

# SCHOOL FOOD POLICY COUNTRY FACTSHEETS



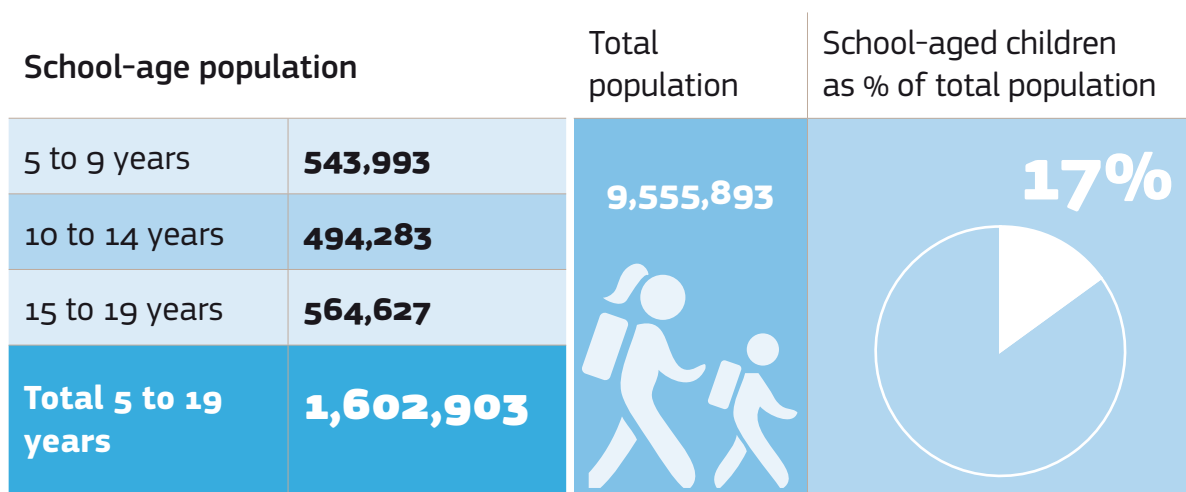
## SWEDEN



<b>School food policy (mandatory)</b>	Cost-free and nutritious school meals for all students aged 7-16 are required by Education Act, 2010:800. Voluntary guidelines: "GOOD SCHOOL MEALS - Guidelines for primary schools, secondary schools and youth recreation centres"
<b>Developed by</b>	The Ministry of Education and Research gave orders to the National Food Agency (under the Ministry for Rural Affairs) to develop guidelines for healthy food in schools together with the Swedish National Agency for Education
<b>Year of publication</b>	2013
<b>Web link(s)</b>	<a href="http://www.livsmedelsverket.se/globalassets/english/food-habits-health-environment/public-meals/good_school_meals.pdf">http://www.livsmedelsverket.se/globalassets/english/food-habits-health-environment/public-meals/good_school_meals.pdf</a>

# 1 General information

## Demographic data



Source: EUROSTAT, year 2013.

## Childhood overweight/obesity prevalence in Sweden

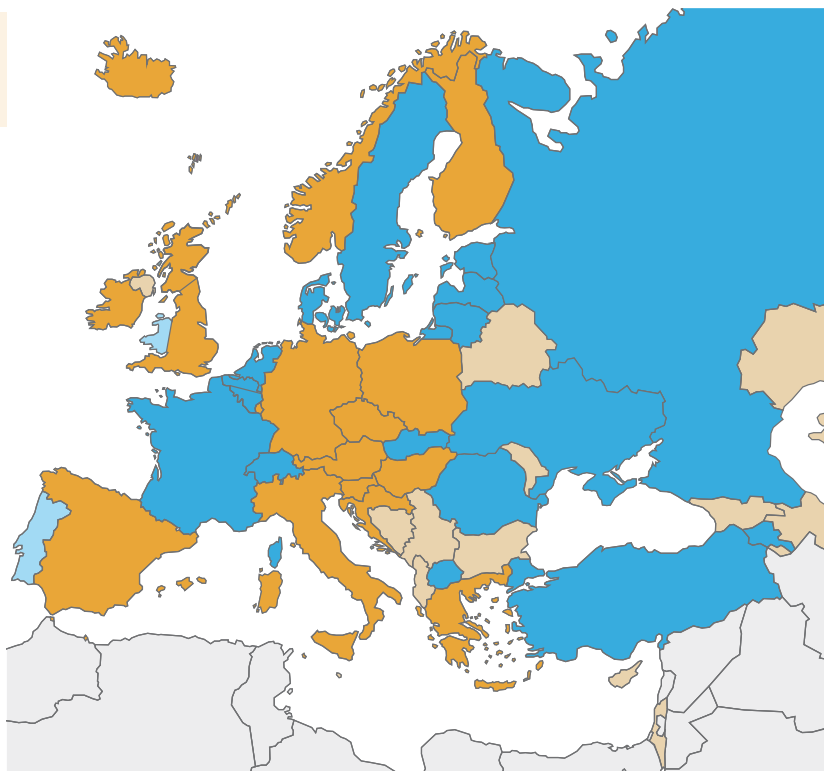
	Overweight (including obesity)	Obesity
	2007/8	2007/8
Boys (7 years)	23.5%	6.8%
Boys (8 years)	26.3%	9.7%
Girls (7 years)	22.0%	5.1%
Girls (8 years)	23.5%	6.8%

