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Health protection requirements for catering in preschools and schools

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Amended by the following acts

Reception	Publication	Entry into force
11.12.2009	RTL 2009, 96, 1437	01.01.2010
24.09.2010	RT I 2010, 69, 526	01.10.2010
17.04.2012	RT I, 20.04.2012, 4	23.04.2012

The regulation is established on the basis of clause 4 of subsection 8 (2) of the Public Health Act .

Chapter 1 GENERAL PROVISIONS

§ 1. Scope

(1) This regulation establishes requirements for the catering of children and students of pre-school age (hereinafter referred to as *children*) in preschool childcare institutions and day-time general education schools (hereinafter referred to as *childcare institutions*) and for the energy and nutrient content of food provided to children in childcare institutions.

(2) The requirements of the Regulation apply to the premises and equipment intended for catering for children in a childcare institution, their cleaning and conditions of use, to the extent that they are not regulated by other legislation.

(3) When organising catering and preparing food in a childcare institution, in addition to the requirements of this regulation, the requirements of the Food Act and legislation established on the basis thereof must also be observed.

(4) The requirements of the regulation are mandatory for the manager of a childcare institution and the person who organizes and controls the catering of the childcare institution.

(5) The regulation does not concern the catering of children on trips, outings and mass events, and in permanent youth camps and youth project camps.

[RT I 2010, 69, 526 - entry into force 01.10.2010]

(6) This regulation does not concern the feeding of infants (children up to twelve months of age).

[RT I, 20.04.2012, 4 - entry into force 23.04.2012]

§ 2. Definitions

(1) The Regulation uses the definitions of the "Food Act", the "Education Act of the Republic of Estonia", the "Basic and Upper Secondary Schools Act", the "Private Schools Act", the "Vocational Educational Institutions Act" and the "Preschool Childcare Institutions Act" and the legislation established on the basis thereof.

(2) The following definitions are additionally used in the Regulation:

- 1) catering – an activity that includes the selection, supply, reception, storage, preparation and serving of food;
 - 2) dining rooms – dining halls, dining rooms, playrooms and other rooms in a childcare institution where food is served for the catering of children in a childcare institution;
 - 3) hot food – heat-processed and hot ready-to-eat food;
 - 4) ready-to-eat food – within the meaning of this Regulation, food that is ready to be served to children;
 - 5) main meal – the main dish of a given meal;
 - 6) canned food – a product that has been sterilized in airtight packaging to make it long-lasting;
 - 7) school lunch – lunch served as the main meal;
 - 8) school meal – a meal served as an additional meal;
 - 9) basic nutrients – proteins, fats, carbohydrates;
 - 10) school – for the purposes of this regulation, general education schools, including schools with student dormitories, and state vocational education institutions specified in § 31¹ of the Vocational Education Institutions Act for students studying in vocational secondary education, vocational education based on basic education and vocational education without basic education requirements.
- [RTL 2009, 96, 1437 - entry into force 01.01.2010]

Chapter 2 CATERING AND MENU CREATION

§ 3. General requirements for the organization of catering and food in preschool institutions

(1) Children shall be fed at the times and on the basis of the menu specified in the daily schedule. Mealtime in a preschool institution shall last at least 30 minutes. The interval between meals shall not exceed 4 hours.
[RT I, 20.04.2012, 4 - entry into force 23.04.2012]

(2) A child must be guaranteed age-appropriate food three times a day. If the work organisation of the preschool institution allows it and the child stays at the preschool institution for a shortened day, the child's meals may be reduced by agreement between the parent, guardian or caretaker (hereinafter referred to as *the parent*) and the director of the preschool institution.
[RT I, 20.04.2012, 4 - entry into force 23.04.2012]

(3) A child who is provided with 24-hour care in a preschool institution must be able to eat at least four times (breakfast, lunch, evening snack and dinner). The food served at meal times must satisfy the child's daily energy and nutrient needs in accordance with Annexes 1 and 2 to this Regulation.
[RT I, 20.04.2012, 4 - entry into force 23.04.2012]

(4) Food provided in a preschool institution, including school milk and other food provided within the framework of the programme, must cover 85–90% of the daily energy requirement of the relevant age group in accordance with Annex 2 to the Regulation every day, of which breakfast is recommended to be 30–35%, lunch 40–45% and evening snack 20–25% or breakfast 20–25%, lunch 40–45% and evening snack 30–35%.
[RT I, 20.04.2012, 4 - entry into force 23.04.2012]

(5) A child must have access to a sufficient amount of drinking water that meets the requirements established under the Water Act, in a visible place, freely and free of charge.

