

# SCHOOL FOOD POLICY COUNTRY FACTSHEETS



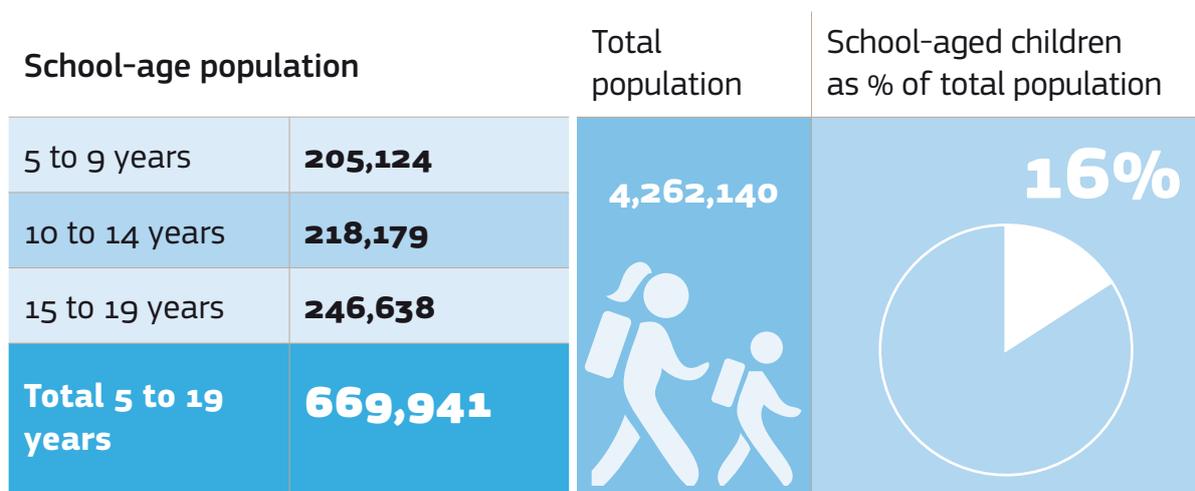
## CROATIA



<b>School food policy (mandatory)</b>	“NACIONALNE SMJERNICE ZA PREHRANU UČENIKA U OSNOVNIM ŠKOLAMA”
<b>Developed by</b>	Ministry of Health
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## General information

### Demographic data



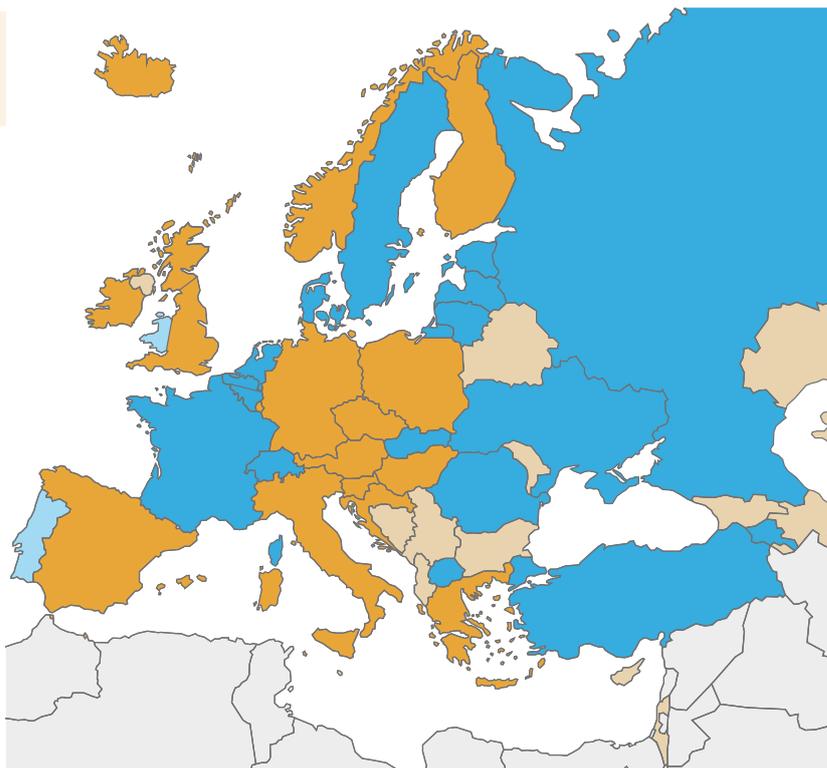
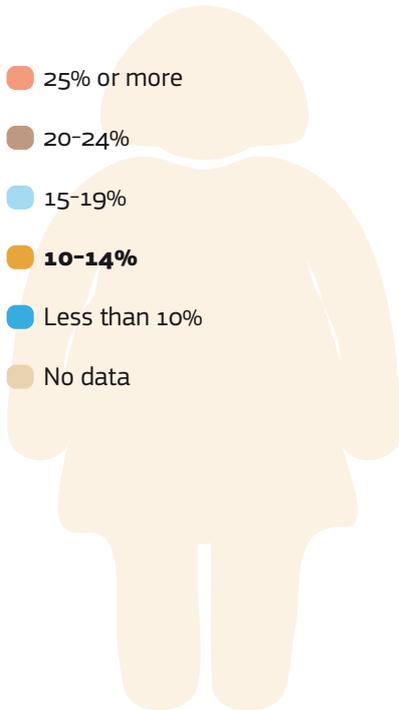
Source: EUROSTAT, year 2013.



