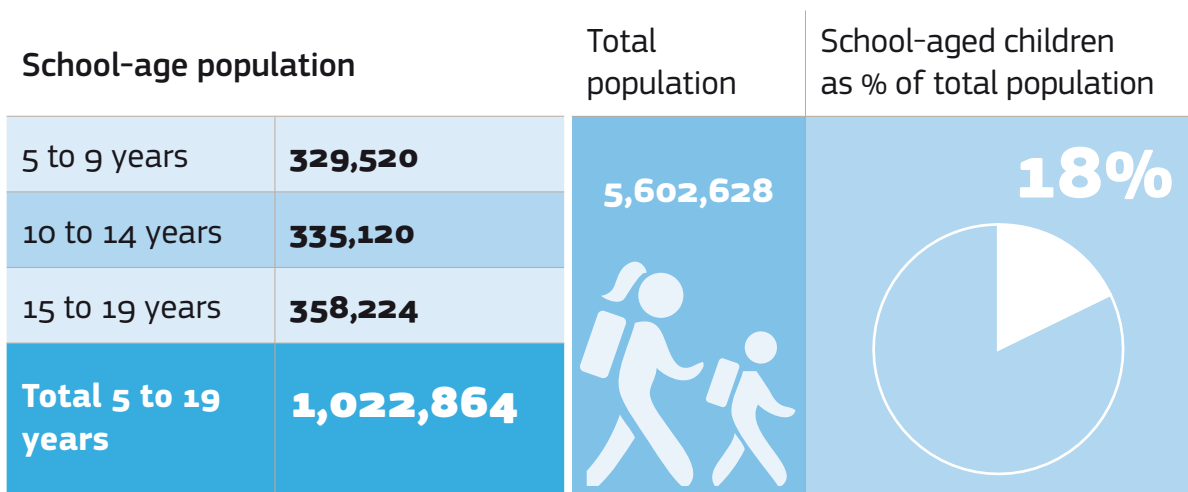
## DENMARK



<b>School food policy (voluntary)</b>	“Sund skolemad med smag smil og samvaer”
<b>Developed by</b>	Ministry of Food, Agriculture and Fisheries
<b>Year of publication</b>	2012 (website update)
<b>Web link(s)</b>	<a href="http://altomkost.dk/servicemenu/publikationer/publikation/pub/hent-fil/publication/sund-skolemad-med-smag-smil-og-samvaer/">http://altomkost.dk/servicemenu/publikationer/publikation/pub/hent-fil/publication/sund-skolemad-med-smag-smil-og-samvaer/</a>

