

“Model School Food Standard”

National Implementation Plans

Second update: December 2018

★ **Introduction**

On 1 June 2017, FoodServiceEurope released its Model School Food Standard which provides food and nutrient based standards for food served in schools, as well as recommendations for a healthier school environment. The Model was developed as guidance for contract catering operators and all actors involved in the provision of food in schools in the EU.

The Model is not meant to replace existing guidelines, but to provide a European reference standard and supplement existing guidance wherever useful.

Moving forward, FoodServiceEurope committed to carrying out follow-up actions for implementation at national level through its national associations and member companies.

More concretely, we have committed that our member National Associations will prepare a detailed two-year action plan for promotion at national level of the Model School Food Policy, with measurable targets.

This document provides an overview of steps taken by FoodServiceEurope’s members to implement the Model at national level. It aims to be living document which will be updated continuously to reflect members’ strategy and actions.

★ Overview of national action plans

AHRESP (Portugal)

Shared with FoodServiceEurope on 20 November 2017



AHRESP members active in providing contract catering services in schools are taking the following actions in line with the Model:

1. Increase the offer of vegetables, fruits, pulses and whole-grains

Daily:

- 1 portion of vegetables – soup + meal (cooked or raw)
- 1 vegetarian meal option without food from animal origin
- 1 bread wholemeal per child
- 1 portion of fruit at dessert (choosing from minimum 3 kind)
- On the dessert day there also must be fruit option (minimum 1 kind)

Weekly:

- 1 portion of pulses in soup
- 1 portion of pulses on plate

2. Reduce sugar, salt and saturated fat content of meals

- Provide water as the only drink available
- Serve low-sugar (<5g/100g or <2.5ml/100ml) and low-fat desserts
- Remove table salt
- Reduce use of salt for cooking and seasoning (replace it with garlic, lemon juice, spices and herbs)
- Comply with WHO recommendations for salt ($\leq 0,2\text{g}/110\text{g}$ of soup/meal)
- Serve fried foods only once every fortnight
- Comply with energy recommendations – fat should not represent >35% of the calorie intake

3. Improve food information to consumers

- Provide information about food allergens, messages about healthy eating and physical activity
- Provide complete nutrition tables for all food products in all schools

4. Promote literacy and autonomy towards healthy choices (workers and consumers)

- Train all school food service employees in Healthy Eating **by 2020**
- Promote Mediterranean diet by including traditional soups and meals in the meal plan
- Promote initiatives that value Mediterranean diet and knowledge food production cycle
- Review menus periodically (at least quarterly)

VENECA (The Netherlands)

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VENECA Vereniging
Nederlandse
Cateringorganisaties

While school canteens are widely available in most European countries, the situation is particular in the Netherlands where most children bring their lunch from home. This means that the parents decide what the children eat and drink, leaving the school and the caterer little scope for action.

While only a few primary schools provide lunches, most secondary schools have such facilities. Yet most adolescents still bring their own food and the school is the one providing sandwiches to them.

A few years ago, the Voedingscentrum (Nutrition Centre) adopted an “Agreement for healthy school canteen” with guidelines concerning the presentation of the products served in schools.

In a [letter](#) addressed to the Parliament dated 22 December 2017, the Dutch Health Minister highlighted Veneca’s actions to improve diets and the next steps planned for the sector, including Veneca’s work throughout 2018 at EU level to serve healthier foods in schools.

- ➔ As not all of Veneca members are signatories of the “Agreement healthy school canteen”, Veneca will continue encouraging its members to join.
- ➔ Veneca is also closely involved in the drafting of guidelines for healthy canteens in sport facilities, businesses and schools and has presented FoodServiceEurope School Food Standard as part of this work.
- ➔ Strategies, including some provisions of the Model School Food Standards, will be in place by 2020.

VIMOSZ (Hungary)

Shared with FoodServiceEurope on 21 December 2017

Updated in March 2018



1. **Agreement of VIMOSZ contract catering companies that currently provide services in schools:** Following the adoption of the Model, VIMOSZ contract catering working group agreed to prepare a national school food action plan.
2. **Translation of the Model:** VIMOSZ translated the Model into Hungarian to facilitate members' understanding.
3. **Gap analysis:** As food allowed in schools is already strictly regulated in Hungary, it was decided that the focus of the work should be on the promotion of healthier school environments.
4. **Stakeholder outreach:** VIMOSZ met the Hungarian Parents Association, the Dieticians Association, the Hungarian Food Safety Agency and the Health Ministry to share the Model and to inform them of the targeted actions they intended to take.
5. **Awareness raising:** On 15 May 2018 VIMOSZ organised a [conference](#) on school food open to the public with the President of the Hungarian Food Safety Agency and Dr Riccardo Garosci, President of the School Food Committee of the Italian Education Ministry, former responsible of the food educational content for the Milan Expo.
6. **Decisions on concrete steps:** VIMOSZ members decided to undertake the following actions:
 - ➔ Pay more attention to the originality, the combination of the various colours and texture of the raw materials, in order to make the food more varied and attractive;
 - ➔ Support the restrictions on vending machines;
 - ➔ Organise courses for teachers and other stakeholders to teach them about the healthy nutrition;
 - ➔ Elaborate healthier school menus in partnership with nutrition experts;
 - ➔ Provide more pleasant school restaurant environment (thanks to the government's €20m funding to improve the environment of 314 school restaurants);
 - ➔ Fight for the integration of healthy eating and for avoiding or minimizing food waste into the school education programme;
 - ➔ Remove salt from school restaurant tables.

UBC (Belgium)

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In Belgium, education has become a regional policy since several years, governed by the Flemish and French speaking Communities. Hence, different directives exist between Flanders and Wallonia with regard to food policy in school canteens.

In Flanders, the Flemish government published in September 2017 directives for schools and caterers concerning healthy school meals. UBC presented FoodServiceEurope Model School Food Standard to the Flemish Government. UBC and the Flemish government compared both Models and concluded that the two were very close but that the Flemish Guidelines were more detailed. The Flemish standard is meant as a directive and therefore not regulatory. However, schools and caterers are encouraged to follow these directives, with agreement of both parties. Flanders is also working out more detailed directives for sandwiches in school canteens.

In Wallonia, the situation is quite different, as school canteens work with more complex specifications, made in agreement with the school and the corresponding caterer. Hence, no models such as the Model School Food Standard is implemented yet. Nevertheless, the Walloon Government is planning to develop new directives for healthier school meals (Plan de Prévention et de Promotion de la Santé en Wallonie). UBC is taking part in these Working Groups and has discussed both FoodServiceEurope Model School Food Standard and the Flemish Model. UBC will present both models during a plenary session expected in Spring 2019.

Besides the directives for healthier school meals, UBC members have undertaken other initiatives with regard to healthier food. For instance, in 2016, UBC members signed a Commitment with the Federal Minister of Health, showing their willingness to contribute to a reduction in calorie intake amongst consumers by 5%. This commitment will continue until 2020.