(6) The temperature of a portion of ready-to-eat food served hot in a preschool institution shall not exceed 50 °C.
[RT I, 20.04.2012, 4 - entry into force 23.04.2012]

§ 4. General requirements for the organization of catering and food at school

(1) Children are fed at the times and according to the menu specified in the daily schedule. Mealtime at school must be at least 15 minutes. School lunch is offered to students of the first shift no earlier than after the end of the second lesson, preferably after the end of the third or fourth lesson.

(2) The food provided for school lunch, including school milk, bread, fruit and other food provided within the framework of the programme, must cover 30–35% of the daily energy and nutrient requirements of the relevant age group in accordance with Annexes 3 and 4 to the Regulation.
[RT I, 20.04.2012, 4 - entry into force 23.04.2012]

(3) It is recommended that the food provided as school meals should cover 20–25% of the daily energy and nutrient requirements of the relevant age group, in accordance with Annexes 3 and 5 of the Regulation. School meals do not replace school lunch.

(4) If a child is in an extended day group, remedial education group or hobby group at school, the child must also have the opportunity to receive school meals.

(5) A child who is provided with 24-hour care at school must be able to eat at least four times a day (school breakfast, school lunch, evening snack and dinner). The food served at meal times must satisfy the child's daily energy and nutrient requirements in accordance with Appendices 1 and 3.

(6) A child must have access to a sufficient amount of drinking water that meets the requirements established under the Water Act, in a visible place, freely and free of charge.

(7) The choice of food offered free of charge or for a fee at school must promote healthy eating, and the suggestions of the school board of trustees and health officials, as well as the student government, shall be taken into account when making the choice. Information on healthy eating must be visible to students at the point of sale or in its immediate vicinity.

§ 5. Requirements for menu preparation

(1) The caterer of a childcare institution shall prepare a daily menu for at least ten days. In boarding schools, special schools and other childcare institutions operating 24 hours a day, a menu shall also be prepared for Saturdays and Sundays.
[RT I, 20.04.2012, 4 - entry into force 23.04.2012]

(2) When preparing the menu, the average daily food energy and nutrient requirements of age groups are taken as the basis, and the average food energy and basic nutrient content of ten days' food per child is calculated, taking into account the information presented in Appendices 1–5.

(3) The amount of protein in the daily diet must cover the minimum daily protein requirement, but it must not be exceeded more than twice. 1/3 of the protein requirement must be covered by animal proteins, but the part of animal proteins must not be covered solely by milk and milk proteins.

(4) A different main dish is offered at meal times every day. Canned food or canned food based on canned food is not permitted as a main dish.

(5) In a childcare institution, pasteurized milk is given to children to drink. Raw milk may only be used after heat treatment.

(6) Eggs are only served as food in a childcare facility if they are cooked.

(7) When catering for children in a childcare institution, the following must be taken into account:

- 1) food is prepared from unprocessed and fresh foods as much as possible, mainly by steaming, boiling and stewing. Foods cooked in a lot of fat are prohibited in a childcare institution;
- 2) smoked, heavily salted, pickled and spiced foods are excluded from the diet of children under school age;
- 3) bread must be available in the childcare institution every day and cereal foods (preferably made from wholemeal flour) are offered in a preschool childcare institution at least twice a week;
- 4) pasta products are offered as a supplement to the main meal no more than twice a week and it is recommended to use pasta products made from wholemeal flour or graham flour;

