

# SCHOOL FOOD POLICY COUNTRY FACTSHEETS



## GREECE

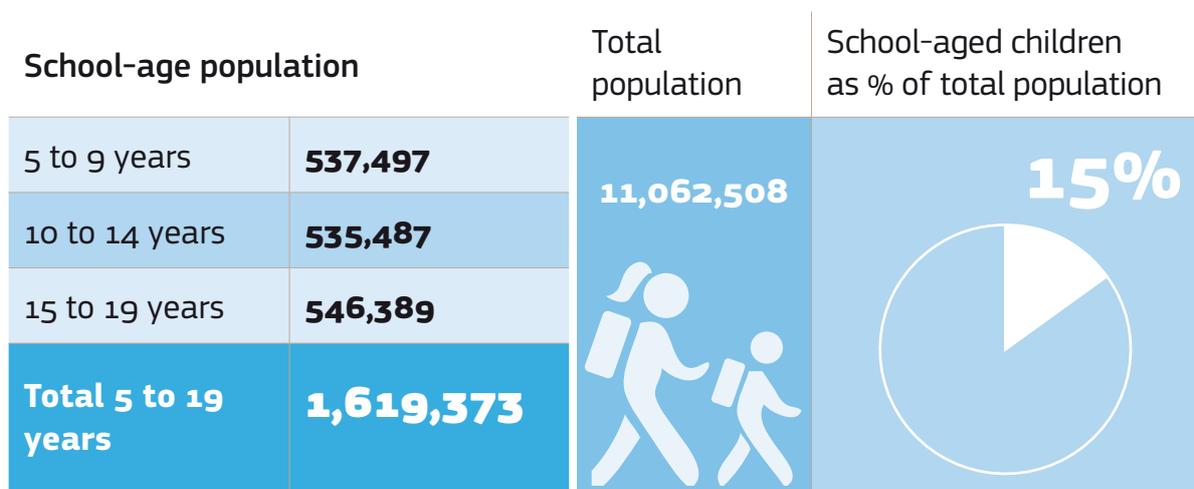


<b>School food policy<sup>1</sup> (mandatory)</b>	“ΚΥΛΙΚΕΙΑ - ΕΡΜΗΝΕΙΑ ΥΓΕΙΟΝΟΜΙΚΗΣ ΔΙΑΤΑΞΗΣ ΠΕΡΙ ΔΙΑΘΕΣΙΜΩΝ ΠΡΟΪΟΝΤΩΝ (Υ1/Γ.Π./οικ.109167/2006)”
<b>Developed by</b>	Ministry of Health
<b>Year of publication</b>	2013
<b>Web link(s)</b>	<a href="http://edu.klimaka.gr/nomothesia/symvulia-epitropes/1259-ermhneia-diataxhs-proion-ta-se-scholika-kyklikeia.html">http://edu.klimaka.gr/nomothesia/symvulia-epitropes/1259-ermhneia-diataxhs-proion-ta-se-scholika-kyklikeia.html</a>

1. Greece also has a policy for pre-schools, dating from 1988; Ministerial decision Γ2α/οικ.4108 (ΦΕΚ 546/τα.Β/2-8-1988) which includes the dietary regimen for nursery schools and kindergartens, and Ministerial decision 16065/22-4-2002 (ΦΕΚ 497/τα.Β/2002)

# 1 General information

## Demographic data



Source: EUROSTAT, year 2013.