## Adolescent overweight/obesity prevalence in Europe

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

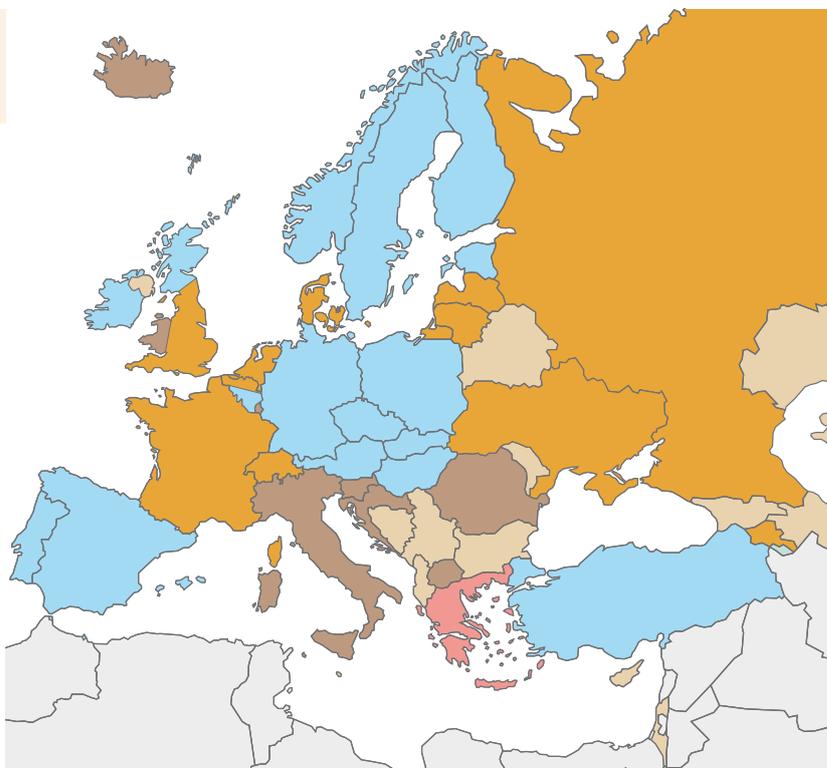
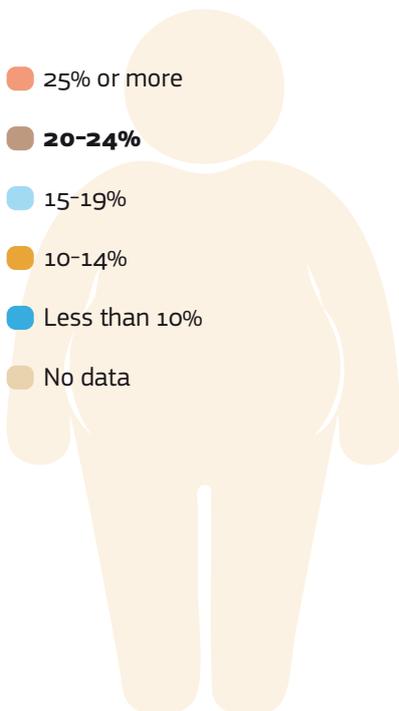
- 25% or more
- 20-24%
- 15-19%
- **10-14%**
- Less than 10%
- No data



