

# SCHOOL FOOD POLICY COUNTRY FACTSHEETS



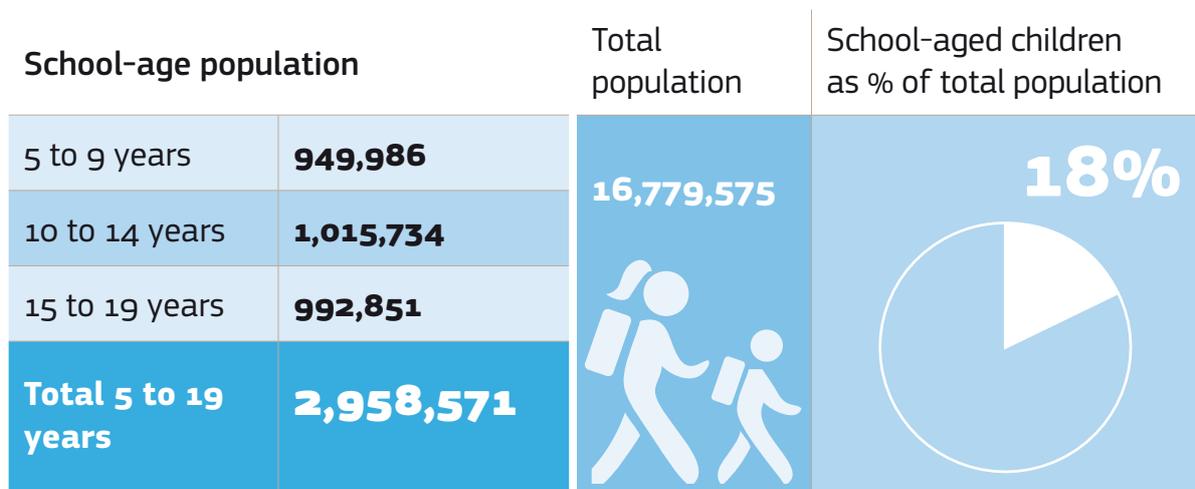
## NETHERLANDS



<b>School food policy (voluntary)</b>	“Landelijke nota gezondheidsbeleid ‘Gezondheid dichtbij’”
<b>Developed by</b>	Ministry of Education, Science and Culture and Ministry of Health, Welfare and Sport
<b>Year of publication</b>	2011 (this is the most recent national policy document on healthy lifestyle and prevention made by the government, where healthy school canteens are a part. In 2015 changes in policy on this topic will be communicated to Parliament. Specific policy documents for schools are of a much more recent date (2014) and can be found at Rijksoverheid.nl and the website of the National Nutrition Centre (Voedingscentrum) mentioned below)
<b>Web link(s)</b>	<a href="http://www.rijksoverheid.nl/documenten-en-publicaties/notas/2011/05/25/landelijke-nota-gezondheidsbeleid.html">http://www.rijksoverheid.nl/documenten-en-publicaties/notas/2011/05/25/landelijke-nota-gezondheidsbeleid.html</a> <a href="http://gezondeschoolkantine.voedingscentrum.nl">http://gezondeschoolkantine.voedingscentrum.nl</a>

