

# **School Nutrition in Slovenia**

**Martina Erjavšek and Stojan Kostanjevec, Ph.D**

**University of Ljubljana  
Faculty of Education**

Brno, 5. – 6. 10. 2016

# Is it important what children eat in school?

## KINDERGARTEN

- 220 days / year
- 5 years ~ 1100 days
- 1100 breakfasts
- 1100 lunches
- 1100 snacks

**3300 meals**

## ELEMENTARY SCHOOL

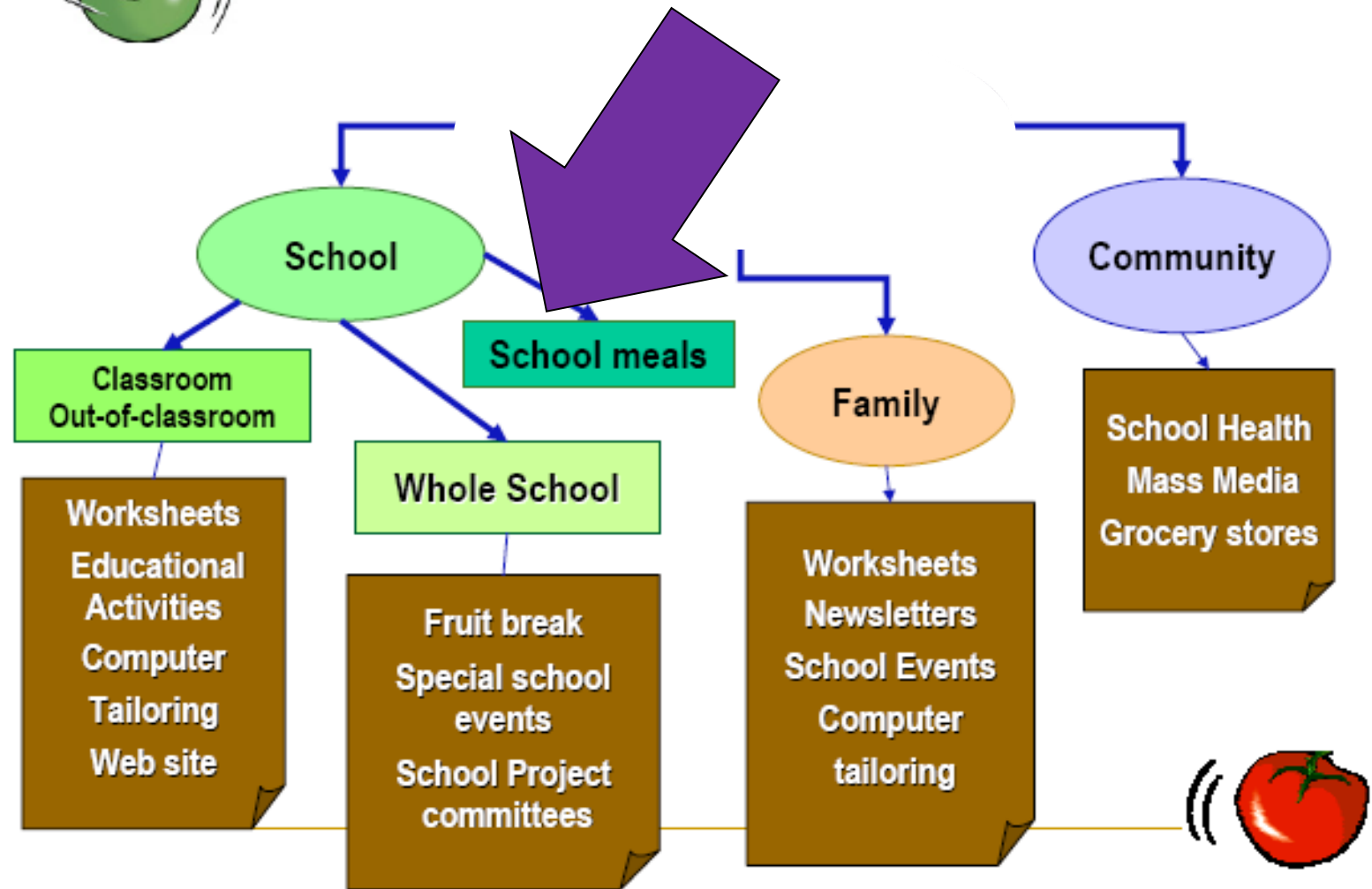
- 220 days / year
- 9 years ~ 1980 days
- 1980 lunches
- 1980 snacks

**3960 meals**

**7260 meals**



# Pro Children: Intervention



**Author:** Dr. Carmen Pérez Rodrigo, Community Nutrition Unit of Bilbao (Spain)  
*European Health Forum Gastein, Gastein, October 2, 2009*

# What did children and parents suggest for school snacks and lunches?

## CHILDREN

### *School snack*

- More drinks, pizza, sandwiches, frankfurter;
- Less yogurts and spreads.

