<table>
<thead>
<tr>
<th>School food policy (voluntary)</th>
<th>&quot;Retningslinjer for skolemåltidet i grunnskole og videregående skole&quot;</th>
</tr>
</thead>
<tbody>
<tr>
<td>Developed by</td>
<td>Directorate of Health, an executive agency subordinate to the Norwegian Ministry of Health and Care Services</td>
</tr>
<tr>
<td>Year of publication</td>
<td>2003</td>
</tr>
<tr>
<td>Web link(s)</td>
<td><a href="https://helsedirektoratet.no/Lists/Publikasjoner/Attachments/492/Retningslinjer-forskolem%C3%A5ltidet-I5-0048.pdf">https://helsedirektoratet.no/Lists/Publikasjoner/Attachments/492/Retningslinjer-forskolem%C3%A5ltidet-I5-0048.pdf</a></td>
</tr>
</tbody>
</table>
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>305,702</td>
<td></td>
</tr>
<tr>
<td>10 to 14 years</td>
<td>308,467</td>
<td></td>
</tr>
<tr>
<td>15 to 19 years</td>
<td>326,069</td>
<td></td>
</tr>
<tr>
<td>Total 5 to 19 years</td>
<td>940,238</td>
<td>19%</td>
</tr>
</tbody>
</table>

Source: EUROSTAT, year 2013.

Childhood overweight/obesity prevalence in Norway

<table>
<thead>
<tr>
<th></th>
<th>Overweight (including obesity)</th>
<th>Obesity</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys (8 years)</td>
<td>23.0%</td>
<td>29.2%</td>
</tr>
<tr>
<td>Girls (8 years)</td>
<td>23.1%</td>
<td>26.2%</td>
</tr>
</tbody>
</table>

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

15-year-old boys 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.

School food policy objectives

- Improve child nutrition
- Learn healthy habits
- Reduce/prevent obesity
- Reduce/prevent malnutrition
- Tackle health inequalities
- Improve attainment
- Support parents and local community
- Support local agriculture
- Support local economy
- Improve school attendance

% of school food policies that include the stated objective (EU28 + Norway and Switzerland)

Other objectives:
- Prevent illness

Measures through which the policy is evaluated

- Food provision at school
- Take up of school meals
- Nutrition of children
- Food consumption at school
- Financial viability of services
- Engagement of local farmers
- Support of local economy
- Reduction in health inequalities
- Authorized absence (e.g. sickness)
- Attainment
- Unauthorised absence (e.g. truancy)
- Attendance

% of school food policies that include the stated measure (EU28 + Norway and Switzerland)

Other measures:
- Norwegian Directorate of Health in 2013 mapped the organisation and provision of school lunches at national level; results are being used to revise current guidelines. New guidelines will be launched autumn 2015.
Other standards/guidelines:

- Enough time to eat (20 min) at lunch, and to supervise the students eating at least from grade 1-4; to serve meals with not more than 3-4 hours between them; recommended to have a canteen in secondary schools

Food-based standards

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

Restrictions on vending machines on school premises

Norway

- 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

Norway

- 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

Act relating to Primary and Secondary Education, § 9-6 on advertising in schools states that the school shall ensure that pupils are not exposed to advertisements that cause commercial pressure or that to a large extent influence attitudes, behaviour and values, including on school premises, in textbooks and other utilised teaching material; school as an arena free of marketing of unhealthy foods is underlined in the food industries self-regulatory guidelines.

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

Norway

“Food and Health” is a mandatory class in primary school (total of 114h in the course of grades 1 - 7) and lower secondary school (total of 85h in the course of grades 8 - 10)
### Additional information on Norwegian 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>Should be served/offered at some point during the school day</td>
<td>–</td>
</tr>
<tr>
<td>Specified number of times (red) meat served</td>
<td>–</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>–</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>–</td>
<td>–</td>
</tr>
<tr>
<td>Sweet treats (chocolate, confectionery, cakes, biscuits, etc.) restricted</td>
<td>Shouldn’t be offered</td>
<td>Shouldn’t be offered</td>
</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>Shouldn’t be offered</td>
<td>Shouldn’t be offered</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, fruit juice and low fat milk; schools can choose to take part in partly subsidised school food programs as regards milk; majority of schools offer a milk subscription program, paid by the parents</td>
<td>Water</td>
</tr>
<tr>
<td>Soft drinks (e.g. sugar-sweetened or artificially-sweetened soft drinks, squash) restricted</td>
<td>Soft drinks and other sugar-sweetened drinks shouldn’t be offered</td>
<td>Soft drinks and other sugar-sweetened drinks shouldn’t be offered</td>
</tr>
<tr>
<td>Salt provision is restricted</td>
<td>–</td>
<td>–</td>
</tr>
<tr>
<td>Other</td>
<td>Whole wheat bread, light butter (margarine) should be offered; guidelines recommend that lower and upper secondary schools have a school canteen and include food-based guidelines for what to offer; for primary schools, food should be offered free of charge to children who do not have a packed lunch with them</td>
<td>–</td>
</tr>
</tbody>
</table>