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

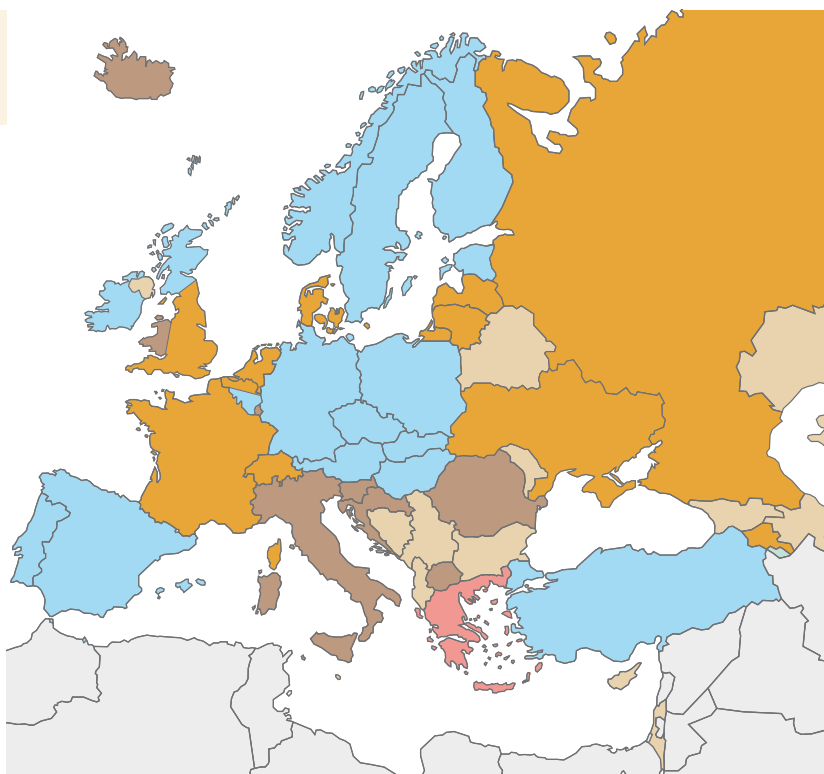
- 25% or more
- 20-24%
- 15-19%
- 10-14%
- Less than 10%**
- No data