## General information

### Demographic data



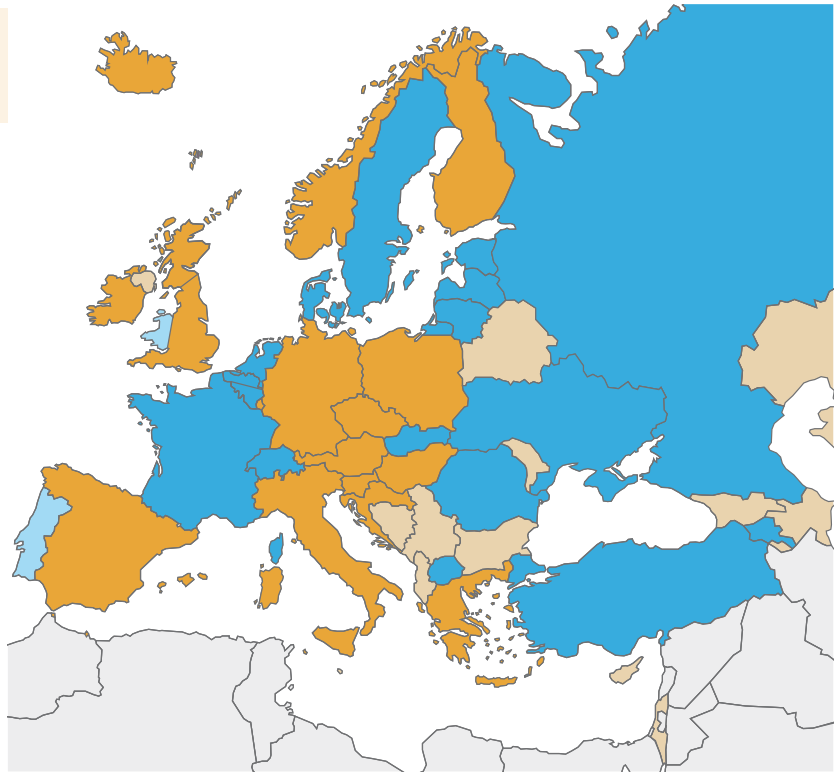
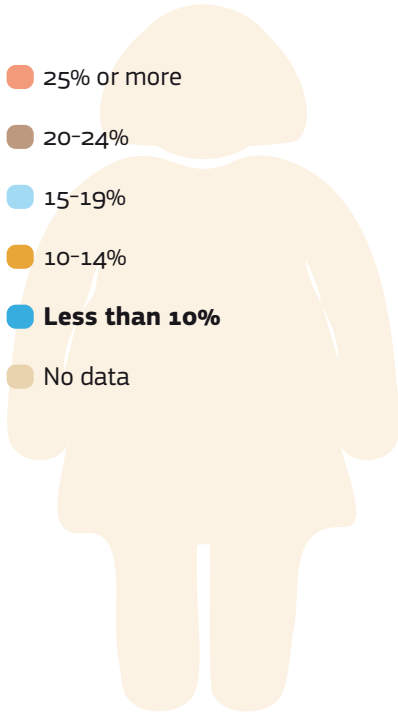
Source: EUROSTAT, year 2013.



## Adolescent overweight/obesity prevalence in Europe

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

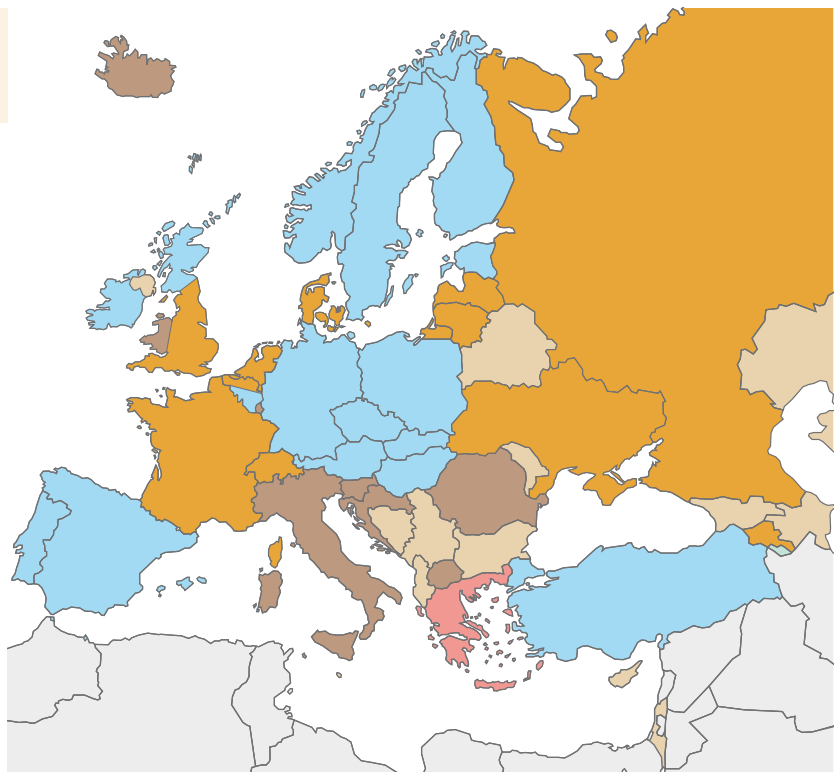
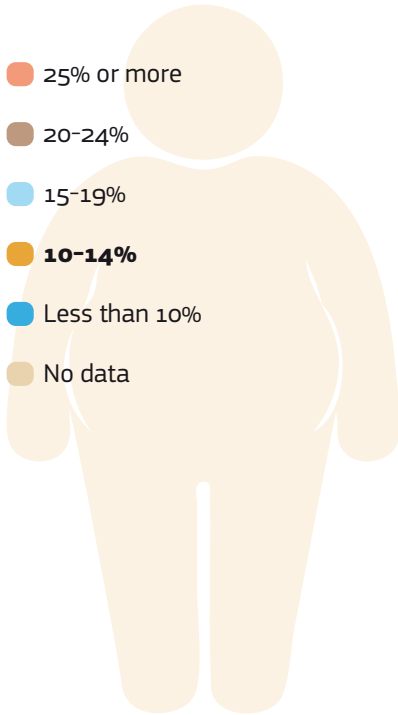
- 25% or more
- 20-24%
- 15-19%
- 10-14%
- **Less than 10%**
- No data