### *Lunch*

- More fried food;
- Less vegetables and vegetable soups.

Elementary school Moravče (2009)

## PARENTS

### *School snack and lunch*

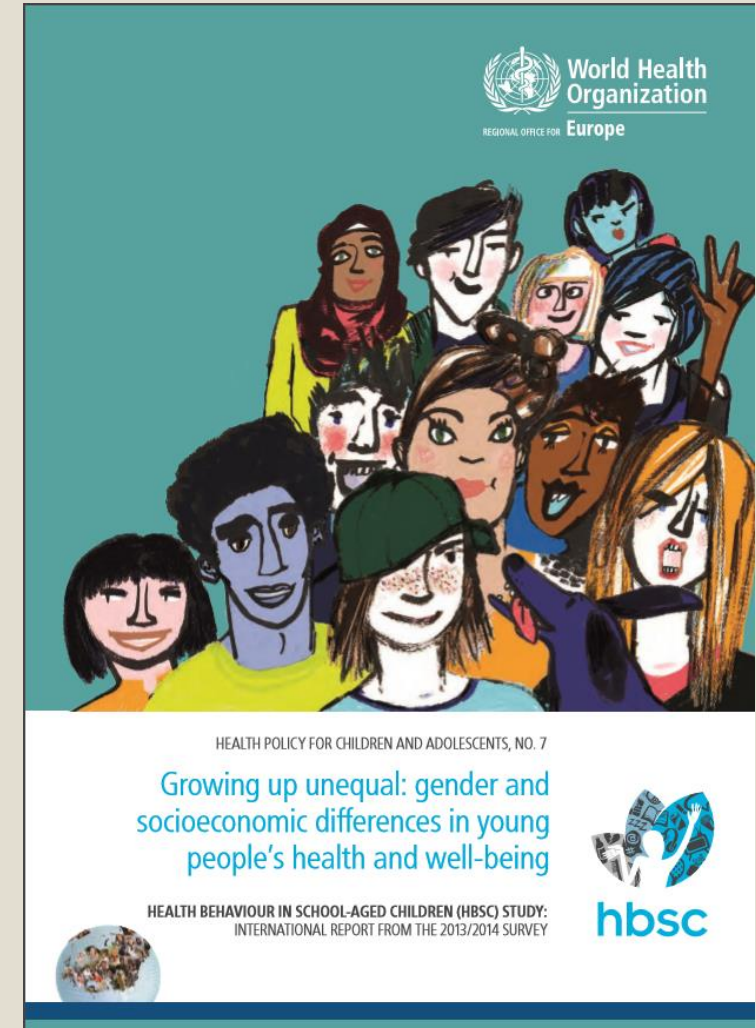
- More vegetables and fruits, less sugary juices, water, **white bread**, **cheese bread**, **pate**;
- Less pastry, **wholegrain bread**.

Analysis of the survey about parents satisfaction with school meals (2015 / 16) – elementary school Blanca

# Dietary habits of children

## Data from HBSC 2013 /14 - HEALTH BEHAVIOUR IN SCHOOL-AGED CHILDREN

- School year 2013 /14;
- 220 000 pre-school and school children from ~ 42 countries;
- 11, 13, 15 years old.



# 11-year-olds who eat **BREAKFAST** every school day

State	Girls (%)	Boys (%)	Place
<b>Netherlands</b>	90	92	1. / 42
<b>Czech Republic</b>	66	66	27. / 42
<b>Slovenia</b>	53	54	<b>42. / 42</b>

Between 2002 – 2014 the percentage of adolescents in Slovenia who regularly eat breakfast increased.

## 11-year-olds who eat **FRUIT** daily

State	Girls (%)	Boys (%)	Place
<b>Canada</b>	62	53	1. / 42
<b>Slovenia</b>	53	44	9. / 42
<b>Czech Republic</b>	49	40	16. / 42

Between 2002 – 2014 the percentage of 11 – year old boys in Slovenia who regularly eat fruit and vegetables increased.