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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- **20-24%**
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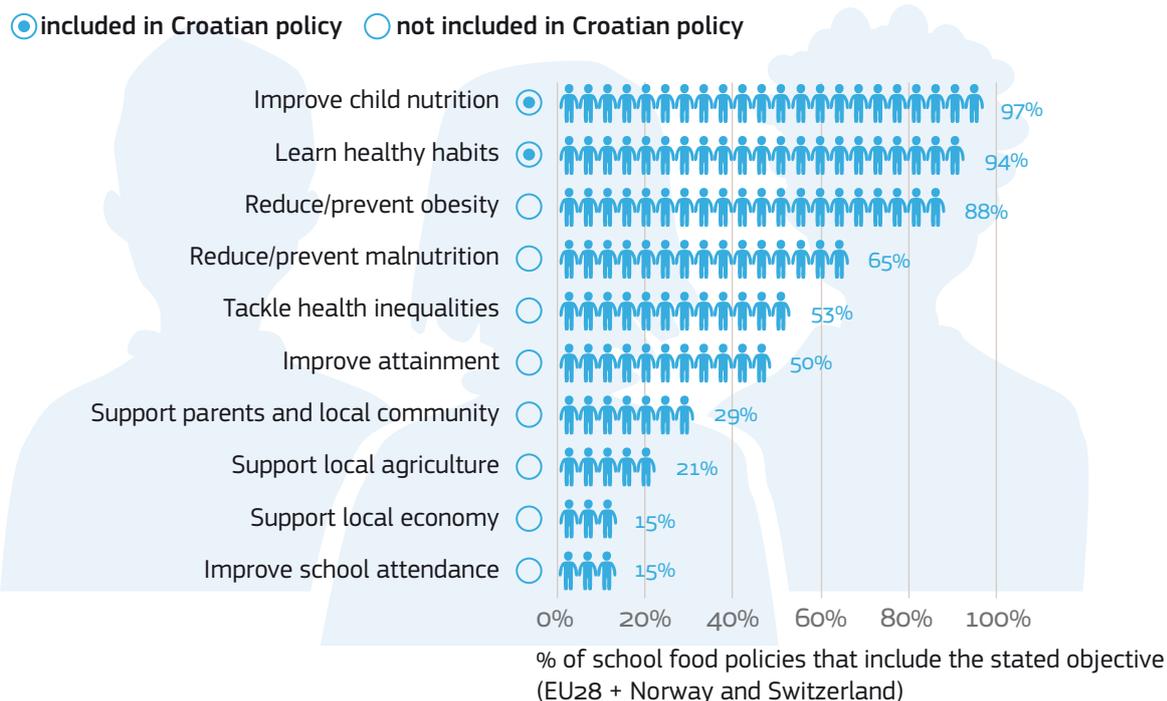


Note: HBSC teams provided disaggregated data for Belgium and the United Kingdom; these data appear in the map above.