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

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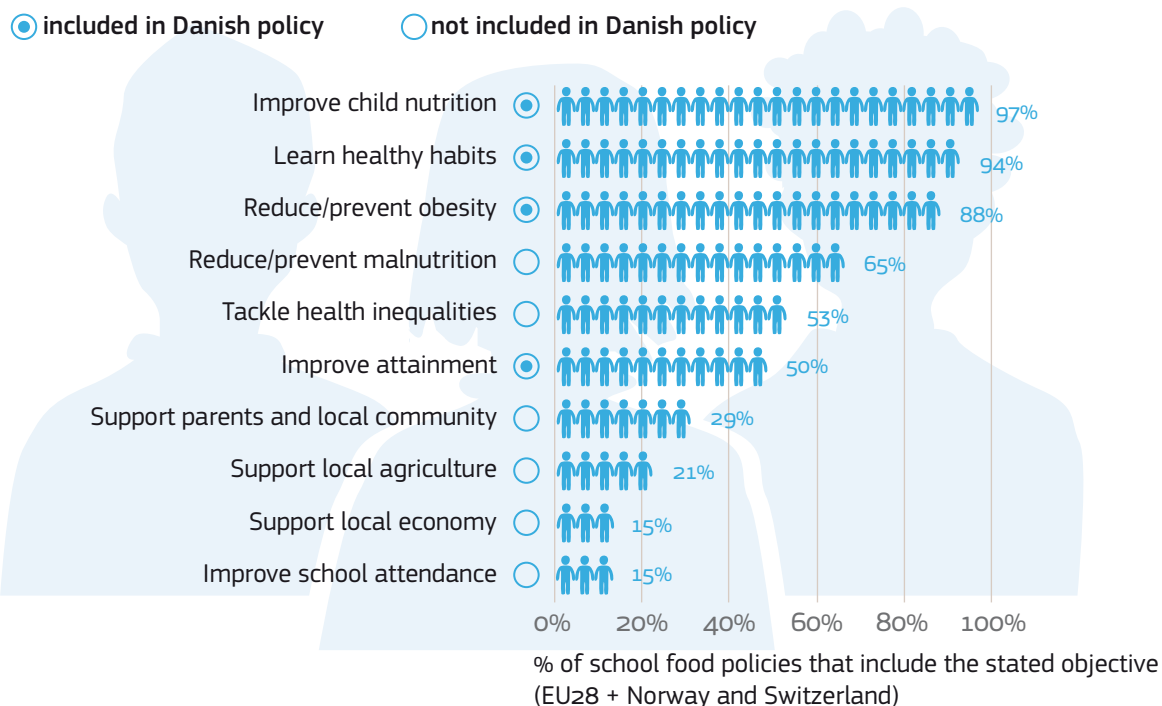


Note: HBSC teams provided disaggregated data for Belgium and the United Kingdom; these data appear in the map above.