## Childhood overweight/obesity prevalence in Greece

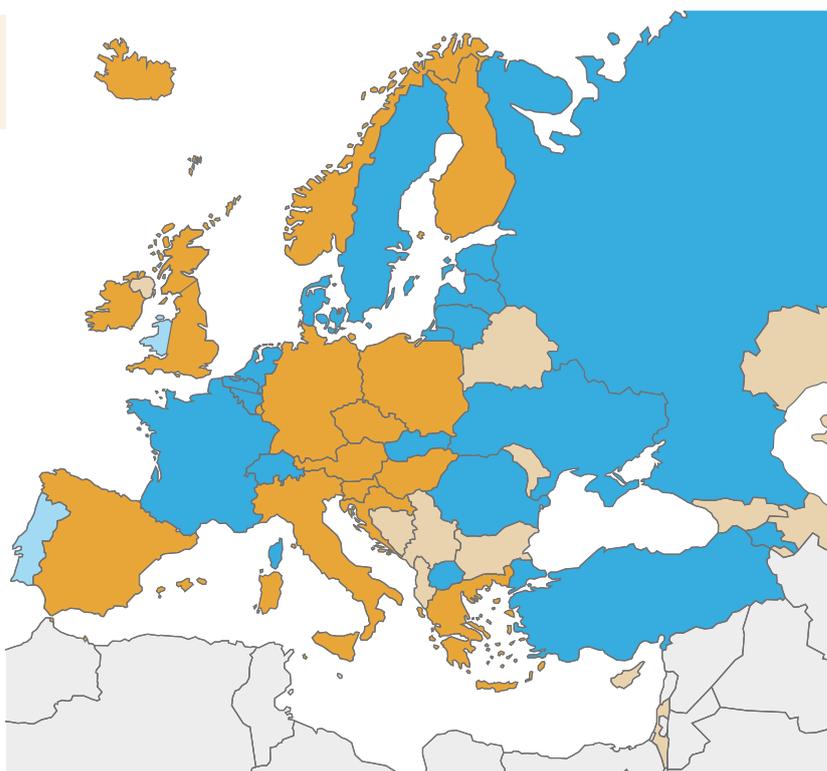
	Overweight (including obesity)	Obesity
	2009/10	2009/10
Boys (7 years)	48.9%	23.9%
Boys (9 years)	57.2%	30.5%
Girls (7 years)	44.8%	18.6%
Girls (9 years)	50.0%	20.8%

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

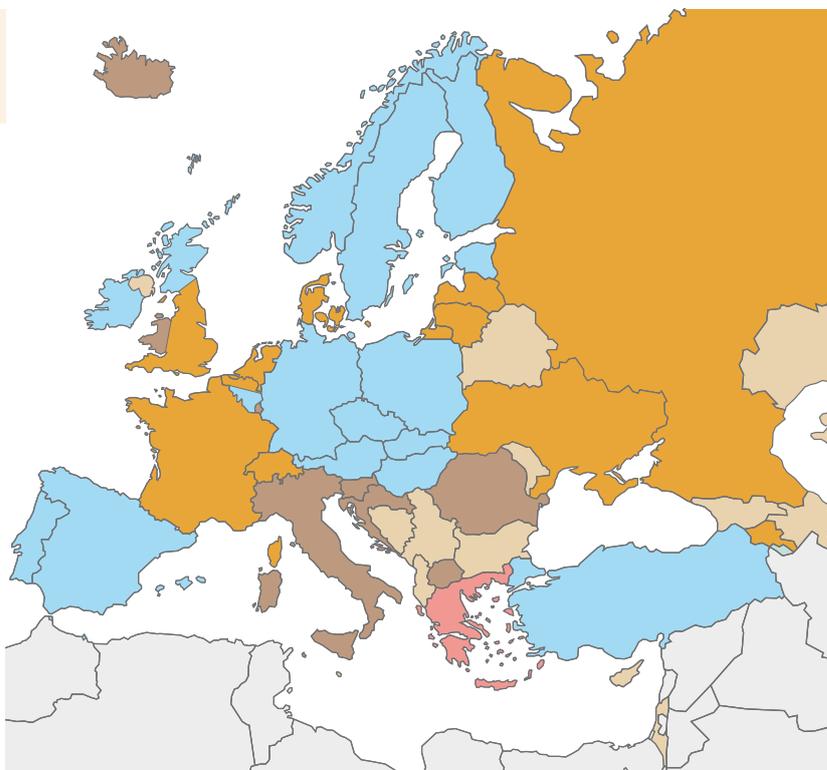
- 25% or more
- 20-24%
- 15-19%
- **10-14%**
- Less than 10%
- No data