## General information

### Demographic data



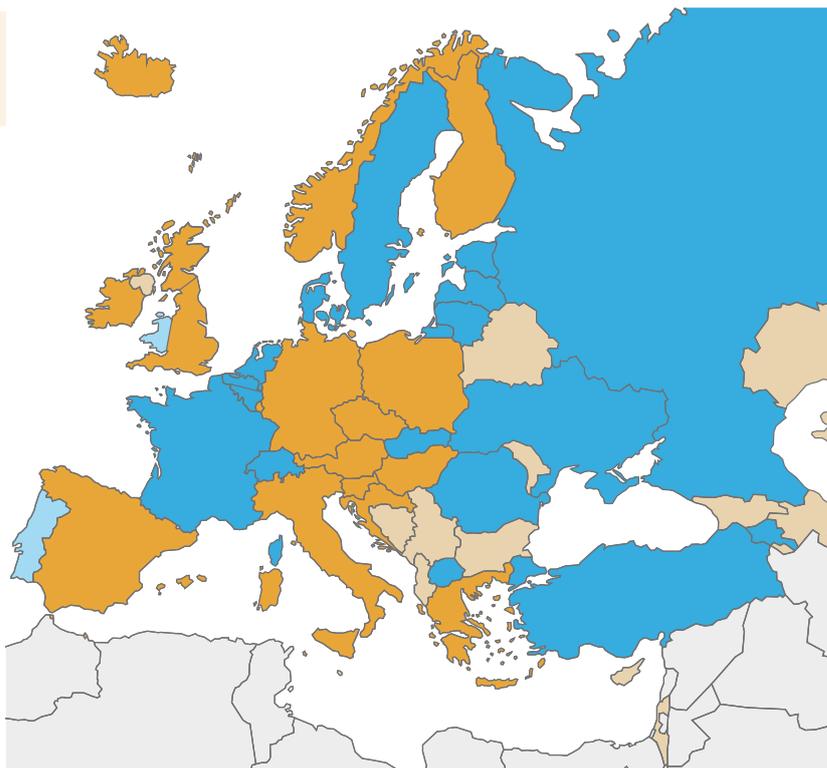
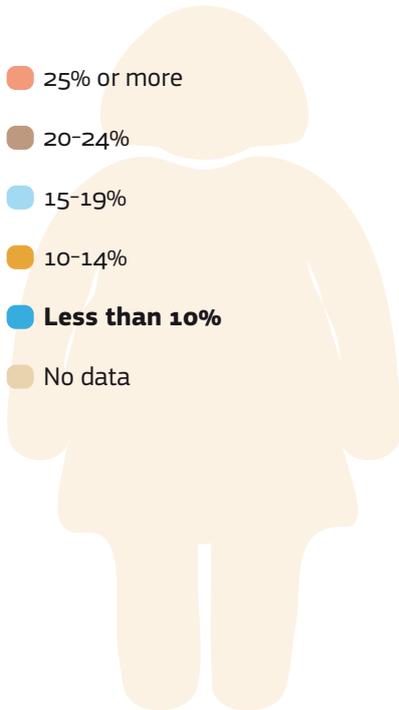
Source: EUROSTAT, year 2013.



## Adolescent overweight/obesity prevalence in Europe

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

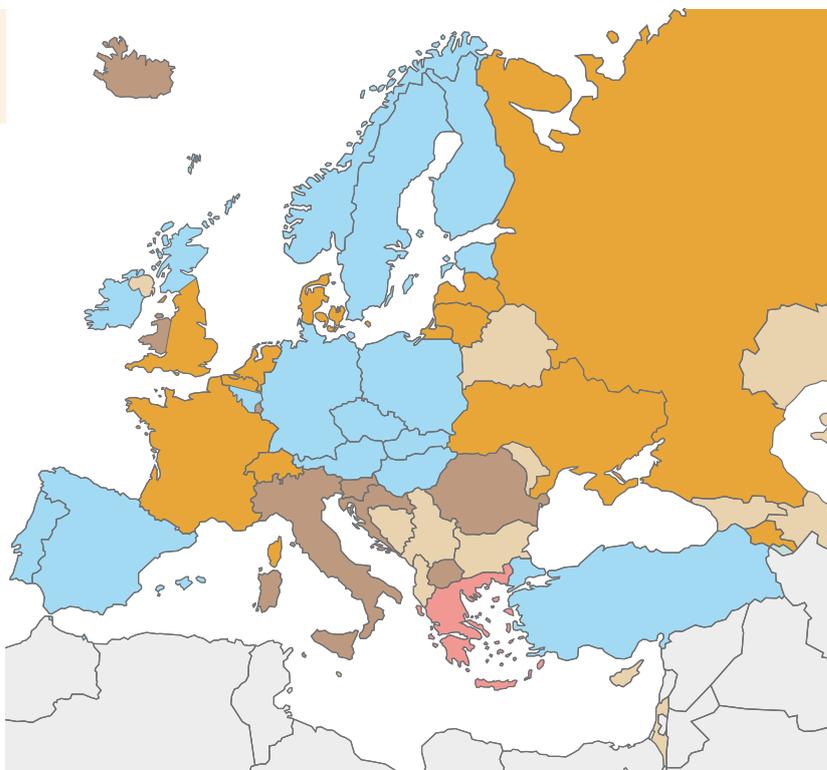
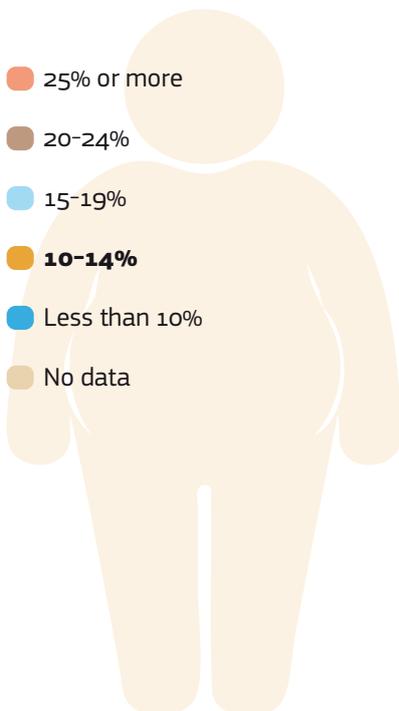
- 25% or more
- 20-24%
- 15-19%
- 10-14%
- **Less than 10%**
- No data