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

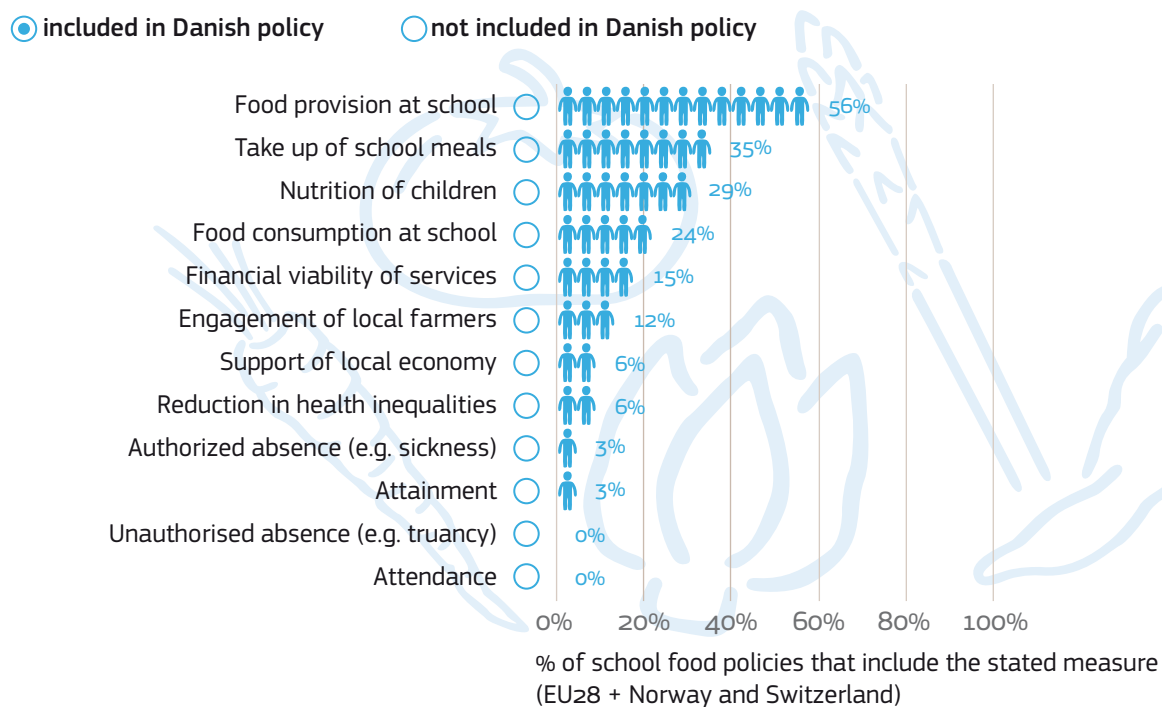


### Other objectives:

- Chronic disease prevention depending on lifestyle

# 3

## Measures through which the policy is evaluated

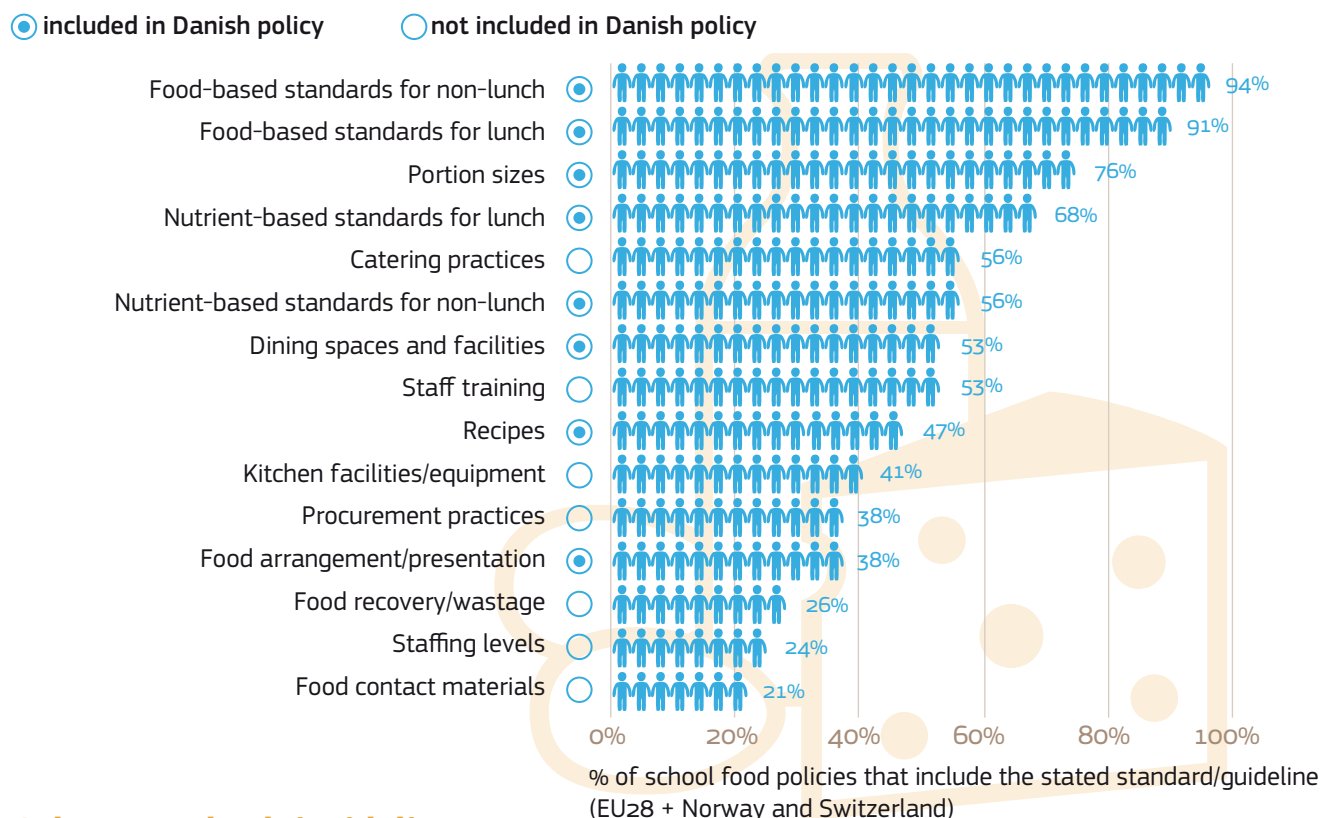