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

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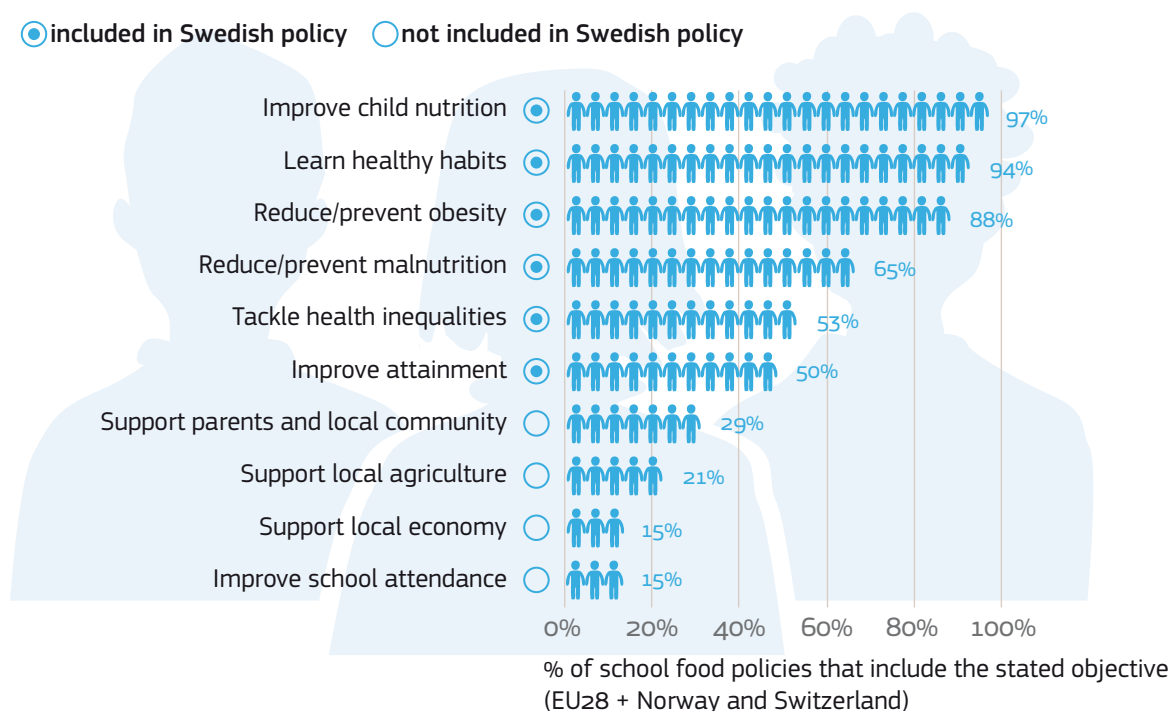
Note: HBSC teams provided disaggregated data for Belgium and the United Kingdom; these data appear in the map above.

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 Swedish policy    not included in Swedish policy



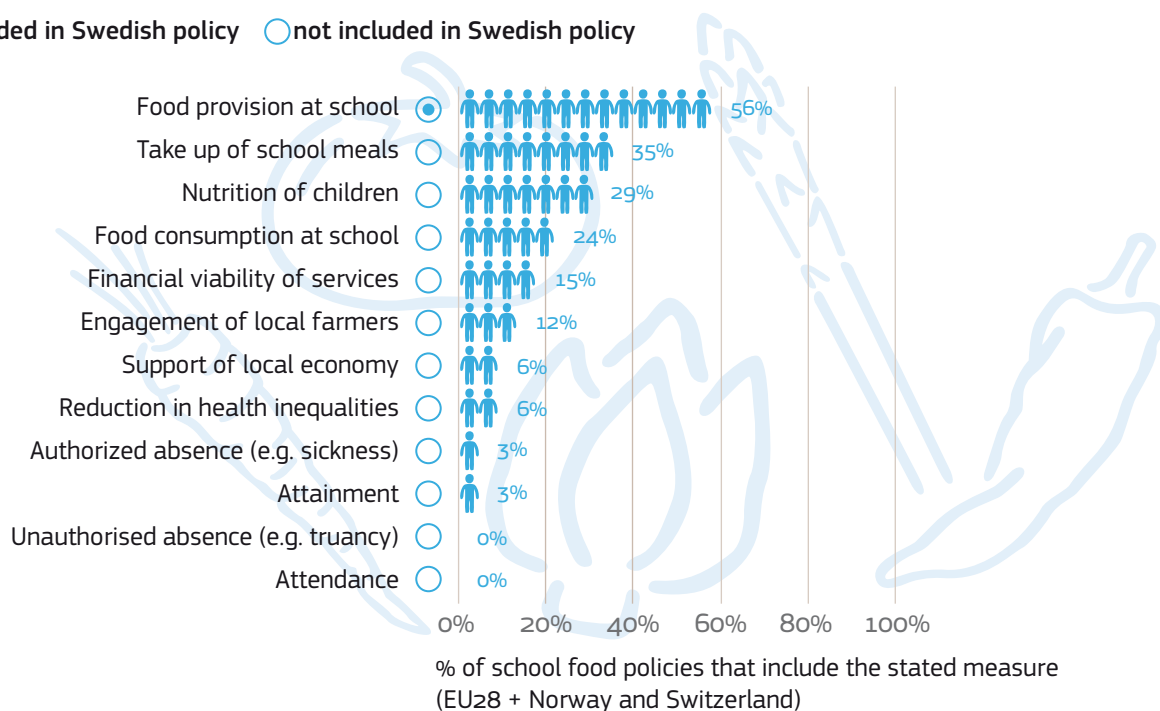
### Other objectives:

- Reduce impact on environment; reduce food waste; improve child health and prevent diseases as part of public health work

# 3

## Measures through which the policy is evaluated

included in Swedish policy    not included in Swedish policy

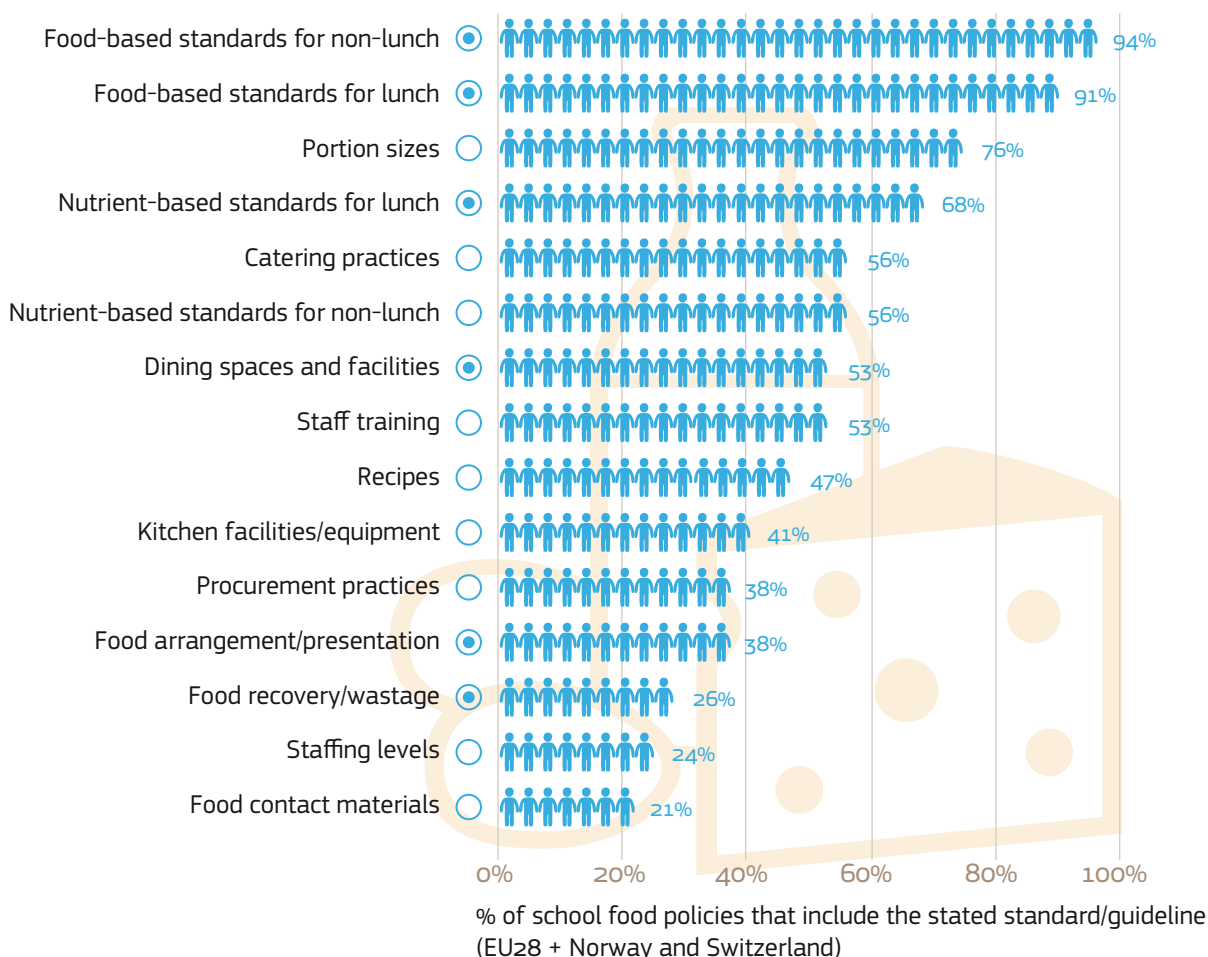


## Other measures:

- Recommended quality measures to use in the schools systematic quality improving work: tasty, integrated, pleasant, nutritious, sustainable, and secure. To measure quality of school meals there is a web-based tool (the nutritional assessment is validated) ([www.skolmatsverige.se](http://www.skolmatsverige.se)) which is used by 26% of schools in Sweden (Nov 2013) and evaluate aspects as service, organisation, environment, nutritional quality. The tool enhances a systematic work at local, regional and national level of the school meal quality.