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

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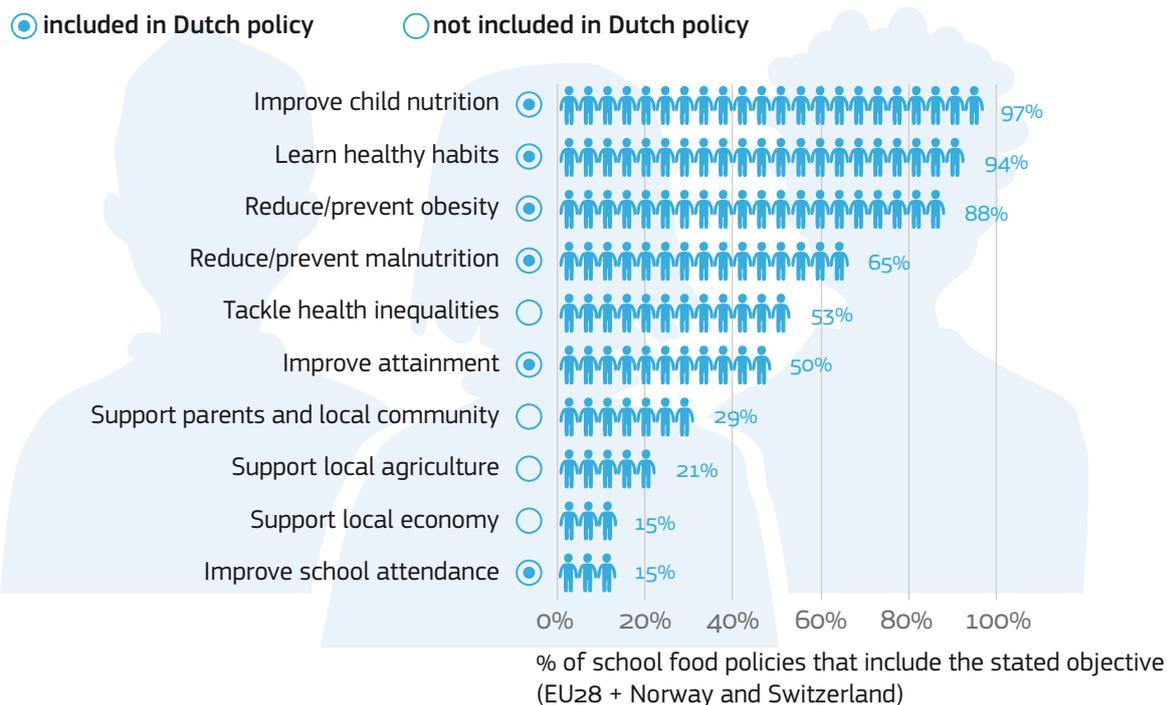


Note: HBSC teams provided disaggregated data for Belgium and the United Kingdom; these data appear in the map above.