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

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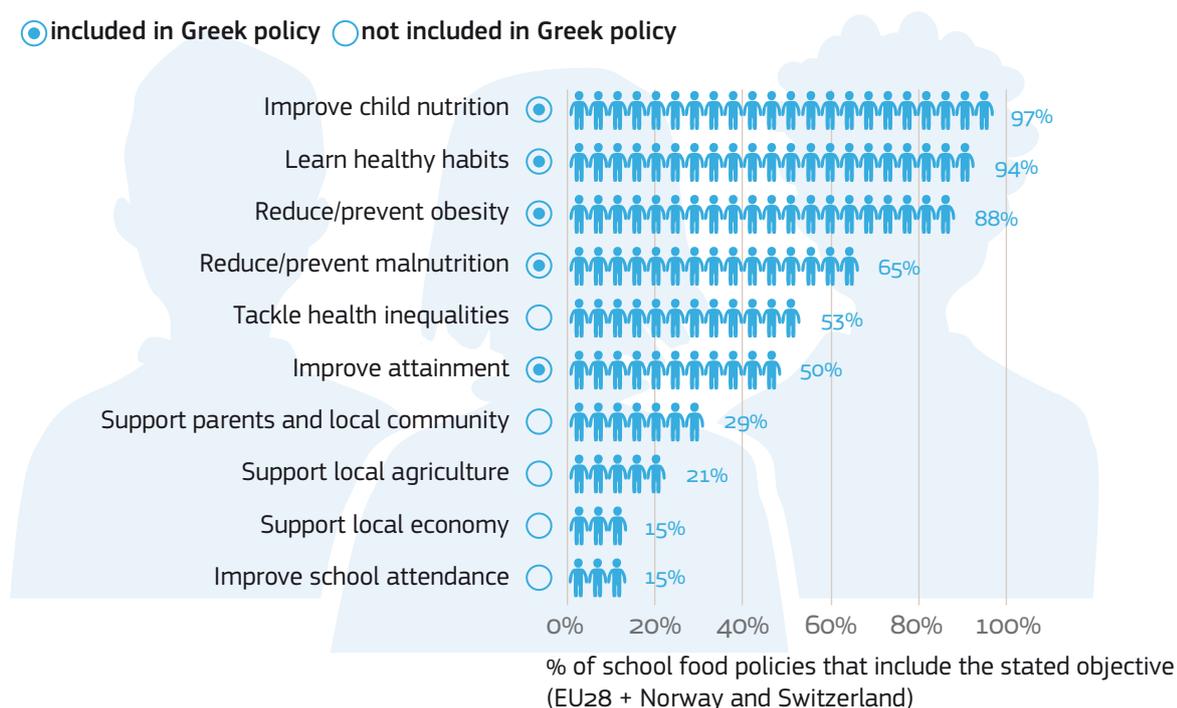
Note: HBSC teams provided disaggregated data for Belgium and the United Kingdom; these data appear in the map above.

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

included in Greek policy  not included in Greek policy



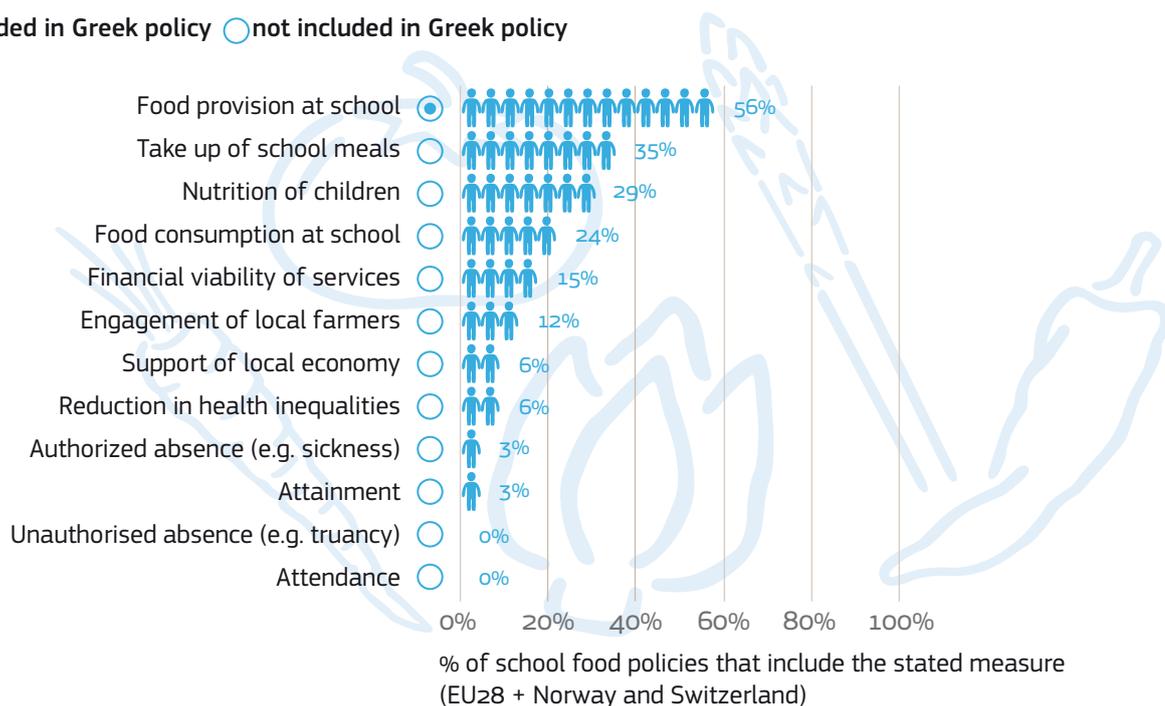
### Other objectives:

- Hygiene and food safety
- Prevent diet-related chronic diseases
- Prevention of obesity and improvement of dietary habits will indirectly lead to improvement of body image and self confidence

# 3

## Measures through which the policy is evaluated

included in Greek policy  not included in Greek policy

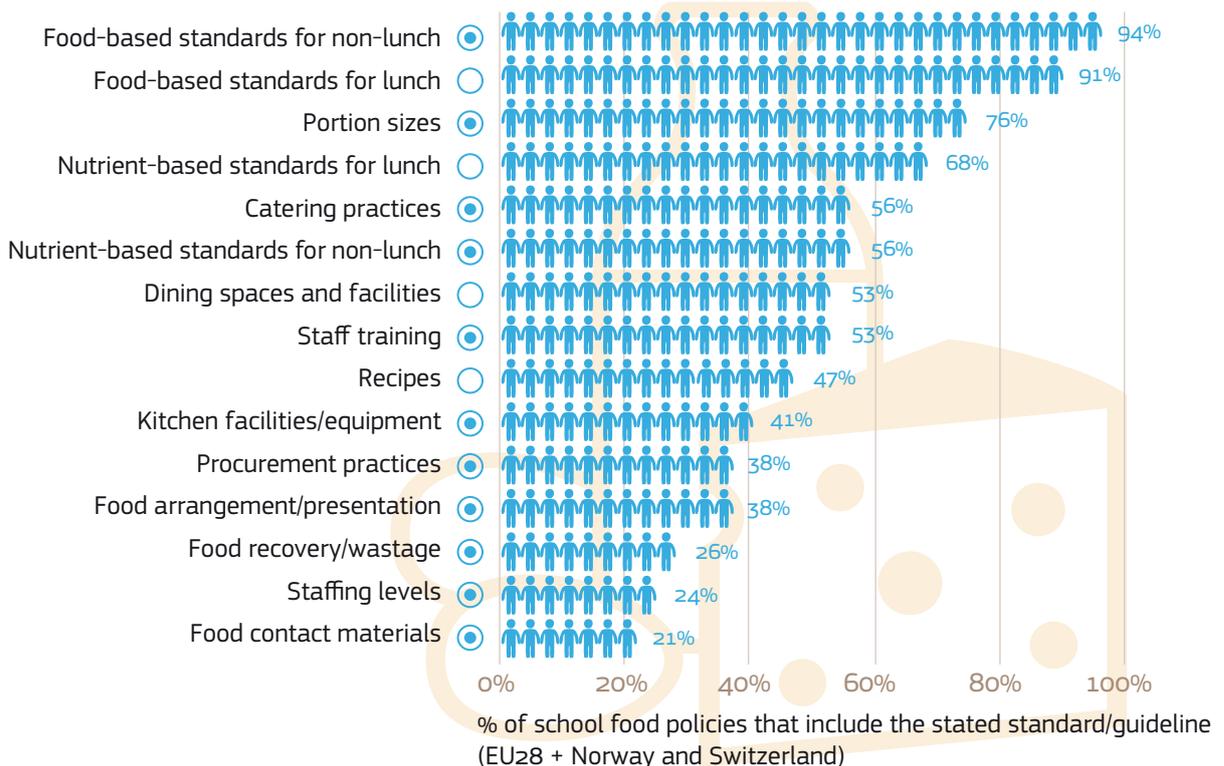


## Other measures:

- Across all areas of school premises, both public and private, controls are carried out on a regular or occasional basis by authorities in charge, namely the Regional Public Health Services of the Hellenic Food Authority (EFET)

