Republic of Latvia

Cabinet

Regulation No. 556

Adopted on 16 August 2016

**Regulations Regarding the Subsistence Norms, and also the Amount of Hygienic and Basic Necessities for an Asylum Seeker Accommodated in the State Border Guard Accommodation Premises for Asylum Seekers and a Foreigner Placed in the Accommodation Centre of the State Border Guard**

*Issued pursuant to*

*Section 21, Paragraph three of the Asylum Law and Section 59, Paragraph three of the Immigration Law.*

1. This Regulation prescribes the subsistence norms (hereinafter – the nutritional norms), and also the amount of hygienic and basic necessities for the following persons (hereinafter – the persons):

1.1. an asylum seeker placed in the State Border Guard accommodation premises for asylum seekers (hereinafter – the accommodation premises);

1.2. a foreigner placed in the accommodation centre of the State Border Guard (hereinafter – the centre).

2. The nutritional norms for children in the age from six months to 18 years shall be determined based on the nutritional norms recommended in the laws and regulations regarding nutritional norms for educatees of educational institutions, clients of social care and social rehabilitation institutions and patients of medical treatment institutions.

3. The basic nourishment for newborn children and infants from the birth up to six months of age shall be mother’s milk or an artificial mixture for infants according to the instructions of a medical practitioner.

4. For the persons of legal age the daily nutritional norms shall be determined in accordance with Annex 1 to this Regulation:

4.1. the daily nutritional basic norm No. 1;

4.2. the daily nutritional norm No. 2:

4.2.1. for pregnant women – six months before the planned term of childbirth;

4.2.2. for women – three months after childbirth;

4.2.3. for women who breast-feed their child – for the whole period of feeding, but not longer than until the child reaches 9 months of age;

4.3. the daily nutritional norm No. 3 – for the persons suffering from an active phase of tuberculosis, exacerbation phase of a gastric or duodenal ulcer, anaemia, malignant tumours, AIDS, malnutrition of a moderate or severe stage and are and receiving outpatient treatment;

4.4. daily nutritional norm No. 4 – for the persons who do not consume meat and fish products;

4.5. special nutritional norm – for the persons who are brought out of the accommodation premises or the centre under guard for a short period of time or which are detained and cannot be brought back to the accommodation premises or the centre in less than four hours from the moment of detention.

5. According to the instructions of a medical practitioner:

5.1. for the persons suffering from diabetes the following may be substituted:

5.1.1. the norm of wheat bread with rye bread;

5.1.2. sugar with sugar substitutes;

5.1.3. pasta and two thirds of the (net) daily nutritional norm of potatoes – with 40 grams of groats or 400 grams of vegetables (net);

5.2. for the persons suffering from a digestive tract illness in an exacerbation phase, the norm of rye bread (according to nutritional norms) may be substituted with wheat bread.

6. The nutritional norm for the persons who are taller than 195 centimetres shall be specified in the amount of one and a half norms.

7. The interchangeable food products of the daily nutritional norm shall be determined in accordance with Annex 2 to this Regulation.

8. The persons shall be provided with drinking water at any time.

9. For the persons (starting from five years of age) the annual norm No. 1 of hygienic and basic necessities shall be determined in accordance with Annex 3 to this Regulation.

10. For children (from one year to four years of age) the annual norm No. 2 of hygienic and basic necessities shall be determined in accordance with Annex 3 to this Regulation.

11. For children up to 12 months of age – the annual norm No. 3 of hygienic and basic necessities shall be determined in accordance with Annex 3 to this Regulation.

Prime Minister Māris Kučinskis

Minister for the Interior Rihards Kozlovskis

**Annex 1**

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**Daily Nutritional (Net) Norms**

