FRANCE

School food policy* (mandatory)  “Arrêté du 30 septembre 2011 relatif à la qualité nutritionnelle des repas servis dans le cadre de la restauration scolaire”

Developed by  Several ministries including Ministry of Defence and Veteran Affairs; Ministry of Home Affairs; Ministry of Economy, Finances and Industry; Ministry of Work, Employment and Health; Ministry of National Education, Youth and Community Life; Ministry of Agriculture, Nutrition, Fisheries and Land Management.

Year of publication  2011

Web link(s)  http://www.legifrance.gouv.fr/affichTexte.do?cidTexte=JORFTEXT000024614763

1. France also has a policy for pre-schools, dating from 2013; http://www.legifrance.gouv.fr/affichTexte.do?cidTexte=JORFTEXT000025242002&dateTexte=&categorieLien=id
### Demographic data

<table>
<thead>
<tr>
<th>School-age population</th>
<th>Total population</th>
<th>School-aged children as % of total population</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 to 9 years</td>
<td>3,907,887</td>
<td></td>
</tr>
<tr>
<td>10 to 14 years</td>
<td>3,927,401</td>
<td></td>
</tr>
<tr>
<td>15 to 19 years</td>
<td>3,815,313</td>
<td></td>
</tr>
<tr>
<td>Total 5 to 19 years</td>
<td>11,650,601</td>
<td>63,659,608</td>
</tr>
</tbody>
</table>

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

School food policy objectives

**Other objectives:**
- Understand food production

Measures through which the policy is evaluated

**Other measures:**
- Composition of meals
School food policy standards and guidelines

Other standards/guidelines:
• n/a

Food-based standards

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

- **Energy**: 47% included in French policy, 53% not included in French policy
- **Fat**: 44% included in French policy, 59% not included in French policy
- **Protein**: 24% included in French policy, 26% not included in French policy
- **Total CHO**: 24% included in French policy, 26% not included in French policy
- **Fibre**: 24% included in French policy, 26% not included in French policy
- **Vitamin C**: 24% included in French policy, 26% not included in French policy
- **Calcium**: 24% included in French policy, 26% not included in French policy
- **Iron**: 21% included in French policy, 26% not included in French policy
- **Sodium**: 26% included in French policy, 44% not included in French policy
- **Saturated fat**: 25% included in French policy, 41% not included in French policy
- **Folate**: 21% included in French policy, 41% not included in French policy
- **Sugars**: 21% included in French policy, 41% not included in French policy
- **Vitamin A**: 18% included in French policy, 35% not included in French policy
- **Zinc**: 18% included in French policy, 35% not included in French policy

**Restrictions on vending machines on school premises**

- **France**
  - **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**
Restrictions on marketing of food or drink on school premises

France

- 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**

Recommendations are made by education, health and agriculture authorities in [http://eduscol.education.fr/cid47778/nutrition-a-l-ecole-alimentation-et-activite-physique.html](http://eduscol.education.fr/cid47778/nutrition-a-l-ecole-alimentation-et-activite-physique.html)

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

France

- **Mandatory food/nutrition education**
- Voluntary food/nutrition education
### Additional information on French food-based standards for lunch and foods other than lunch

<table>
<thead>
<tr>
<th></th>
<th>Lunch</th>
<th>Other than lunch</th>
</tr>
</thead>
<tbody>
<tr>
<td>Specified amounts of fruit and vegetables must be provided for each child</td>
<td>Min. 10/20 meals with fresh/raw fruit &amp; vegetables as starter or side dish; min. 8/20 meals with fresh fruit as dessert; 10/20 meals with cooked vegetables as side dish</td>
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</tr>
<tr>
<td>Specified number of times (red) meat served</td>
<td>Min. 4/20 meals with non-minced meat (beef, veal, lamb, offal)</td>
<td>n/a</td>
</tr>
<tr>
<td>Specified number of times other sources of protein served</td>
<td>-</td>
<td>n/a</td>
</tr>
<tr>
<td>Specified number of times dairy products served</td>
<td>Min. 8/20 meals with cheese of min. 150 mg Ca per portion; min. 4/20 meals with cheese of 100-150 mg Ca; min. 6/20 meals with dairy food or milk-based dessert of more than 100 mg Ca and less than 5 g fat per portion</td>
<td>n/a</td>
</tr>
<tr>
<td>Specified number of times (oily) fish should be on the school lunch menu</td>
<td>-</td>
<td>n/a</td>
</tr>
<tr>
<td>Restrictions on availability of fried, deep-fried or processed products</td>
<td>Max. 4/20 meals with main dishes or sides fried/deep-fried</td>
<td>Max. 4/20 meals with main dishes or sides to be fried/deep-fried</td>
</tr>
<tr>
<td>Sweet treats (chocolate, confectionery, cakes, biscuits, etc.) restricted</td>
<td>Max. 4/20 desserts from sweetened foods of less than 15% fat</td>
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</tr>
<tr>
<td>Starchy food cooked in fat or oil restricted</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Crisps and savoury snacks restricted</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Fresh drinking water must be provided and be easily accessible</td>
<td>x</td>
<td>x</td>
</tr>
<tr>
<td>Drinks limited to specific types (e.g. milk, fruit juice, water, combination of these)</td>
<td>Water the only recommended beverage</td>
<td>-</td>
</tr>
<tr>
<td>Soft-drinks (e.g. sugar-sweetened or artificially-sweetened soft drinks, squash) restricted</td>
<td>-</td>
<td>-</td>
</tr>
<tr>
<td>Salt provision is restricted</td>
<td>Salt and sauces not freely available at the table and only served in function of the meal</td>
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</tr>
<tr>
<td>Other</td>
<td>Menu cycle of 20 dishes; lunches and dinners need to be composed of main dish, side dish, dairy product, and a choice of starter and/or dessert; portion sizes must be age-appropriate; free access to bread</td>
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