# 11-year-olds who drink **SOFT DRINKS** daily

State	Girls (%)	Boys (%)	Place
<b>Malta</b>	34	39	1. / 42
<b>Czech Republic</b>	13	16	24. / 42
<b>Slovenia</b>	4	7	36. / 42

Between 2002 – 2014 the percentage of adolescents in Slovenia who regularly drink soft drinks decreased.



# 11-year-olds who eat **EVENING MEALS** with **BOTH** or **ONE PARENT** every day

State	Girls (%)	Boys (%)	Place
Portugal	88	86	1. / 42
Slovenia	45	43	<b>38.</b> / 42
Czech Republic	44	43	39. / 42

# What about overweight and obesity?

- Comparison between **Slovenia** and **Czech Republic**.

Source: HEALTH BEHAVIOUR IN SCHOOL-AGED CHILDREN (HBSC)  
STUDY : INTERNATIONAL REPORT FROM THE 2013/14 SURVEY

# Overweight, obesity and body image of 11, 13 and 15 – year - olds

State	11-year-olds		13-year-olds		15-year-olds	
	Girls (%)	Boys (%)	Girls (%)	Boys (%)	Girls (%)	Boys (%)
<b>SI</b> (overweight and obesity)	20	30	16	29	14	25
<b>SI</b> (body image)	33	26	46	32	53	26
<b>CZ</b> (overweight and obesity)	15	29	12	28	12	23
<b>CZ</b> (body image)	27	24	38	29	38	21

# Resolution on the National Programme on Nutrition and Physical Activity for Health 2015-2025

## Goals

- Establishing **standards** and **norms** for healthy nutrition in the organized nutrition of children and adolescents.
- Strengthening **knowledge** and **skills** and preparation of **guidelines for professional staff** for planning and preparing healthy nutrition for children and adolescents.

RESOLUCIJA O NACIONALNEM  
PROGRAMU O PREHRANI IN  
TELESNI DEJAVNOSTI ZA  
ZDRAVJE  
2015 – 2025



## Tasks and activities

- Drawing up contemporary **nutritional standards and norms** for healthy nutrition of children and adolescents.
- Formulation of **quality criteria for public procurement of food**, which will assure good-quality and healthy nutrition.
- Ensuring the **professional function of “food organizer”** in the system of organized nutrition.
- The implementation of **continuous education** in healthy nutrition and healthy lifestyle issues for professional workers in kindergartens and schools.

# School nutrition



# Act on school meals

(3/13, 46/14 in 46/16)

- The school organizes a **school snack** for all students in elementary and secondary schools.



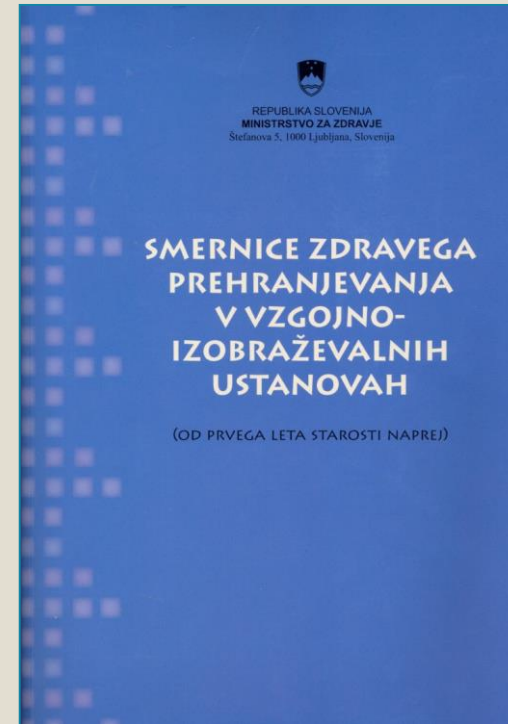
# School must...

- Provide at least **one meal - snack (NOT LUNCH!)** for all students in elementary and secondary school;
- The elementary schools are in general providing up **to four meals daily** for students (breakfast, mid-morning snack, lunch, afternoon snack);
- **630.000 daily meals** are served in elementary and secondary schools.



# Schools must...

- Follow professional **guidelines**;
- Guidelines of Healthy Nutrition in School Institutions;
- DACH – Reference values for the intake of nutrients;
- Handbook of School Menus.