### Other measures:

- n/a

# 4

## School food policy standards and guidelines

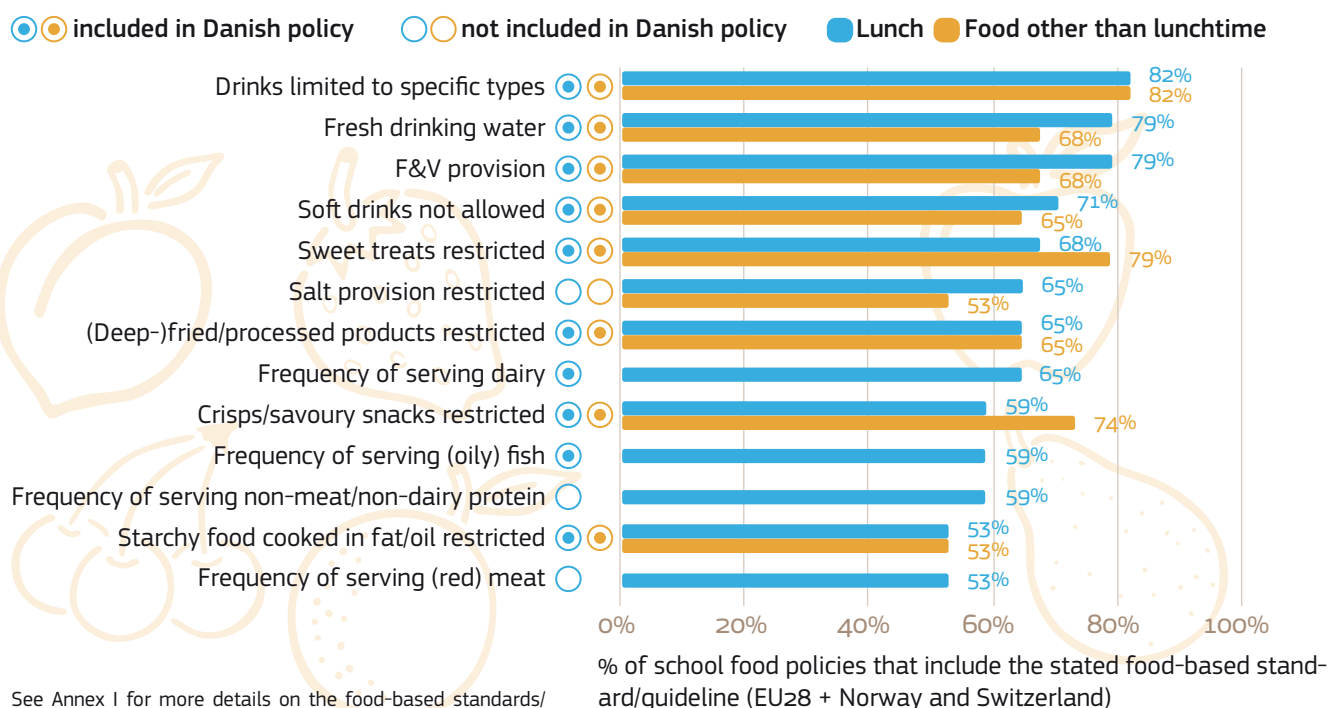


### Other standards/guidelines:

- n/a

# 5

## Food-based standards

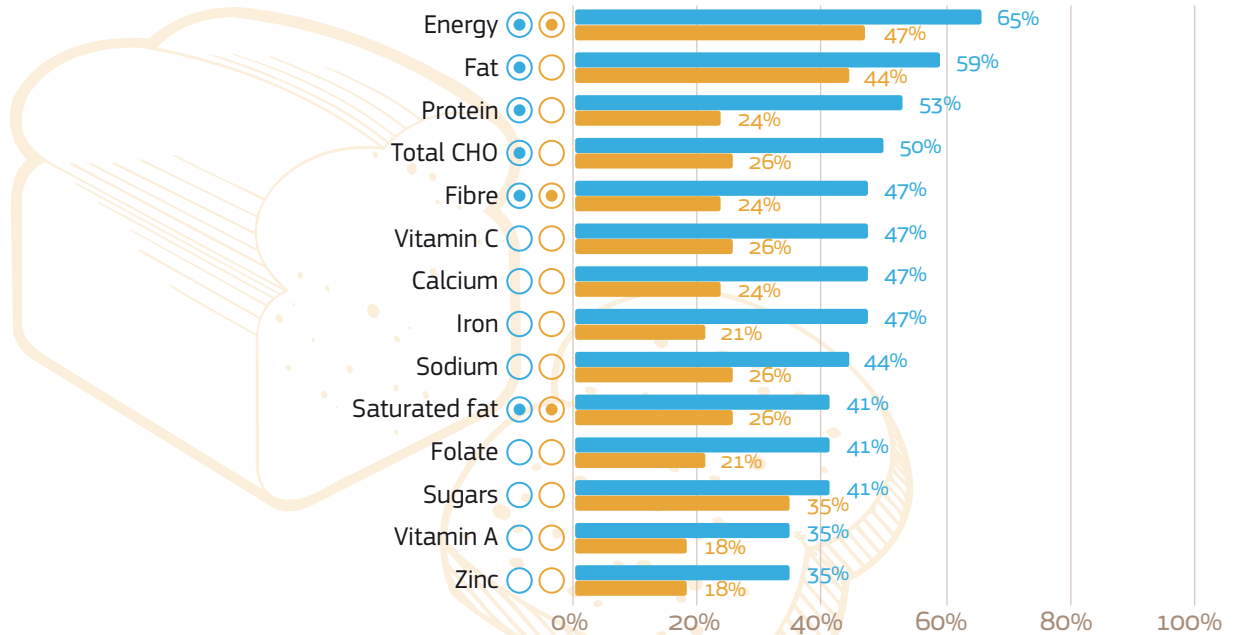


See Annex I for more details on the food-based standards/guidelines in Denmark.