# 4 School food policy standards and guidelines

included in Swedish policy    not included in Swedish policy

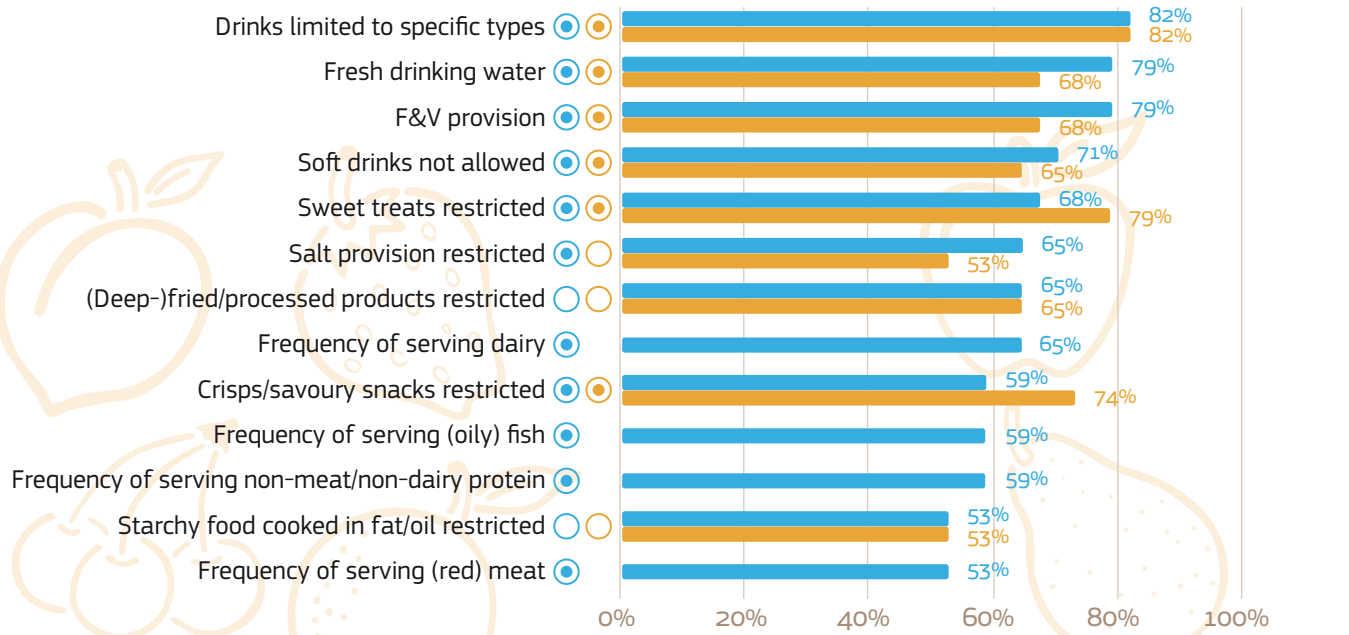


## Other standards/guidelines:

- n/a

# 5 Food-based standards

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

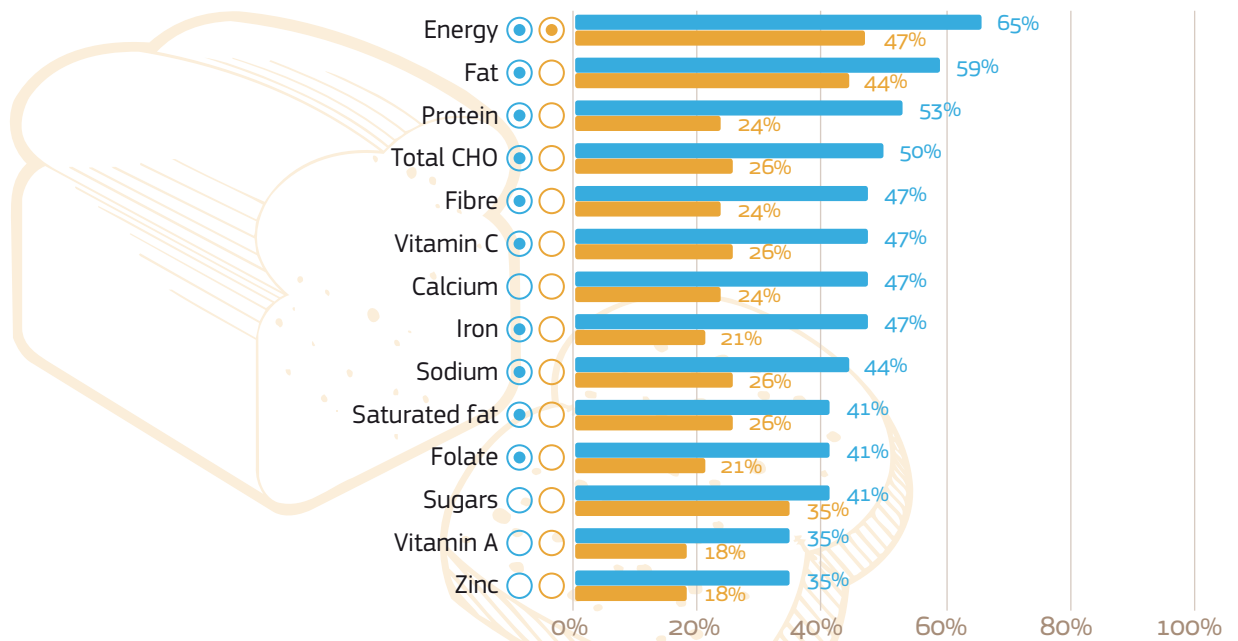