# 4 School food policy standards and guidelines

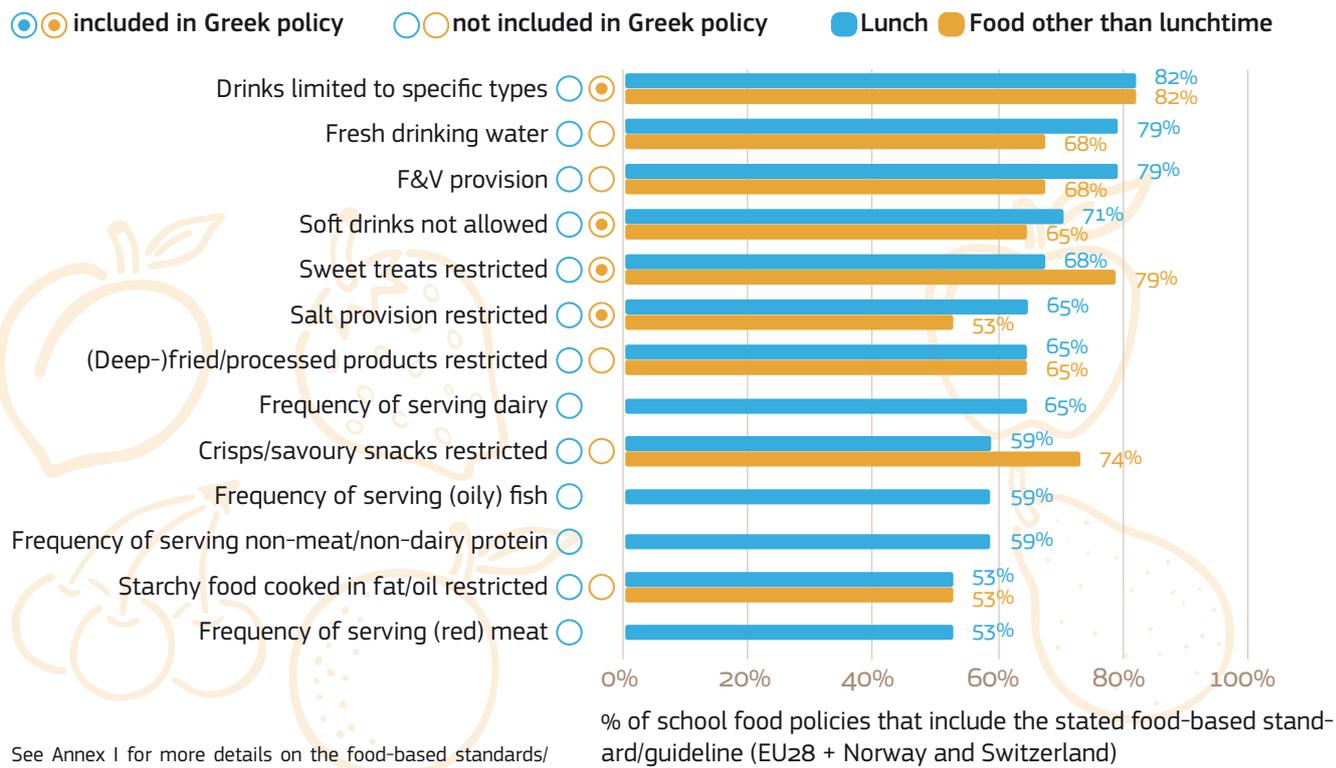
included in Greek policy  not included in Greek policy