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

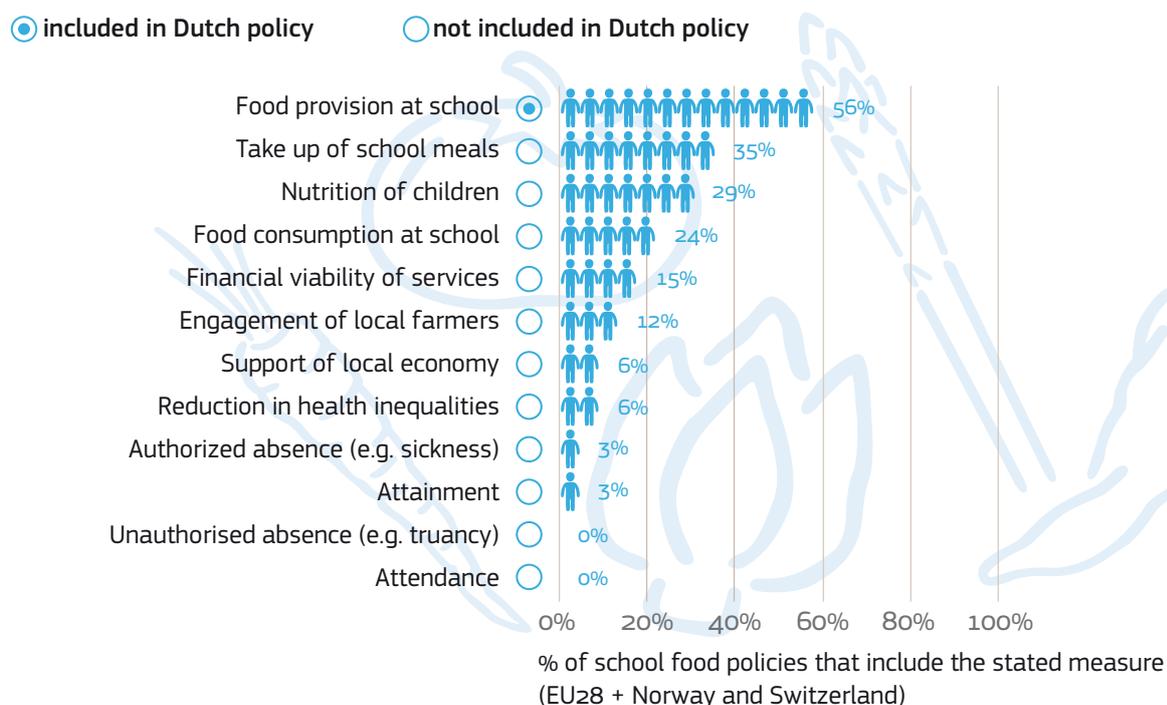


### Other objectives:

- To influence sustainability of environment (eating more fruit, vegetables and wholegrain cereals and less animal products)

