POLAND

School food policy (voluntary)  “OBIADY SZKOLNE z uwzględnieniem zasad Dobrej Praktyki Higienicznej oraz systemu HACCP dla posiłków szkolnych”

Developed by  Ministry of Health

Year of publication  2008

Web link(s)  http://www.mz.gov.pl/__data/assets/pdf_file/0016/6307/obiady_szkolne_16012012.pdf
## Demographic data

### School-age population

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Population</th>
</tr>
</thead>
<tbody>
<tr>
<td>5 to 9 years</td>
<td>1,867,591</td>
</tr>
<tr>
<td>10 to 14 years</td>
<td>1,872,768</td>
</tr>
<tr>
<td>15 to 19 years</td>
<td>2,218,662</td>
</tr>
<tr>
<td><strong>Total 5 to 19 years</strong></td>
<td><strong>5,959,021</strong></td>
</tr>
</tbody>
</table>

| Total population | 38,533,299 |
| School-aged children as % of total population | 15% |

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

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

- **Included in Polish policy**: See bar chart for percentages.
- **Not included in Polish policy**: See bar chart for percentages.

#### Objectives:
- Improve child nutrition: 97%
- Learn healthy habits: 94%
- Reduce/prevent obesity: 88%
- Reduce/prevent malnutrition: 88%
- Tackle health inequalities: 53%
- Improve attainment: 50%
- Support parents and local community: 29%
- Support local agriculture: 15%
- Support local economy: 15%
- Improve school attendance: 0%

#### Other objectives:
- n/a

### Measures through which the policy is evaluated

- **Included in Polish policy**
  - Food provision at school: 56%
  - Take up of school meals: 35%
  - Nutrition of children: 29%
  - Food consumption at school: 24%
  - Financial viability of services: 15%
  - Engagement of local farmers: 12%
  - Support of local economy: 6%
  - Reduction in health inequalities: 6%
  - Authorized absence (e.g. sickness): 3%
  - Attainment: 3%
  - Unauthorised absence (e.g. truancy): 0%
  - Attendance: 0%

- **Not included in Polish policy**: See bar chart for percentages.

#### Other measures:
- Children should be monitored at school for body weight and height; children with impaired nutritional status must be suspended and provided with specialist medical care.
School food policy standards and guidelines

Other standards/guidelines:
- Enough time to eat; ensure dietary variety
- On 1 September 2015, new regulation about food provision in food shops at school and at vending machines as well as food-based standards for lunch will enter into force

Food-based standards

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

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

Restrictions on vending machines on school premises

Poland

- 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

See Annex I for more details on the energy-/nutrient-based standards/guidelines in Poland.
Restrictions on marketing of food or drink on school premises

Poland

- 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

School can be a place for advertising food products; however, school cannot be a place for the sale of food products of unsatisfactory quality, not recommended in children’s diets; assortment of foods and beverages sold in schools should comply with principles of sound nutrition

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

Poland

- Mandatory food/nutrition education
- Voluntary food/nutrition education
### Additional information on Polish energy-/nutrient-based standards for lunch and foods other than lunch

<table>
<thead>
<tr>
<th></th>
<th><strong>Lunch</strong></th>
<th><strong>Other than lunch</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Energy</strong></td>
<td>x (properly balanced and planned meal, served in the school cafeteria should provide 30-35% of total daily energy needs)</td>
<td>x (Breakfast 25-30 E%; Second breakfast 5-10 E%; Tea 5-10 E%; Dinner 15-20 E%)</td>
</tr>
<tr>
<td><strong>Fat</strong></td>
<td>x (not more than 30-35 E%)</td>
<td>x (limit the intake of fat (especially animal fat))</td>
</tr>
<tr>
<td><strong>Saturated fat</strong></td>
<td>x (not more than 10 E%)</td>
<td>-</td>
</tr>
<tr>
<td><strong>Total carbohydrate</strong></td>
<td>x (50-65 E%)</td>
<td>-</td>
</tr>
<tr>
<td><strong>Non-milk extrinsic sugars</strong></td>
<td>x (not more than 10-12 E%)</td>
<td>x (consumption of sugar and sweets allowed in limited quantities)</td>
</tr>
<tr>
<td><strong>Fibre</strong></td>
<td>x (content of dietary fibre in daily diet should be 20-40g, dinner should not be less than 6g)</td>
<td>-</td>
</tr>
<tr>
<td><strong>Protein</strong></td>
<td>x (at least 10-14 E%, wherein share of animal protein should be at least half of total meal protein pool)</td>
<td>-</td>
</tr>
<tr>
<td><strong>Iron</strong></td>
<td>x (at least 30% of age-specific recommendation)</td>
<td>-</td>
</tr>
<tr>
<td><strong>Zinc</strong></td>
<td>x (at least 30% of age-specific recommendation)</td>
<td>-</td>
</tr>
<tr>
<td><strong>Calcium</strong></td>
<td>x (at least 30% of age-specific recommendation)</td>
<td>-</td>
</tr>
<tr>
<td><strong>Vitamin A</strong></td>
<td>x (at least 30% of age-specific recommendation)</td>
<td>-</td>
</tr>
<tr>
<td><strong>Vitamin C</strong></td>
<td>x (at least 30% of age-specific recommendation)</td>
<td>-</td>
</tr>
<tr>
<td><strong>Folate</strong></td>
<td>x (at least 30% of age-specific recommendation)</td>
<td>-</td>
</tr>
<tr>
<td><strong>Sodium</strong></td>
<td>x (content of salt in daily ration should not exceed 5g)</td>
<td>-</td>
</tr>
<tr>
<td><strong>Other</strong></td>
<td>x (vitamins and minerals: at least 30% of recommendations for that decade; content of cholesterol in daily food ration should not exceed 300mg; polyunsaturated fat 6-10 E%)</td>
<td>x (content of cholesterol in daily food ration should not exceed 300mg)</td>
</tr>
</tbody>
</table>