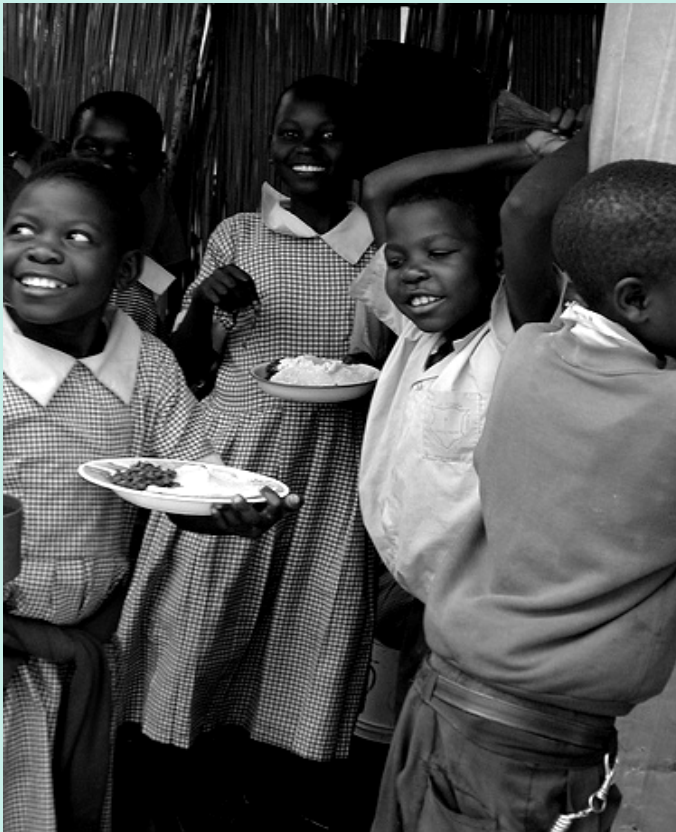


NFSI will increase the number of schools that:

- provide an enabling physical, social and educational environment that promotes the health and nutritional well-being of children, and also their improved learning and academic achievements;
- have close links with parents, the local community and health services in order to promote the health and nutritional well-being of children.



*Working together
to improve
the health and nutrition of
school-age children*

Partners

Government of Brazil

Government of Finland

Food Safety Authority, Ireland

United Nations Children's Fund (UNICEF)

World Food Programme (WFP)

United Nations Standing Committee
on Nutrition (SCN)

Food and Agriculture Organization of the
United Nations (FAO)

United Nations Educational, Scientific and
Cultural Organization (UNESCO)

World Health Organization (WHO)

World Bank

Education Development Center (EDC)

Partnership for Child Development (PCD)

Save the Children USA

University of Teesside, United Kingdom

For more information: NFSI@who.int

NFSI

Nutrition-Friendly Schools Initiative

*A school-based programme
to address the
double burden of malnutrition*

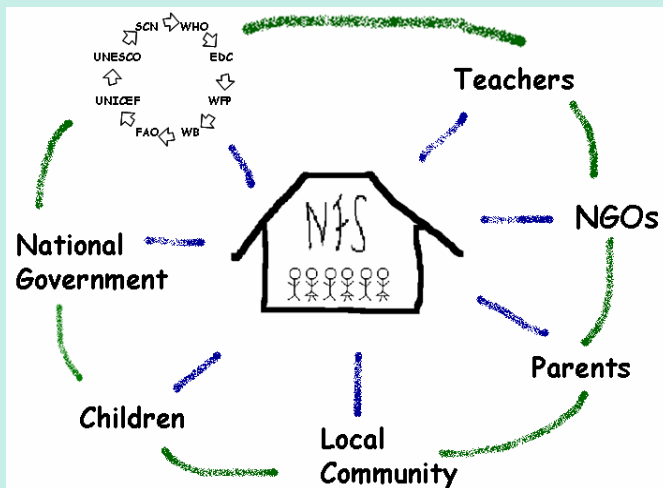


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Five essential elements to establish Nutrition-Friendly Schools

Key Messages

- The NFSI offers a standardized framework to tackle the double burden of malnutrition (undernutrition, micronutrient deficiencies and overweight/obesity). It is a tool for developing a school environment which promotes the nutritional well-being of school-age children.
- The NFSI framework is easily integrated into on-going programmes in schools. It complements existing school-based programmes, such as health-promoting schools, food-for-education, and child-friendly schools.
- The NFSI can also be implemented on its own if there are no specific on-going programmes in schools.



1. Having a written Nutrition-Friendly School Policy

- Develop action plan for implementing the framework of NFSI, including a monitoring and evaluation system

2. Enhancing awareness and capacity building of the school community

- Disseminate the NFSI policy to all school staff, students, families and the local community
- Train all school staff in nutrition and health related issues

3. Developing a nutrition and health-promoting school curriculum

- Incorporate nutrition, physical activity and healthy living education in the school curriculum

4. Creating a supportive school environment

- Provide positive messages towards nutrition and physical activity
- Do not allow marketing of high-fat, energy-dense, micronutrient-poor food items and beverages at school
- Provide safe drinking-water and promote safe hygiene and sanitary behaviour
- Promote healthy dietary practices based on national dietary guidelines
- Ensure hygienic cooking facilities, when applicable, and a clean eating environment
- Promote affirmative action against bullying, stigmatization and discrimination

5. Providing supportive school nutrition and health services

- Monitor and inform parents about children's growth and provide a referral health system for children who require attention