# 3

## Measures through which the policy is evaluated

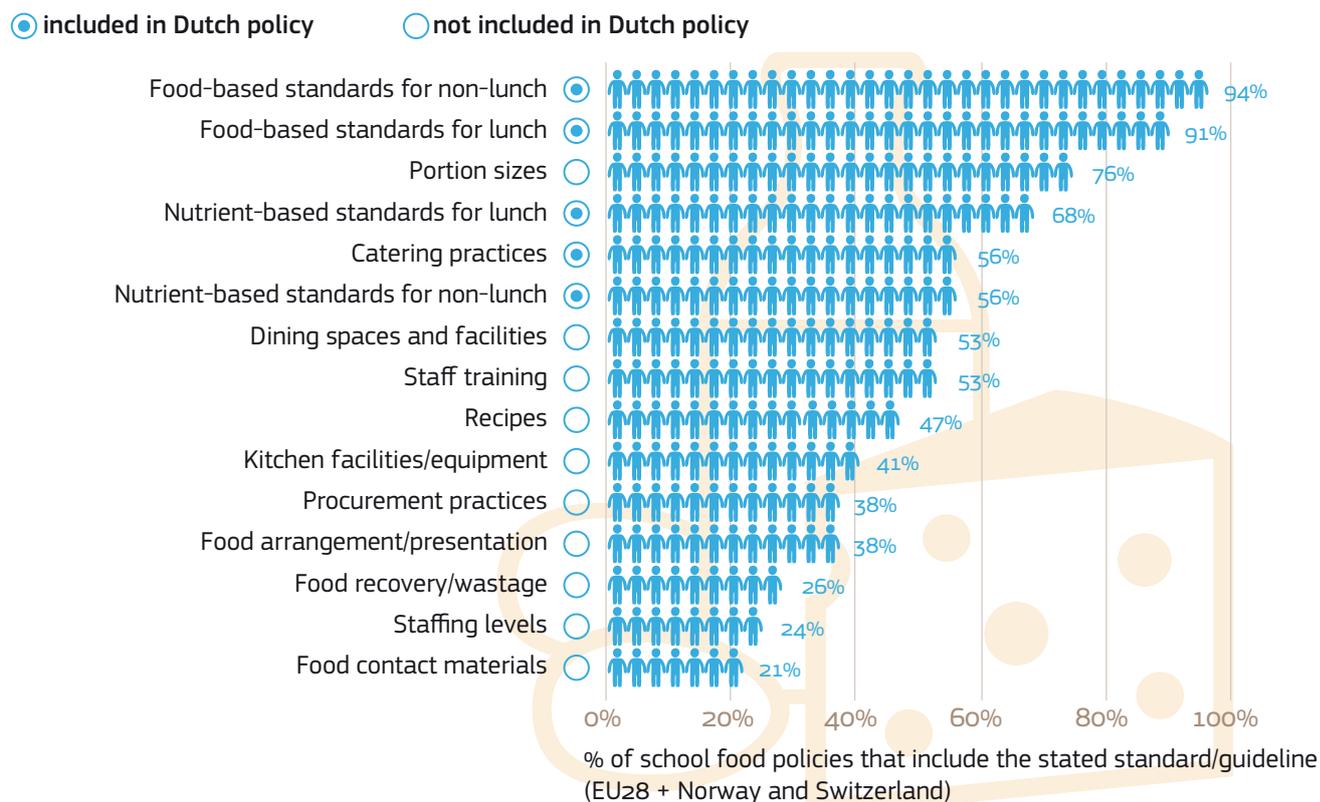


### Other measures:

- n/a

# 4

## School food policy standards and guidelines

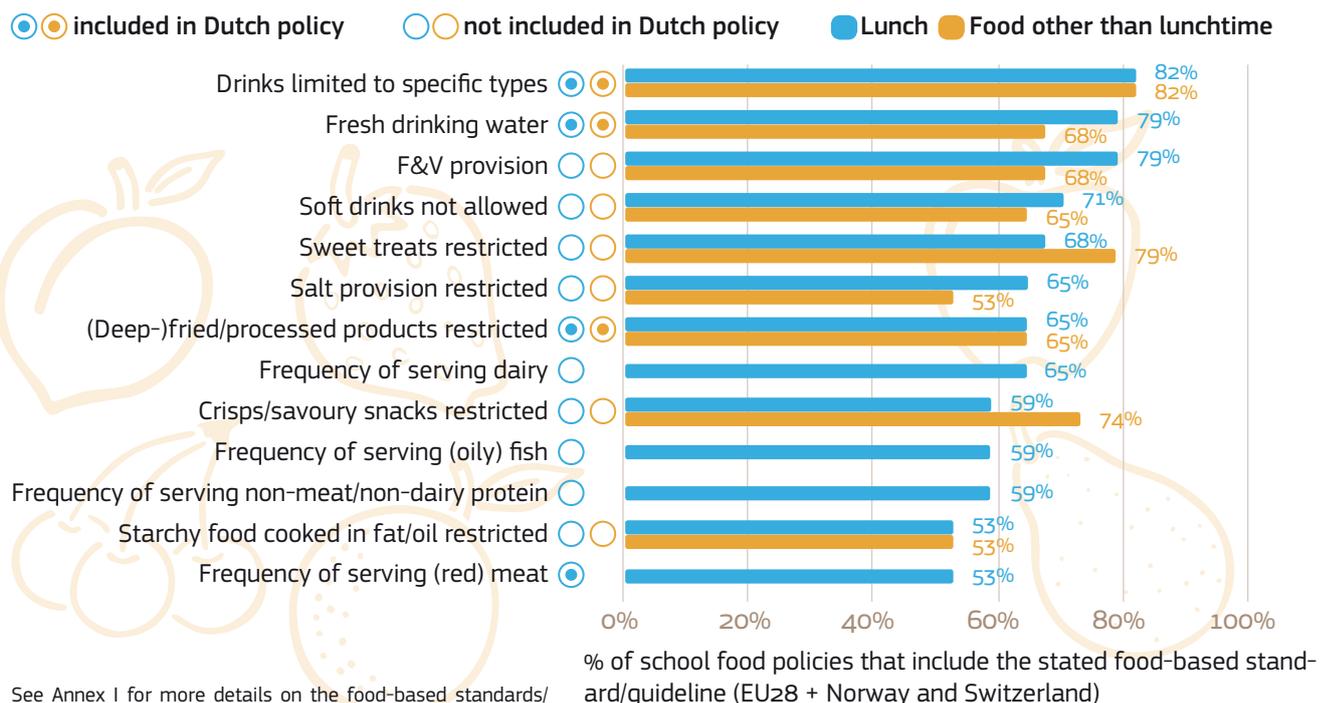


### Other standards/guidelines:

- “Healthy school