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

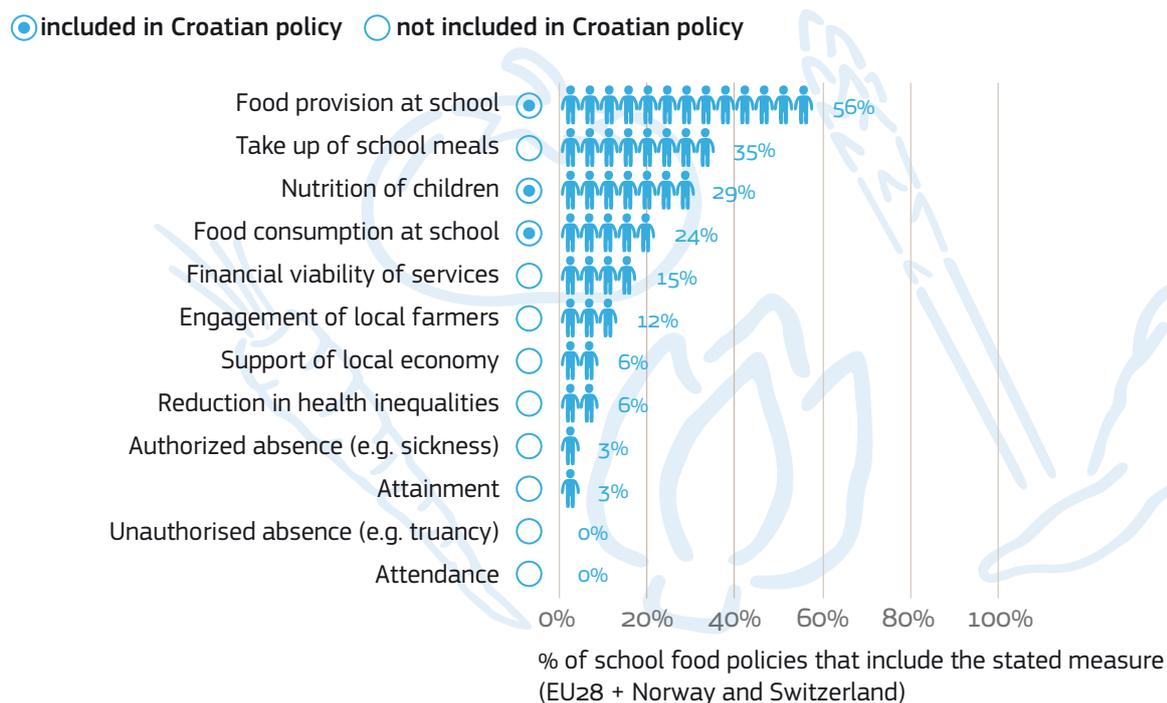


### Other objectives:

- Learn table manners and hygienic habits, socialisation, improving relationships, reducing the risk of eating disorders

# 3

## Measures through which the policy is evaluated



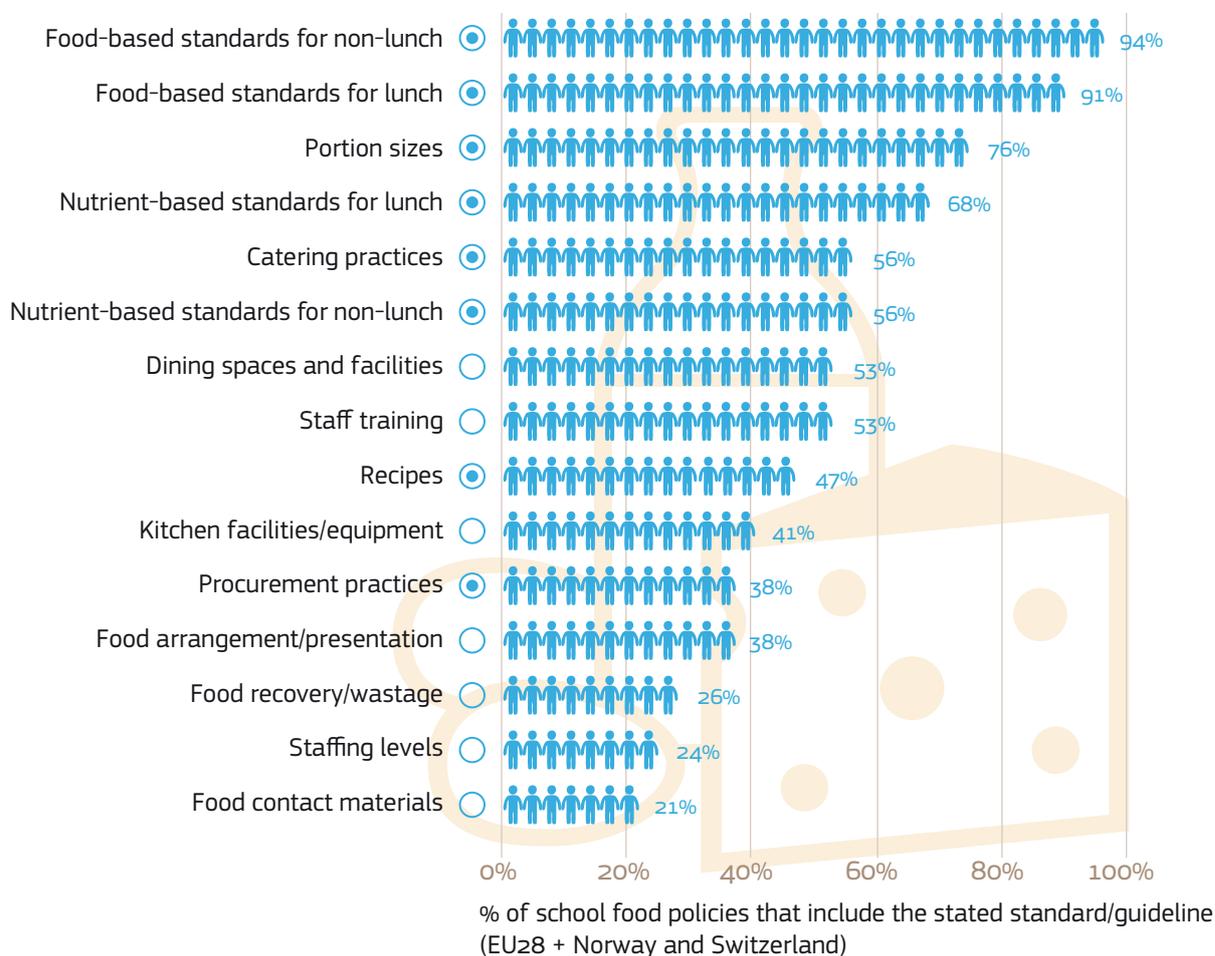
## Other measures:

- Kitchens equipped according to standards; sufficient number of qualified staff; sufficiently large and adequately furnished dining facilities; safe water provision; enough time for eating; verified suppliers; include representatives of individual grades in meal planning; publish menu at least two weeks in advance; affordable meals accessible to all participants; HACCP system for self-control of production process; control of ready meals in order to check energy and nutritional value of meals.