See Annex I for more details on the food-based standards/guidelines in Sweden.

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

# 6 Nutrient-based standards

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



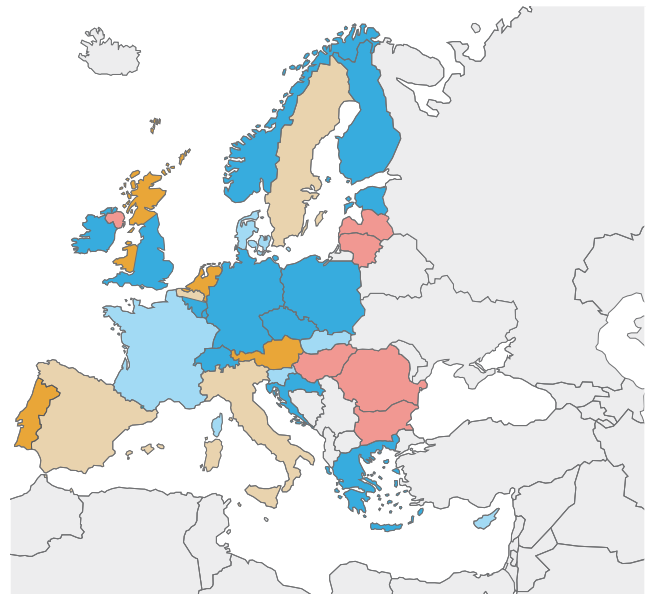
See Annex II for more details on the energy-/nutrient-based standards/guidelines in Sweden.