canteen” mentions importance of attractive dining spaces, food arrangements and so on, but there are no standards for this

# 5

## Food-based standards

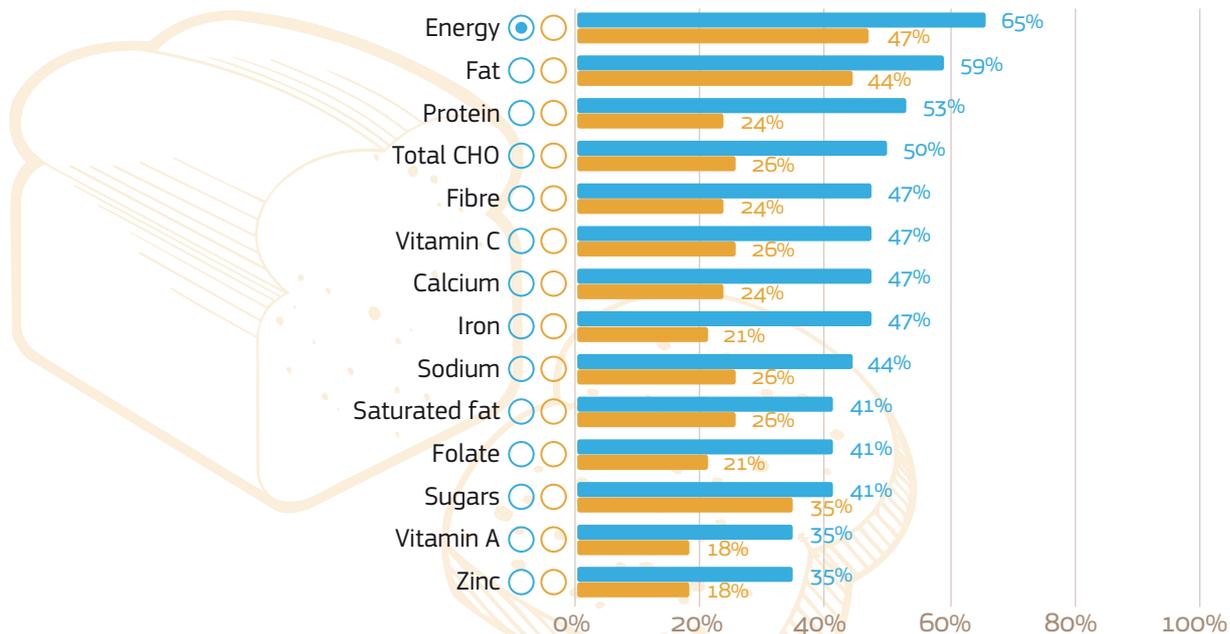


See Annex I for more details on the food-based standards/guidelines in the Netherlands.