[http://www.zdravlje.hr/content/download/11609/84157/file/Nacionalne\\_smjernice\\_za\\_prehranu\\_ucenika\\_u\\_osnovnim\\_skolama.pdf](http://www.zdravlje.hr/content/download/11609/84157/file/Nacionalne_smjernice_za_prehranu_ucenika_u_osnovnim_skolama.pdf) (Chapter 8)

## School food policy standards and guidelines

included in Croatian policy    not included in Croatian policy

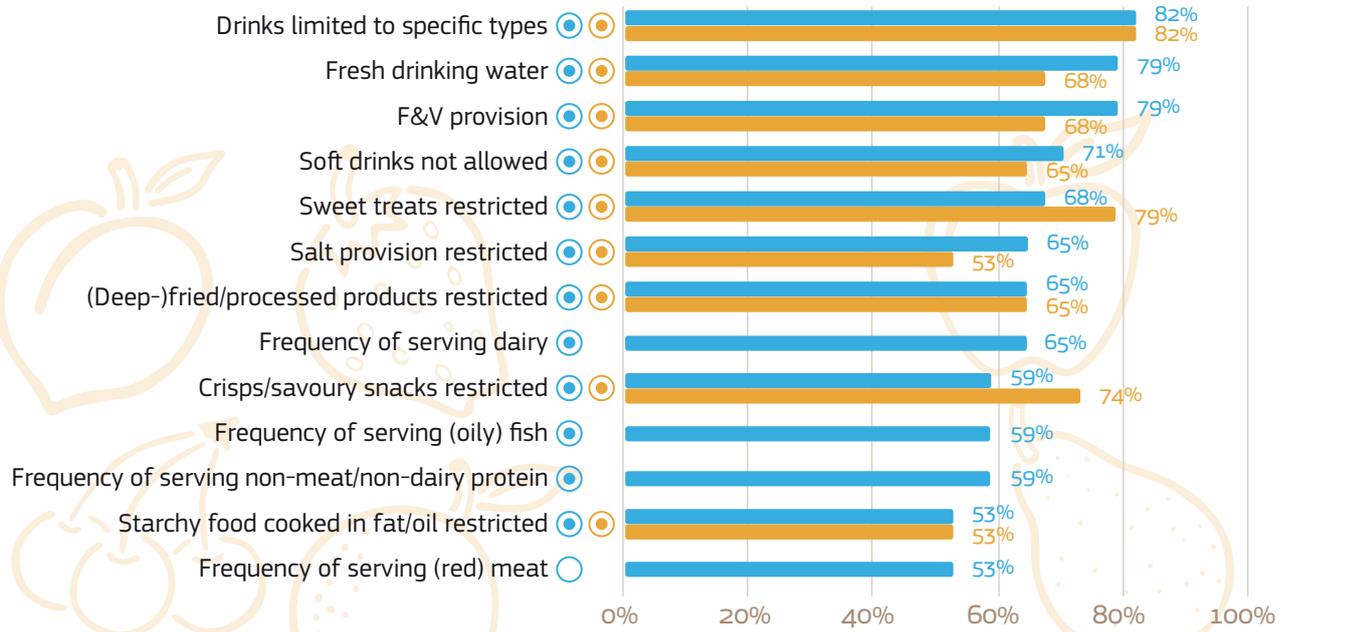


## Other standards/guidelines:

- At what hour you should eat your meals and how much time you'll need.