% 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

## Sweden

- 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



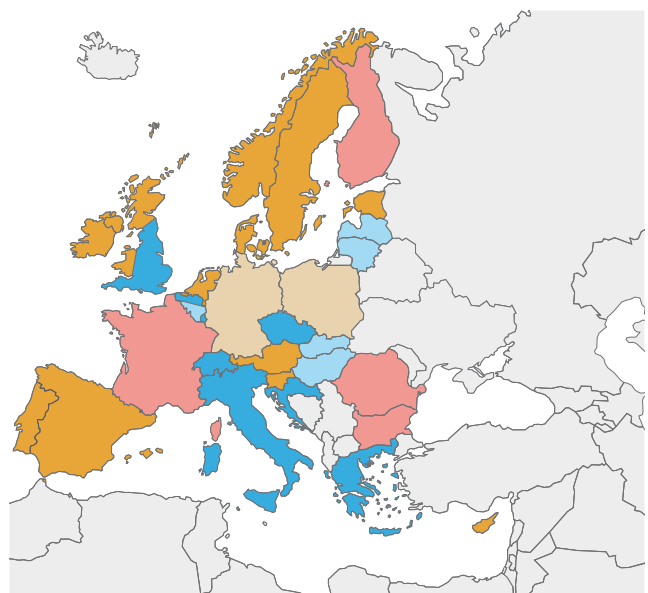
Vending machine restrictions on school premises across EU28 + Norway and Switzerland

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

## Sweden

- 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

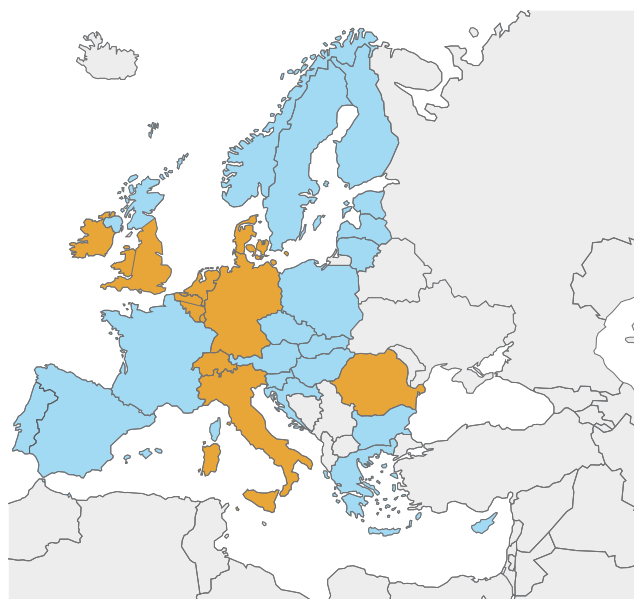
Swedish food and retail sector has also enacted codes of conduct with a self-regulatory framework limiting marketing to children in general, and an additional regulatory framework for marketing of food and non-alcoholic beverages



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?

**Sweden**



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

### Additional information on Swedish 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	At least 100 g of fruit and vegetables per lunch. At least 5 different varieties of vegetables, legumes, vegetable combinations or fruit.	Fruit & vegetables should be included at breakfast and available in cafeteria
Specified number of times (red) meat served	Sausage should be limited to no more than 1-3 times per month depending on fat and salt content	n/a
Specified number of times other sources of protein served	Black pudding or liver once a month; beans, peas and lentils should replace meat in vegetarian dishes	n/a
Specified number of times dairy products served	Milk (and water) should be available with meals on a daily basis for students to choose from	n/a
Specified number of times (oily) fish should be on the school lunch menu	Fish at least once a week, oily fish at least two times per 4 weeks	n/a



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

	Lunch	Other than lunch
Restrictions on availability of fried, deep-fried or processed products	-	-
Sweet treats (chocolate, confectionery, cakes, biscuits, etc.) restricted	Shouldn't be served	Shouldn't be served
Starchy food cooked in fat or oil restricted	-	-
Crisps and savoury snacks restricted	Shouldn't be served	x
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)	Milk and water	Milk should be included at breakfast and available in the cafeteria
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	Restricted use of salt in cooking and no salt available in canteen	-
Other	Recommendations for vegetarians and people with intolerance/allergies; food-based guidelines to choose cooking fat and sandwich spreads with good fat quality (high proportion of polyunsaturated and limited content of saturated fats), low-fat dairy products and whole-meal bread and pasta	Bread and cereals should be included at breakfast and available in the cafeteria

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

	Lunch	Other than lunch
Energy	x	x
Fat	x	-
Saturated fat	x	-
Total carbohydrate	x	-
Non-milk extrinsic sugars	-	-
Fibre	x	-
Protein	x	-
Iron	x	-
Zinc	-	-
Calcium	-	-
Vitamin A	-	-
Vitamin C	x	-
Folate	x	-
Sodium	x	-
Other	Vitamin D and polyunsaturated fat	-