# Manual of Food Quality Criteria for Schools

- Formulation of **quality criteria** for public procurement of foodstuffs/food which will assure good-quality and healthy nutrition.

In the school nutrition programme there must be included a **MIN 10 % of ORGANIC FOOD.**





# Schools must...

- Determine the **content, amount and education and training activities** related to **meals in the annual working plan.**

# Price of snack

- The price for the mid-morning snack is determined by the **Minister of education**;
- **Snack price** for **elementary school**: **0,80 €**;
- **Snack price** for **secondary school**: **2,42 €**.
- Students with **low social status** can ask for snack and additional lunch **subsidy**;
- **Subsidy is provided from the state budget**.

## Amount of subsidy

	Elementary school	Secondary school
<b>Snack price</b>	<b>0,80 €</b>	<b>2,42 €</b>
<b>Subsidy for snack</b>	100 % (< 53 % of net*)	100% (< 42 % of net*) 70% (42 % to 53 % of net*) 40 % (53 % to 64 % of net*)
<b>Subsidy for lunch</b>	100 % (< 18 % of net*)	

Legend: \* The average earning in the Republic of Slovenia per family member

# How many children eat...

## Elementary school (2015/2016)

### Mid-morning snack

- 98 % of children;
- More than half of them receive it for free.

### Lunch

- 73 % of children;
- A tenth of them receiving it for free.

## Secondary school (2015/2016)

### Mid-morning snack

- 66 % of children;
- 43 % receive subsidies.

# Who is responsible for school nutrition?





## *Normative and standards for systematization of food organizers and cooks in elementary school*

- **4200 snacks** or **1050 “nutrition units”** for a food organizer and **400 snacks** for a cook.

### **1 nutrition unit (UN) is:**

- ✓ 4 breakfasts
- ✓ 4 snacks
- ✓ 1 lunch
- ✓ 1.3 lunch in kindergarten
- ✓ 2 – 3 diet snacks
- ✓ 1 diet lunch is 1.5 – 2.5 NU

# Prohibition of vending machines in school environment!





# What about special diets...

- Celiac disease, allergy, diabetes...



- **Educational activities** connected to school meals, expert policies and instructions are provided;
- **Regular monitoring** and **evaluation** of the school meals system is established.

Other activities...

# European School Fruit and Vegetables Scheme

- The Scheme starts in the school year 2009 / 2010.
- **Slovenian school participation in the Scheme:**
  - 2013 / 14: 84 % schools;
  - 2015 / 16: 81 % schools.

- 6 € / pupil / year;
- **Just for fresh fruit and vegetables!**
- Distribution: 20x per year.



# European School Milk Scheme

- A small number of schools.



## Current developments

- From August 1, 2017, the two current separate school schemes - the **School Fruit Scheme and the School Milk Scheme** - will be brought under a single legal framework.
- The new rules aim at greater **efficiency**, more **focused support** and an **enhanced educational dimension**.

# Slovenian Food Day

- From 2011;
- Decreed by the Slovenian Government;
- Third Friday in November;
- **Aim:**
  - Significance of **locally sourced food, healthy lifestyles and nutrition**, which also includes **having breakfast**.
  - To promote **self-sufficiency, high-quality, locally sourced food**;