# 5 Food-based standards

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

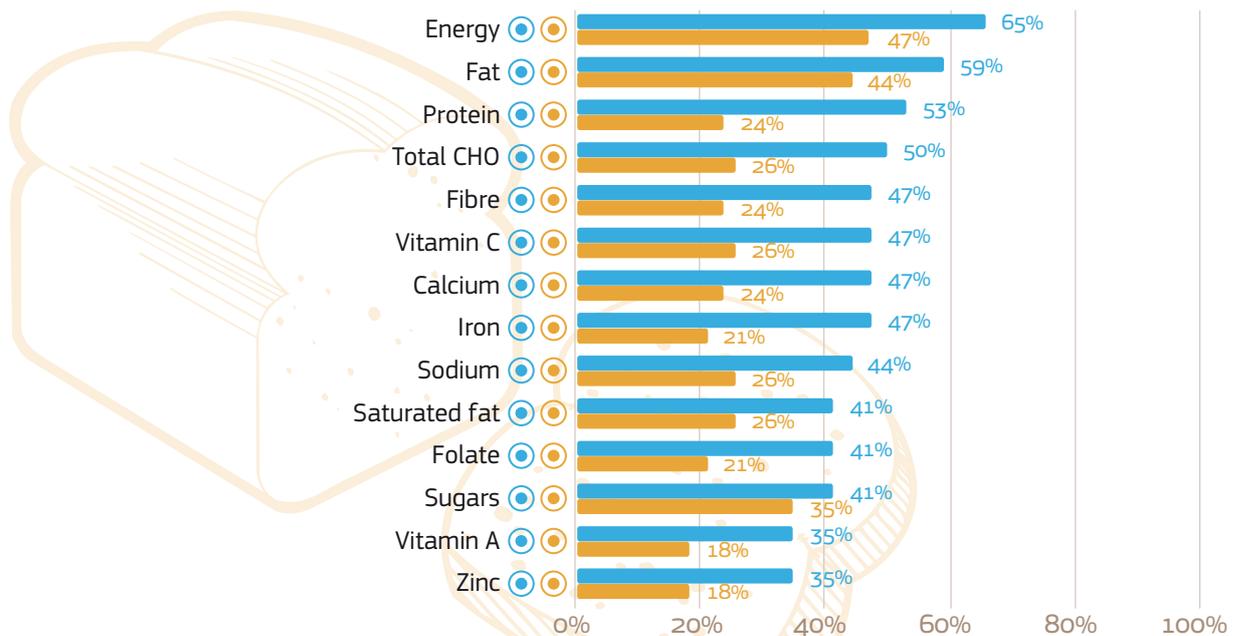


See Annex I for more details on the food-based standards/guidelines in Croatia.

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

# 6 Nutrient-based standards

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



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

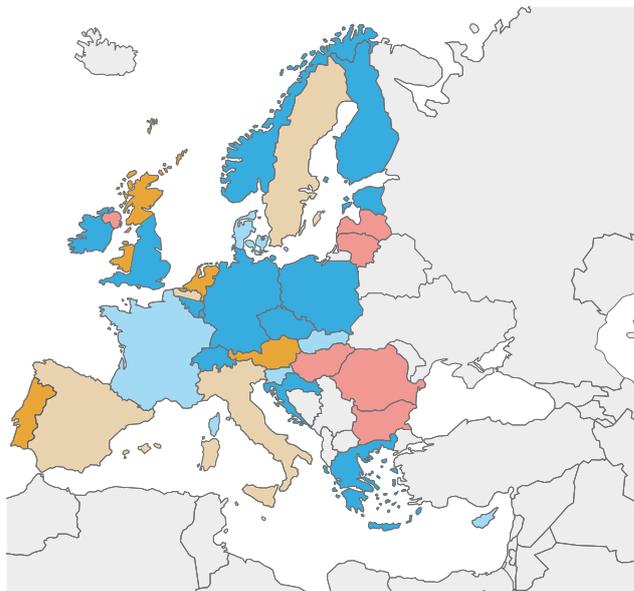
% of school food policies that include the stated energy-/nutrient-based standard/guideline (EU28 + Norway and Switzerland)

# 7

## Restrictions on vending machines on school premises

### Croatia

- 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**



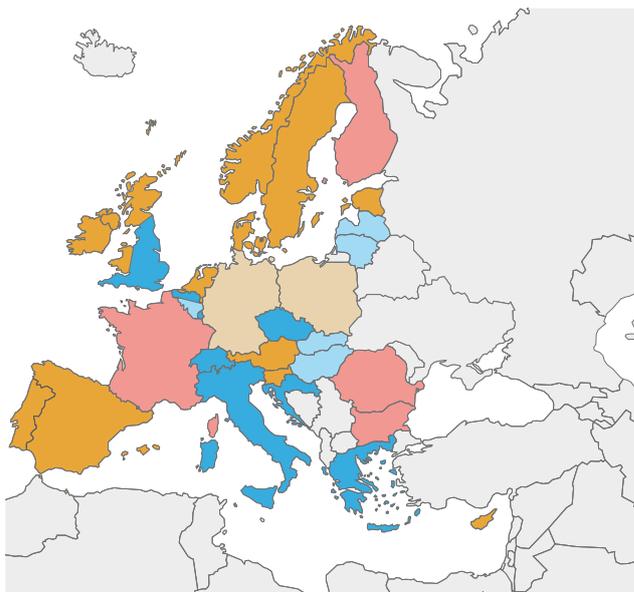
Vending machine restrictions on school premises across EU28 + Norway and Switzerland