## Other standards/guidelines:

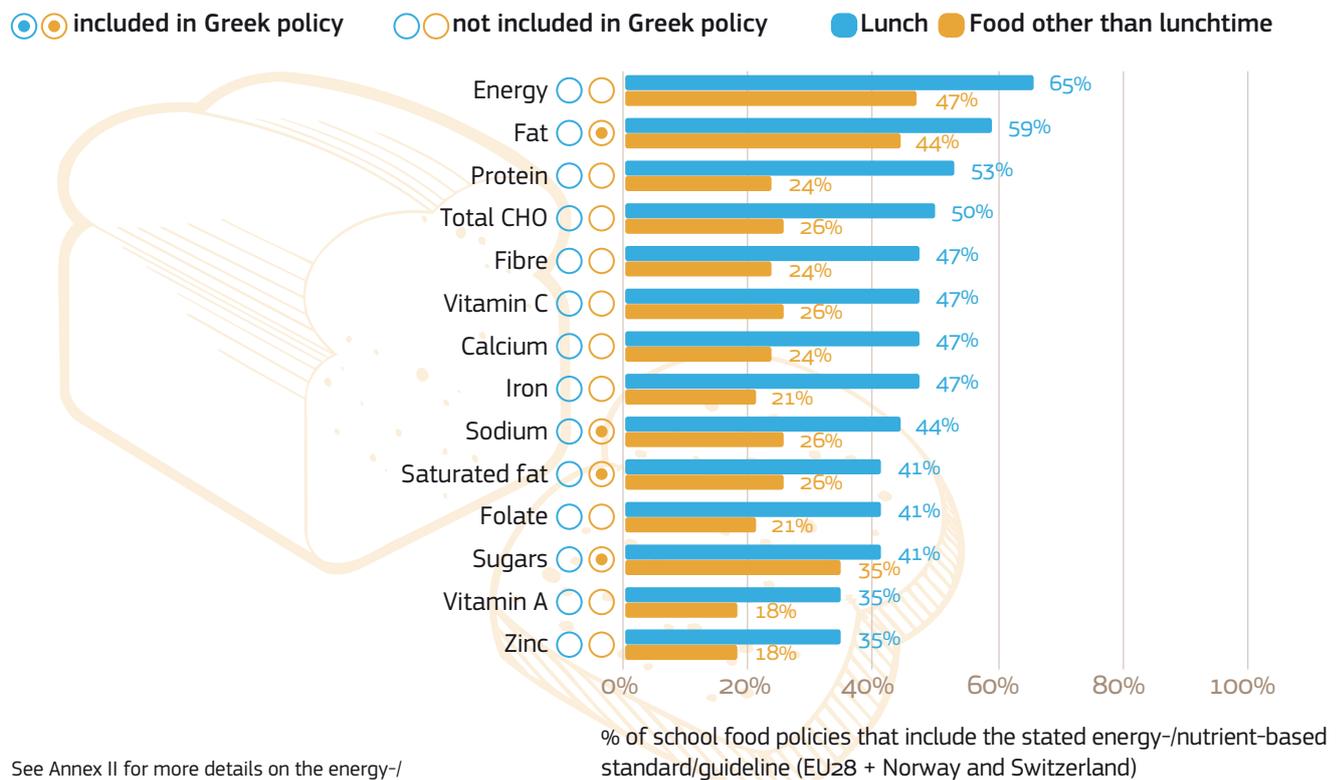
- Regarding food-based standards for lunch, the Mediterranean diet pyramid based on dietary guidelines for Greece (Ministry of Health, 1999) is in place and applies only to schools with dining halls, which offer school lunches to students; no other recommendations included; school lunches are offered only by specific private schools in Greece, for which the Mediterranean diet menu applies
- Regarding food-based standards for non-lunch, the implementation of specifications mentioned in the list is mandatory as this falls under the healthcare order; school premises with dining halls (restaurants) should follow a weekly menu based on the Mediterranean diet pyramid; food items included in list of current healthcare order should be consumed by children only during breaks and are not related to school lunches