- 5) vegetables (except potatoes) are offered every day, including uncooked at least twice a week;
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- 6) fresh fruit is offered at least three times a week;
- 7) milk should not be the child's only or main food. The amount of milk offered to a child who is on 24-hour care per day should not exceed 400 ml;
- 8) food made from fresh fish or fish products should be offered at least once a week;
- 9) food with meat or poultry (preferably without skin) should be offered at least twice a week. It is recommended not to offer wieners, boiled sausage, anchovies and sauces made from them more than once a month;
- 10) food made from liver should be offered to a child younger than school age no more than twice a month;
- 11) vegetable oils should be preferred when cooking;
- 12) the use of products containing hydrogenated vegetable fats should be avoided;
- 13) mayonnaise and mayonnaise-based sauces may be used in small quantities and no more than three times a month;
- 14) sweets such as chewing gum, fruit and muesli bars, and sweets should not be offered for dessert;
- 15) water-based flavoured drinks, including energy and sports drinks containing food colours E 102, E 110, E 122, E 123, E 124, E 129, E 151, E 154, E 155, E 180, are not offered as drinks. Coffee beans may also not be offered in a pre-school childcare institution;
[RT I, 20.04.2012, 4 - entry into force 23.04.2012]
- 16) food enriched with nutrients and other substances with physiological effects must be avoided;
- 17) food supplements are only given on the prescription of a healthcare professional.

(8) The meals of a child who has a different diet for health reasons shall be organised based on the recommendations of a healthcare professional and in cooperation with the parent and the head of the childcare institution, ensuring the energy and nutrient requirements and proportions prescribed for the child's age group in accordance with Annex 1 of the Regulation during meal times. Changes may be made to the meals of children who have a different diet for religious reasons or due to the parent's beliefs, in accordance with the parent's wishes, in accordance with health protection requirements.

§ 6. General requirements for documentation and presentation of food composition and nutritional information

(1) The caterer of a childcare institution must have a technological card or technological instructions for ready-made food (hereinafter referred to as *the technological card*). The technological card shall indicate the name of the food or food group, the exact names and quantities of the food ingredients (including the quantity of raw food before and after primary processing) and the fat content of the dairy products and fats used, the weight of the ready-made food, nutritional information, which includes information on the energy content of the ready-made food (hereinafter referred to as *the food energy*), the content of essential nutrients and, if possible, the content of minerals (iron, calcium and sodium) and vitamins (A, D and C), and the technology used in the preparation of the food.

(2) Recommended sample forms of technological maps and calculations shall be published on the website of the Health Board.
[RTL 2009, 96, 1437 - entry into force 01.01.2010]

(3) The documents listed in paragraph 1 must be available at each location of the catering company where food is prepared and distributed to the childcare institution. A technological map does not need to be available in the group and playroom of a preschool childcare institution where food is served.

(4) The weekly menu must be visible to children in a childcare institution and to parents in a preschool childcare institution.

Chapter 3 REQUIREMENTS FOR DINING ROOMS

§ 7. General requirements for dining rooms

(1) Dining rooms, their location, size, equipment and the equipment used must enable all children in the childcare institution to be fed during meal times.

(2) Dining rooms are furnished taking into account the type of kitchen, the number of diners per unit of time, the serving times of meals and the food distribution systems. In schools, food is served on a distribution line, prepared on tables, in a self-service manner at a self-service counter, or other combined methods of food distribution are used. In preschool institutions, as well as in special schools for students with special needs, food is served prepared on tables or in a service manner.

(3) There shall be a sufficient number of conveniently located sinks in or near the dining area for children to wash their hands. The sinks shall be equipped with warm running water, soap (preferably liquid soap) and a hygienic hand-drying facility.

(4) The equipment of the dining room, including dining tables, food serving and eating utensils and the serving line, must be clean. Cleaning and, if necessary, disinfection must be carried out at a frequency that allows food and materials and objects in contact with food to be kept at a safe level of contamination.

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(5) The dining rooms of a childcare institution must not contain insects, birds, rodents or other animals that may directly or indirectly contaminate food.

Chapter 4 FOOD SERVING REQUIREMENTS

[Repealed - RT I, 20.04.2012, 4 - entry into force 23.04.2012]

§ 8. Requirements for serving food

[Repealed - RT I, 20.04.2012, 4 - entry into force 23.04.2012]

Chapter 5 IMPLEMENTING PROVISIONS

§ 9. Repeal of the regulation

[Omitted from this text.]

§ 10. Entry into force of the Regulation

The regulation enters into force on 1 September 2008.

Appendix 1 Children's daily dietary energy and nutrient requirements

Appendix 2 Daily energy and nutrient requirements of children under school age by age group and in the nursery and kindergarten groups of preschool institutions

Appendix 3 Children's daily dietary energy and nutrient requirements by school level

Appendix 4 Food energy and nutrient content of school lunch

Appendix 5 Food energy and nutrient content of school meals