# 8

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

### Croatia

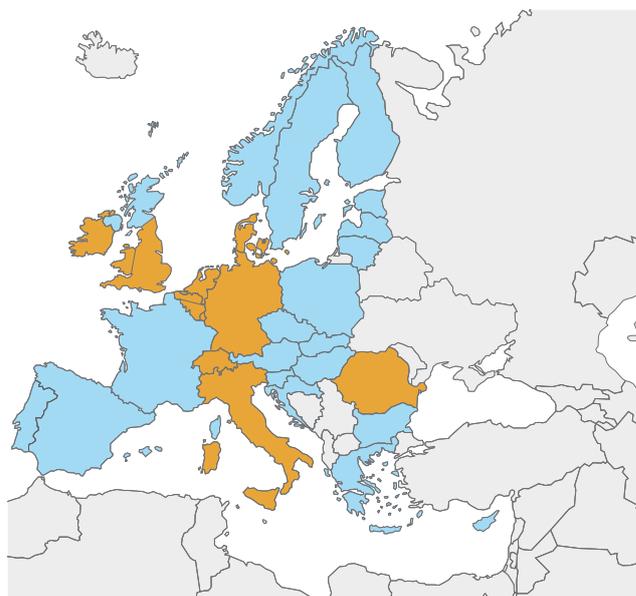
- Specific marketing limits for drinks high in sugar, foods high in sugar, and savoury snacks high in fat or salt (HFSS foods/drinks), combined with restrictions of a more generic kind or focussing on other types of foods/drinks as well
- Marketing restrictions only on HFSS foods/drinks
- Food marketing 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

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

**Croatia**



● **Mandatory food/nutrition education**  
● Voluntary food/nutrition education

### Additional information on Croatian 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	every day	every day
Specified number of times (red) meat served	-	n/a
Specified number of times other sources of protein served	meat, poultry, eggs, legumes, nuts and seeds in the ground form; every day, of which meat up to 5 times a week	n/a
Specified number of times dairy products served	every day	n/a
Specified number of times (oily) fish should be on the school lunch menu	fish at least 1-2 times a week; recommended to increase intake of omega-3 fatty acids in relation to intake of omega-6 fatty acids; food of animal origin rich in omega-3 fatty acids is oily fish (sardines, tuna, mackerel, etc.) and salmon	n/a
Restrictions on availability of fried, deep-fried or processed products	Potatoes	x

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

	Lunch	Other than lunch
Sweet treats (chocolate, confectionery, cakes, biscuits, etc.) restricted	avoid sweets and other confectionery and general products with added sugar	avoid sweets and other confectionery and general products with added sugar
Starchy food cooked in fat or oil restricted	x	x
Crisps and savoury snacks restricted	x	x
Fresh drinking water must be provided and be easily accessible	4-14 y: 1.2-1.8 l/water; 14-17 y: 2.6 l/water	4-14 y: 1.2-1.8 l/water; 14-17 y: 2.6 l/water
Drinks limited to specific types (e.g. milk, fruit juice, water, combination of these)	milk, water, juice; prefer freshly squeezed juices and herbal or fruit teas without added sugar or moderately sweetened with honey	milk, water, juice; prefer freshly squeezed juices and herbal or fruit teas without added sugar or moderately sweetened with honey
Soft-drinks (e.g. sugar-sweetened or artificially-sweetened soft drinks, squash) restricted	avoid carbonated beverages and/or non-carbonated sweetened drinks	avoid carbonated beverages and/or non-carbonated sweetened drinks
Salt provision is restricted	x	x
Other	cereals, cereal products and potatoes every day; foods with high fat, sugar and salt twice a month; food to be eaten rarely or avoid: Bakery and confectionery products, industrial desserts; as a rule, contain a large proportion of fat and sugar, which is why it is recommended that in the case of their inclusion in the menu using only those products that contain less sugar and fats and which are made on the basis of milk (yogurt), from the whole grain, with added fruit, seeds, nuts, etc., which significantly increased their nutritional density; Carbonated or non-carbonated sweet drinks; manufactured with artificial colours and fruit flavours, and added sugar or artificial sweeteners; we recommend completely avoiding caffeinated drinks; Meat, cream/chocolate spreads, hard margarines; contain a high proportion of fat and / or undesirable trans fatty acids, which is why we do not recommend their use; adequate for the moderate use of dairy spreads, spreads based on legumes, dairy margarine or sour cream; Foods with high fat content and foods containing predominantly saturated and trans fatty acids; preparing meals with the use of fat increases the fat content of the diet all day,	cereals, cereal products and potatoes every day; foods with high fat, sugar and salt twice a month; food to be eaten rarely or avoid: Bakery and confectionery products, industrial desserts; as a rule, contain a large proportion of fat and sugar, which is why it is recommended that in the case of their inclusion in the menu using only those products that contain less sugar and fats and which are made on the basis of milk (yogurt), from the whole grain, with added fruit, seeds, nuts, etc., which significantly increased their nutritional density; Carbonated or non-carbonated sweet drinks; manufactured with artificial colours and fruit flavours, and added sugar or artificial sweeteners; we recommend completely avoiding caffeinated drinks; Meat, cream/chocolate spreads, hard margarines; contain a high proportion of fat and / or undesirable trans fatty acids, which is why we do not recommend their use; adequate for the moderate use of dairy spreads, spreads based on legumes, dairy margarine or sour cream; Foods with high fat content and foods containing predominantly saturated and trans fatty acids; preparing meals with the use of fat increases the fat content of the diet all day,