# 6

## Nutrient-based standards

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



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

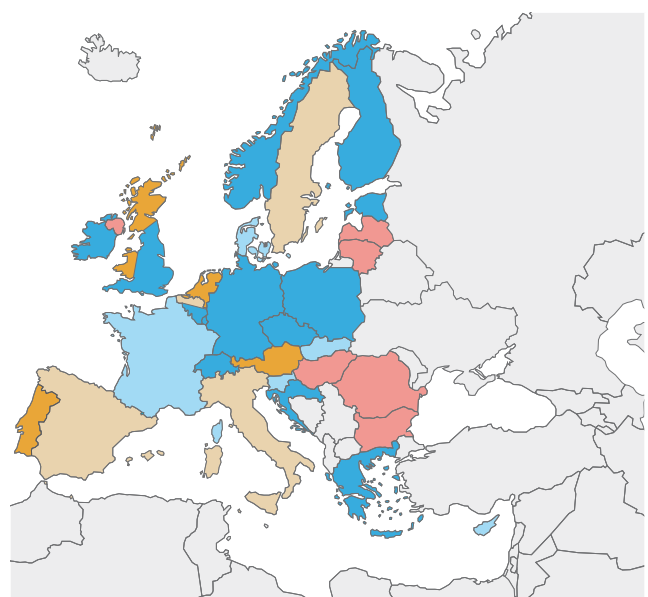
See Annex II for more details on the energy-/nutrient-based standards/guidelines in Denmark.