# 5 Food-based standards



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

# 6 Nutrient-based standards

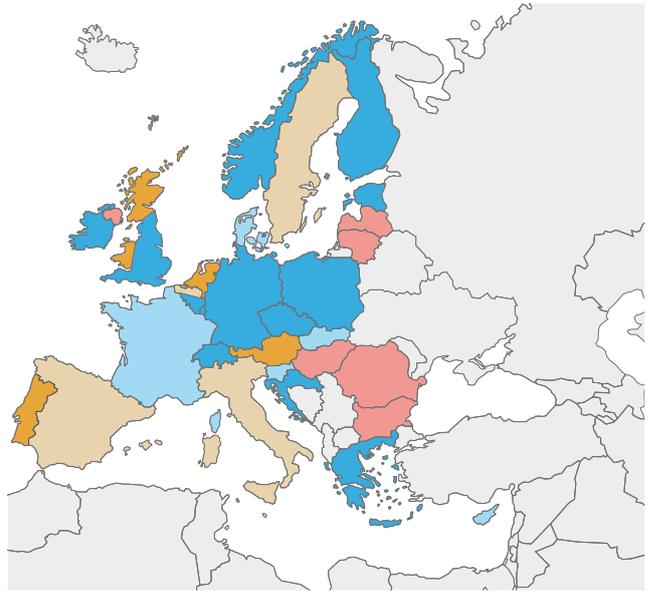


See Annex II for more details on the energy-/nutrient-based standards/guidelines in Greece.

# 7 Restrictions on vending machines on school premises

## Greece

- 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**

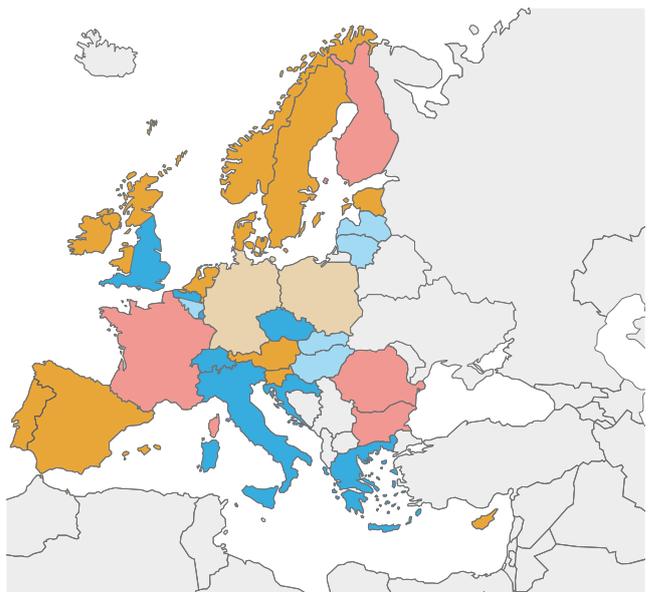


Vending machine restrictions on school premises across EU28 + Norway and Switzerland

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

## Greece

- 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**

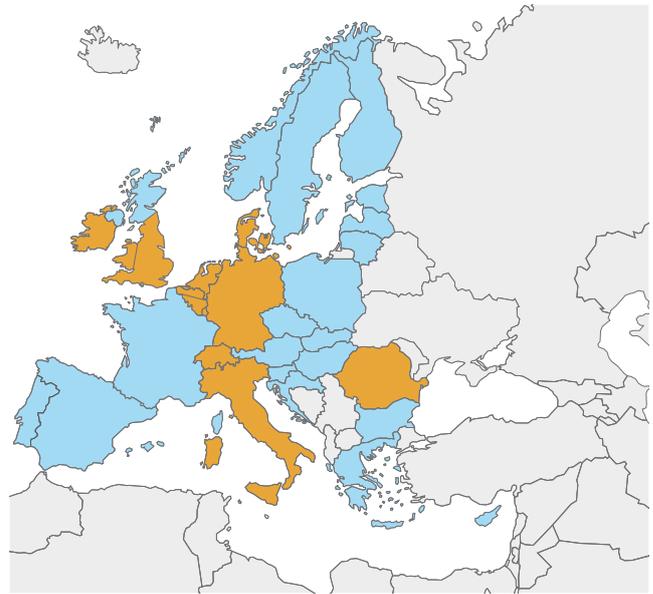


Food and drink marketing restrictions on school premises across EU28 + Norway and Switzerland

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

## Greece

Health education programmes, conducted on an annual basis in Greek schools, may include basic nutrition knowledge according to Law 2817/2000 of the Ministry of Education. The Ministry of Education has created educational material for students in primary and secondary education regarding Nutrition, Eating Habits and Consumer's Education. Programs on nutrition and eating habits are implemented by trained teachers from relevant university departments such as Harokopion University of Athens & Medical Schools