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

	Lunch	Other than lunch
Other (cont.)	which is why we recommend the use of a moderate fat; animal fats largely replaced by high-quality vegetable oils; with classic fried food, if placed on the menu, pay attention to use fresh oil for frying food and oil temperature during preparation; meat products with a homogeneous structure for milling (pate, sausages, cold meats, etc.); instant soups and soup concentrates and similar concentrated products; high content of salt and additives	which is why we recommend the use of a moderate fat; animal fats largely replaced by high-quality vegetable oils; with classic fried food, if placed on the menu, pay attention to use fresh oil for frying food and oil temperature during preparation; meat products with a homogeneous structure for milling (pate, sausages, cold meats, etc.); instant soups and soup concentrates and similar concentrated products; high content of salt and additives

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

	Lunch	Other than lunch
Energy	kcal/day intake with moderate physical activity, depending on gender and age: Boys 7-9:1970; 10-13: 2220; 14-18: 2755. Girls 7-9: 1740; 10-13: 1845; 14-18: 2110	kcal/day intake with moderate physical activity, depending on gender and age: Boys 7-9:1970; 10-13: 2220; 14-18: 2755. Girls 7-9: 1740; 10-13: 1845; 14-18: 2110
Fat	depending on age: 7-9y: 30-35 E%; 10-13y: 30-35 E%; 14-18y: 25-30 E%	depending on age: 7-9: 30-35 E%; 10-13: 30-35 E%; 14-18: 25-30 E%
Saturated fat	≤ 10 E%	≤ 10 E%
Total carbohydrate	> 50 E%	> 50 E%
Non-milk extrinsic sugars	simple sugars: <10 E%	simple sugars: <10 E%
Fibre	> 10 g/1000 kcal	> 10 g/1000 kcal
Protein	10-15 E%	10-15 E%
Iron	10; 13.5; 13.5 mg	10; 13.5; 13.5 mg
Zinc	7.0; 8.0; 8.38 mg	7.0; 8.0; 8.38 mg
Calcium	900; 1100; 1200 mg	900; 1100; 1200 mg
Vitamin A	0.8; 0.9; 1.03 mg	0.8; 0.9; 1.03 mg
Vitamin C	80; 90; 100 mg	80; 90; 100 mg
Folate	300; 400; 400 mcg	300; 400; 400 mcg
Sodium	1380; 1380; 1600 mg	1380; 1380; 1600 mg
Other	<a href="http://www.zdravlje.hr/content/download/11609/84157/file/Nacionalne_smjernice_za_prehranu_ucenika_u_osnovnim_skolama.pdf">http://www.zdravlje.hr/content/download/11609/84157/file/Nacionalne_smjernice_za_prehranu_ucenika_u_osnovnim_skolama.pdf</a> (Table 4.5), Table 4.4 shows the best sources for each micronutrient	<a href="http://www.zdravlje.hr/content/download/11609/84157/file/Nacionalne_smjernice_za_prehranu_ucenika_u_osnovnim_skolama.pdf">http://www.zdravlje.hr/content/download/11609/84157/file/Nacionalne_smjernice_za_prehranu_ucenika_u_osnovnim_skolama.pdf</a> (Table 4.5), Table 4.4 shows the best sources for each micronutrient