# 7

## Restrictions on vending machines on school premises

### Denmark

- 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



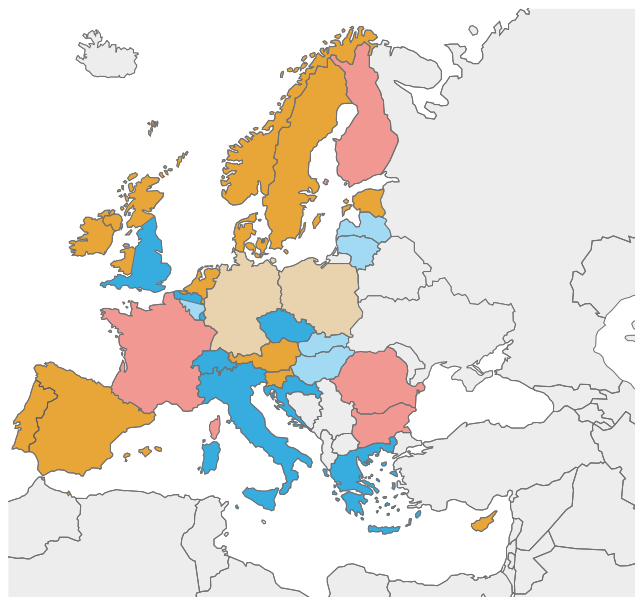
Vending machine restrictions on school premises across EU28 + Norway and Switzerland