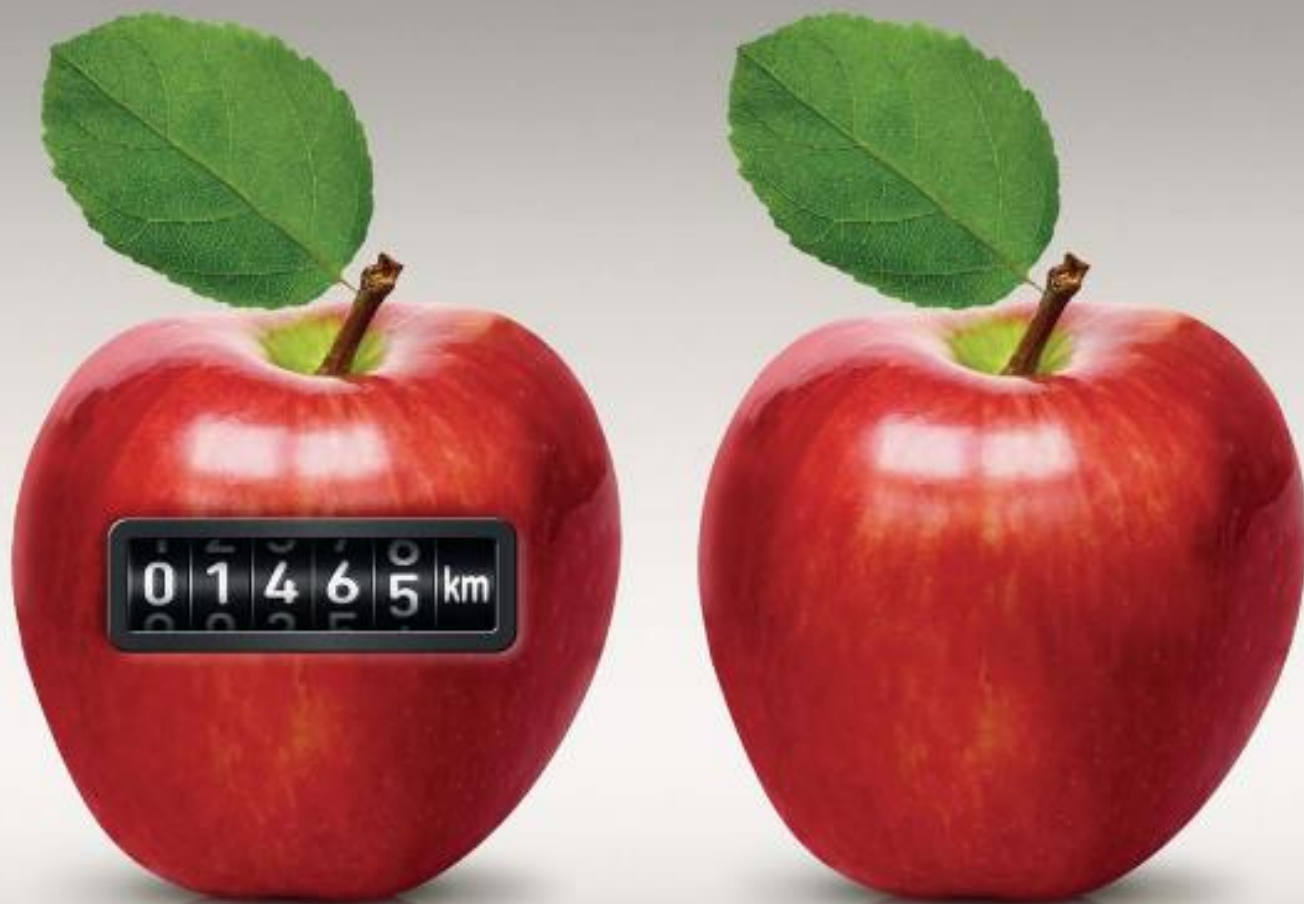




# DAN SLOVENSKE HRANE

VSAK TRETJI PETEK  
V NOVEMBRU

Izberite hrano, ki nima za  
sabo na stotine kilometrov



# Traditional Slovenian Breakfast



- Bread, milk, butter, honey and apples produced or made in Slovenia.



Domov

Projekti

Jemo lokalno

Obvestila in navodila

Semena

Izjave



## TRADICIONALNI SLOVENSKI ZAJTRK

Otroke, mladino in širšo javnost seznanjamo o pomenu zajtrka, pomenu in prednostih lokalno pridelanih živil oziroma živil, ki so pridelana oziroma predelana v Sloveniji, pomenu kmetijstva in čebelarstva ter njunem vplivu na okolje in o pravilnem ravnanju z odpadki. Pomembno je tudi ozaveščanje o pomenu zdravega načina življenja, vključno z gibanjem in športnimi aktivnostmi.

# Traditional Slovenian Breakfast at Faculty of Education



# Conclusions

- The school should promote **healthy food** and **healthy nutrition habits** by creating **healthy school environment and educating**.
- School staff must be **competent** and should be included in the activities related to nutrition.
- We learn from the best practices of other EU countries.

## Contact

**Martina Erjavšek** ([martina.erjavsek@pef.uni-lj.si](mailto:martina.erjavsek@pef.uni-lj.si))

**Stojan Kostanjevec, Ph. D**  
([stojan.kostanjevec@pef.uni-lj.si](mailto:stojan.kostanjevec@pef.uni-lj.si))

University of Ljubljana, Faculty of Education  
Kardeljeva ploščad 16  
1000 Ljubljana