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

## Additional information on Greek 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	-	-

Annex I

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

	Lunch	Other than lunch
Sweet treats (chocolate, confectionery, cakes, biscuits, etc.) restricted	-	Sweets authorised for sale are: cream and rice pudding in individual servings of 150 g (lipids content up to 4%); halva in individual servings up to 50 g; pasteli (sesame with honey) in individual servings up to 50 g; honey in individual servings; bitter and milk chocolate in individual servings up to 30 g; furthermore, in category "Pastries" are included: plain biscuits, without filling, in individual package (up to 60 g) with following specifications: 1. trans fatty acids content should not exceed 2% of total lipids; 2. per 100 g of product: (a) sugar should not exceed 10 g, (b) lipids should not exceed 10 g, (c) saturated fatty acids should not exceed 5 g, (d) sodium should not exceed 0.5 g
Starchy food cooked in fat or oil restricted	-	-
Crisps and savoury snacks restricted	-	-
Fresh drinking water must be provided and be easily accessible	-	-
Drinks limited to specific types (e.g. milk, fruit juice, water, combination of these)	-	Authorised for sale items include: natural fruit juice and/or vegetable juice prepared in the canteen; packed natural fruit juice and similar products, without preservatives and added sugar, in individual packaging up to 330 ml; standardised and pasteurised milk, full fat and semi-skimmed (1.5-1.8% lipids), in individual packaging up to 500 ml; Semi-skimmed chocolate milk (max 1,8%) in packaging up to 250 ml; beverages based on a combination of fresh milk and fresh fruit prepared in canteen; added sugar is not allowed; sale of similar commercial beverages as well as usage of powder for their preparation is prohibited; bottled water; in canteens of secondary and high schools the following beverages are allowed: chamomile, sage, mountain tea, without added sugar or artificial sweeteners; coffee only for staff
Soft-drinks (e.g. sugar-sweetened or artificially-sweetened soft drinks, squash) restricted	-	x
Salt provision is restricted	-	Following sodium content restrictions apply: max 0.5% for sesame buns, breadsticks, toast, crackers, cereal bars, biscuits; boiled turkey: up to 1%
Other	-	In the case of cereals and their products it is suggested to choose mainly wholegrain; use of pre-packed sandwiches was decided in order to ensure that food hygiene standards are being followed; moreover, these products via food labelling provide information on their nutritional content; in this way the quality of food provided at school canteens (including content of trans fatty acids) will be more easily controlled; in the case of food products that are not, at least currently, available in prepacked forms (e.g. spinach and/or cheese pies), limits were set with regard to the trans fatty acid content of their dough, which should not be more than 2% of the total lipid content of the product; traditional Greek snacks are included in catalogue for highschool/lyceum/evening-school canteens; these include pasteli (sesame seed bar), chalva (semolina and/or sesame paste based dessert) and Greek honey; rationale for this decision was to familiarise students with traditional Greek sweets of high nutritional value (olive oil as the basic added lipid, honey as main sweetener and sesame seeds as a good source of calcium and other micronutrients); however, only small portion sizes are allowed and emphasis is given to appropriate nutritional training of students so that negative side effects from over-consumption are avoided

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

	Lunch	Other than lunch
Energy	-	-
Fat	-	Full fat and semi-skimmed milk (1.5-1.8% fat); chocolate milk with max 1.8% fat; yogurt with max 5% fat; cream and rice pudding with max 4% fat; biscuits with max 10% fat; cheese pie with max 30% fat
Saturated fat	-	Sesame bun, breadsticks, melba toasts, crackers, cereal bar with max 3% saturated fatty acids; boiled turkey with max 1% saturated fatty acids; biscuits with max 5% saturated fatty acids
Total carbohydrate	-	-
Non-milk extrinsic sugars	-	Biscuits with max 10% sugar; added sugars forbidden in the following: dried fruits, fruit salad, natural and packed fruit juices, yogurt, fresh milk and fruit beverages (smoothies)
Fibre	-	-
Protein	-	-
Iron	-	-
Zinc	-	-
Calcium	-	-
Vitamin A	-	-
Vitamin C	-	-
Folate	-	-
Sodium	-	Sesame bun, breadsticks, melba toasts, crackers, cereal bar with max 0.5% sodium; boiled turkey with max 1% sodium; biscuits with max 0.5% sodium
Other	-	Sesame bun, breadsticks, melba toasts, crackers, cereal bar with max 0.1% trans fatty acids; biscuits with max 2% trans fatty acids; cheese pie with max 0.1% trans fatty acids