# 8

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

### Denmark

- 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



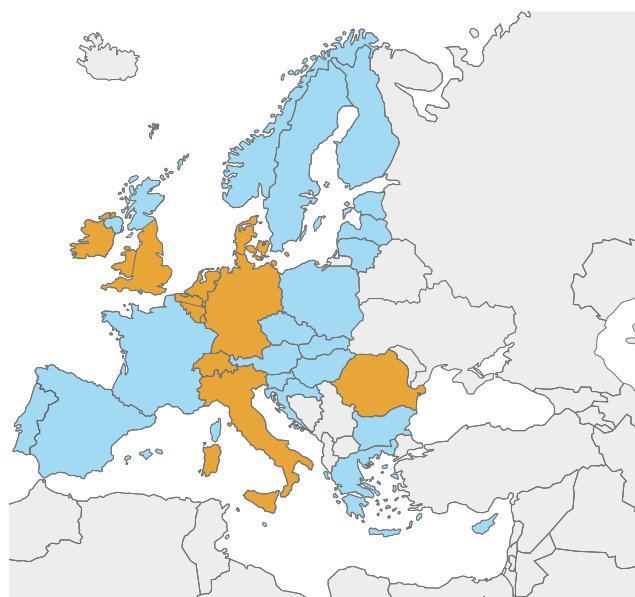
Food and drink marketing restrictions on school premises across EU28 + Norway and Switzerland

# 9

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

### Denmark

The Ministry of Food, Agriculture and Fisheries cooperates with the Ministry of Children and Education to strengthen Home Economics and supports the subject Health and Sex Education and Family Studies, e.g. in terms of materials. A new elementary school reform effective 2014/2015 sets new goals for Home Economics and makes it mandatory that all students should be physically active on average 45 minutes during a school day (total time of teaching).



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

## Additional information on Danish 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	It should be a third of a child's lunch; children over 10 years should eat 200-300 g vegetables/fruit daily	Children over 10 years should eat 200-300 g vegetables/fruit daily
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	Milk ½ litre a day (0.7 g fat/100 g); serve cheese with maximum 17% fat	n/a
Specified number of times (oily) fish should be on the school lunch menu	One of five meals should be fish based; 200-300 g fish a week	n/a
Restrictions on availability of fried, deep-fried or processed products	x	x
Sweet treats (chocolate, confectionery, cakes, biscuits, etc.) restricted	Should never be served	Should never be served
Starchy food cooked in fat or oil restricted	x	x
Crisps and savoury snacks restricted	Should never be served	Should never be served
Fresh drinking water must be provided and be easily accessible	Without cost	x
Drinks limited to specific types (e.g. milk, fruit juice, water, combination of these)	Milk with 0.7 g fat/100 g or lower; fruit juice without sugar 2 times per 5 days	Milk with 0.7 g fat/100 g or lower; fruit juice without sugar 2 times per 5 days
Soft-drinks (e.g. sugar-sweetened or artificially-sweetened soft drinks, squash) restricted	Shouldn't be served	Shouldn't be served
Salt provision is restricted	-	-
Other	Carbohydrates like rice, pasta and potatoes minimum in 2 out of 5 meals; whole wheat bread should be sold every day. Schools can apply for funding from EU school fruit scheme, but this is not common. Served meat should contain max. 10 g fat/100 g. EU school milk scheme has high degree of participation	Whole wheat bread should be sold every day; there are no vending machines in Danish schools. Schools can apply for funding from EU school fruit scheme, but this is not common. EU school milk program has high degree of participation



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

	Lunch	Other than lunch
Energy	There are recommendations for a small and a big meal; small meal (ages 7-10 years) should consist of 1800-2100 kJ. A big meal (ages 11-15 years) consist of 2200-2500 kJ; there are also recipes covering 185 different meals containing the right amount of energy and nutrients	x
Fat	x	-
Saturated fat	x	x
Total carbohydrate	x	-
Non-milk extrinsic sugars	-	-
Fibre	x	x
Protein	x	-
Iron	-	-
Zinc	-	-
Calcium	-	-
Vitamin A	-	-
Vitamin C	-	-
Folate	-	-
Sodium	-	-
Other	-	-