# 6

## Nutrient-based standards

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



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

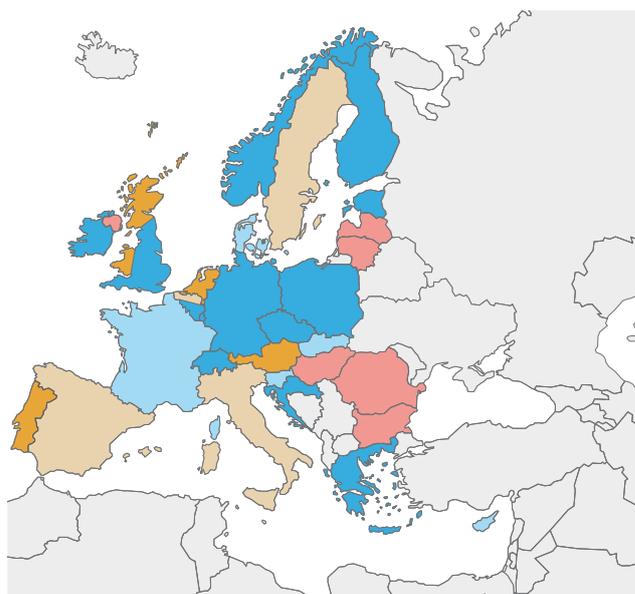
See Annex II for more details on the energy-/nutrient-based standards/guidelines in the Netherlands.

# 7

## Restrictions on vending machines on school premises

### Netherlands

- 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

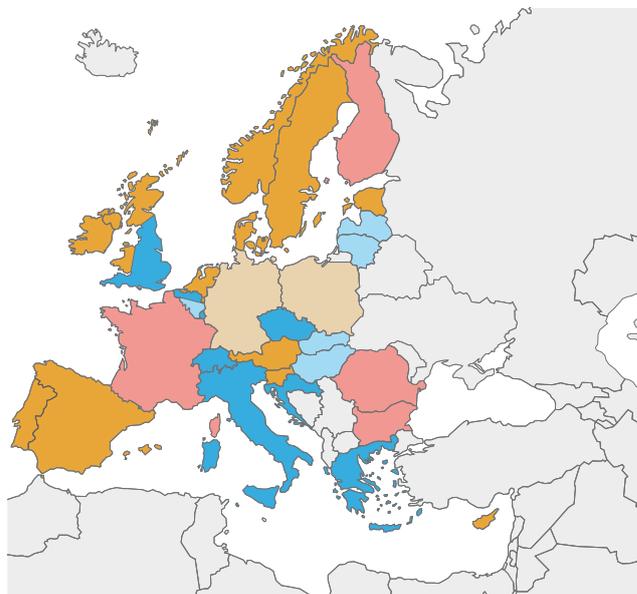
# 8

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

### Netherlands

- 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

Since 1<sup>st</sup> January 2015 new self-regulation is in effect. The age of children 0-13 years is included, and new food-criteria are in place. See: [https://www.reclamecode.nl/bijlagen/SRC\\_NRC\\_Engels\\_apr14.pdf](https://www.reclamecode.nl/bijlagen/SRC_NRC_Engels_apr14.pdf)



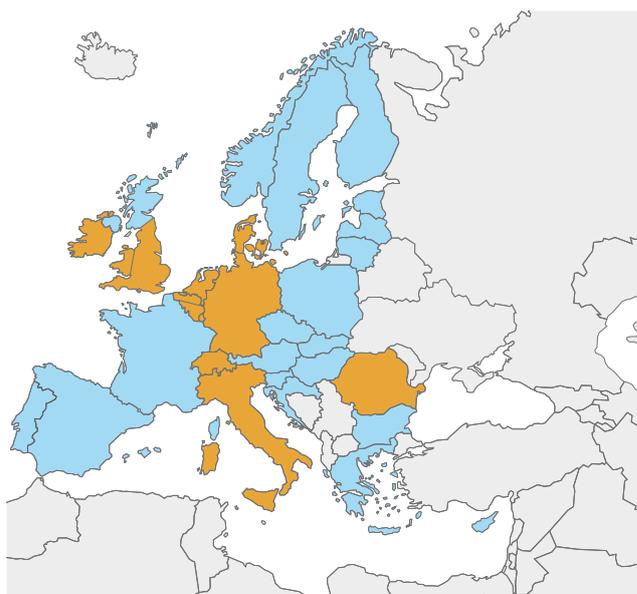
Food and drink marketing restrictions on school premises across EU28 + Norway and Switzerland

# 9

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

### Netherlands

Schools are encouraged to include lifestyle issues including diet in the educational curriculum



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

## Additional information on Dutch 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	Classified as "exceptional"	Classified as "exceptional"
Sweet treats (chocolate, confectionery, cakes, biscuits, etc.) restricted	-	-
Starchy food cooked in fat or oil restricted	-	-
Crisps and savoury snacks restricted	-	-
Fresh drinking water must be provided and be easily accessible	x	x
Drinks limited to specific types (e.g. milk, fruit juice, water, combination of these)	x	x
Soft-drinks (e.g. sugar-sweetened or artificially-sweetened soft drinks, squash) restricted	-	-
Salt provision is restricted	-	-

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

	Lunch	Other than lunch
Other	Charter signed by various stakeholders from public health and industry sectors provides food-based recommendations for healthier school meals. No specified numbers or amount of food-based standards are given, and it doesn't say what isn't allowed, however in the canteen offer should be based on 75% food essentials, and maximum 25% of non-basic food. The recommendations also include if food should be "preferred, intermediate or exceptional" (available at: <a href="http://www.voedingscentrum.nl/Assets/Uploads/Documents/Handvest%20Gezonder%20voedingsaanbod%20op%20scholen.pdf">http://www.voedingscentrum.nl/Assets/Uploads/Documents/Handvest%20Gezonder%20voedingsaanbod%20op%20scholen.pdf</a> (p. 7)). It is specified at what level soft drinks (>30 kcal/100 ml), sauces (>5 g), soups (>100 kcal/100 g) and sandwiches (>15 g of "broodbeleg") are NOT to be considered as food essentials.	Charter signed by various stakeholders from public health and industry sectors provides food-based recommendations for healthier school meals. No specified numbers or amount of food-based standards are given, and it doesn't say what isn't allowed, however the canteen offer should be based on 75% food essentials, and maximum 25% of non-basic food. The recommendations also include if food should be "preferred, intermediate or exceptional" (available at: <a href="http://www.voedingscentrum.nl/Assets/Uploads/Documents/Handvest%20Gezonder%20voedingsaanbod%20op%20scholen.pdf">http://www.voedingscentrum.nl/Assets/Uploads/Documents/Handvest%20Gezonder%20voedingsaanbod%20op%20scholen.pdf</a> (p. 7)). It is specified at what level soft drinks (>30 kcal/100 ml), sauces (>5 g), soups (>100 kcal/100 g) and sandwiches (>15 g of "broodbeleg") are NOT to be considered as food essentials.

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

	Lunch	Other than lunch
Energy	There are recommendations for the amount of energy from NON basic food (maximum 25% of the canteen offer) which include lunch and other meals: preferred level <75 kcal/portion, intermediate level < or = 110 kcal, exceptional level >110 kcal/portion	-
Fat	-	-
Saturated fat	-	-
Total carbohydrate	-	-
Non-milk extrinsic sugars	-	-
Fibre	-	-
Protein	-	-
Iron	-	-
Zinc	-	-
Calcium	-	-
Vitamin A	-	-
Vitamin C	-	-
Folate	-	-
Sodium	-	-
Other	-	-