Table 1

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Number | Product | Daily nutritional (net) norm  (amount in grams) | | | |
| No. 1 | No. 2 | No. 3 | No. 4 |
| 1. | Bread from rye and wheat flour | 150 | 150 | 150 | 150 |
| 2. | Bread from wheat flour | 100 | 100 | 100 | 100 |
| 3. | Wheat flour | 10 | 10 | 10 | 10 |
| 4. | Groats (in total) | 50 | 50 | 50 | 50 |
| 5. | Pasta | 50 | 30 | 30 | 50 |
| 6. | Meat | 80 | 100 | 150 | – |
| 7. | Fish (fresh, frozen and salted, without heads) | 80 | 80 | 100 | – |
| 8. | Melted animal fat | 15 | 15 | 15 | – |
| 9. | Vegetable oil | 15 | 15 | 15 | 30 |
| 10. | Sugar | 40 | 40 | 40 | 40 |
| 11. | Natural tea | 5 | 3 | 3 | 5 |
| 12. | Salt | 5 | 5 | 5 | 5 |
| 13. | Potatoes | 250 | 250 | 250 | 250 |
| 14. | Carrots | 100 | 100 | 100 | 100 |
| 15. | Cabbage (fresh) | 200 | 200 | 200 | 200 |
| 16. | Salad beetroots | 50 | 50 | 50 | 50 |
| 17. | Onions | 75 | 75 | 75 | 75 |
| 18. | Other vegetables | 100 | 200 | 200 | 100 |
| 19. | Fresh fruit | 200 | 200 | 200 | 200 |
| 20. | Dried fruit | 15 | 15 | 15 | 15 |
| 21. | Milk | 250 | 250 | 300 | 250 |
| 22. | Cream | 20 | 20 | 40 | 20 |
| 23. | Curd | – | 50 | 50 | – |
| 24. | Cheese | 30 | 50 | 50 | 30 |
| 25. | Butter | – | 10 | 10 | – |
| 26. | Yoghurt | – | 125 | 125 | – |
| 27. | Eggs (pieces) | 0.5 | 1 | 1 | 1 |
| 28. | Juice | 200 | 200 | 200 | 200 |
| 29. | Confectionery | 25 | 20 | 20 | 25 |
| 30. | Spices | 0.3 | 0.3 | 0.1 | 0.3 |
| 31. | Tomato paste | 3 | 3 | 3 | 3 |
| 32. | Starch | 1 | 1 | 1 | 1 |
| 33. | Powdered milk | 40 | 40 | 40 | 40 |
| 34. | Soy products | – | – | – | 20 |
| 35. | Egg powder | – | – | – | 20 |
| 36. | Beans | – | – | – | 80 |

**Special Nutritional Norm**

Table 2

|  |  |  |
| --- | --- | --- |
| Number | Product name | Weight |
| 1. | Banana crisps | 100 g |
| 2. | Oatmeal cookies with raisins | 150 g |
| 3. | Drinking water (still) | 1.5 l |

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**Annex 2**

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**Interchangeable Food Products of the Daily Nutritional Norms and Norms Thereof (Net)**

|  |  |  |  |
| --- | --- | --- | --- |
| Number | Product | Product to be substituted  (amount in grams) | Substitute product  (amount in grams) |
| 1. | Bread from rye and wheat flour shall be substituted with: | 100 |  |
| 1.1. | dried bread |  | 60 |
| 1.2. | bread from wheat flour |  | 90 |
| 1.3. | crispbread |  | 80 |
| 1.4. | wheat flour |  | 66 |
| 1.5. | different types of groats |  | 66 |
| 1.6. | pasta |  | 66 |
| 1.7. | pastry |  | 80 |
| 2. | All types of groats shall be substituted with: | 100 |  |
| 2.1. | pasta |  | 100 |
| 2.2. | wheat flour |  | 100 |
| 2.3. | fresh vegetables |  | 500 |
| 2.4. | fresh potatoes |  | 500 |
| 3. | Fresh potatoes and all types of vegetables shall be substituted with: | 100 |  |
| 3.1. | groats, flour, pasta, dried potatoes |  | 20 |
| 3.2. | chives |  | 200 |
| 3.3. | fresh garlic |  | 20 |
| 3.4. | dried vegetables |  | 10 |
| 3.5. | fresh fruit |  | 100 |
| 3.6. | canned, salted or marinated vegetables |  | 100 |
| 4. | All types of meat shall be substituted with: | 100 |  |
| 4.1. | frozen, boneless meat\* |  | 80 |
| 4.2. | 1st category sub-products |  | 100 |
| 4.3. | 2nd category sub-products |  | 300 |
| 4.4. | half-gutted poultry meat |  | 120 |
| 4.5. | poultry meat |  | 100 |
| 4.6. | sausage, scalded sausage or half-smoked sausage |  | 80 |
| 4.7. | canned meat |  | 75 |
| 4.8. | fish (fresh, frozen and salted, without heads) |  | 150 |
| 4.9. | canned fish |  | 120 |
| 4.10. | soy concentrate products\* |  | 10 |
| 4.11. | cheese |  | 48 |
| 4.12. | eggs (pieces) |  | 2 |
| 4.13. | ground meat |  | 80 |
| 4.14. | broth concentrate |  | 80 |
| 4.15. | soy flour\* |  | 30 |
| 4.16. | egg powder\* |  | 30 |
| 5. | All types of fish (fresh, frozen and salted, without heads) shall be substituted with: | 100 |  |
| 5.1. | various types of canned meat |  | 50 |
| 5.2. | all types of fish with heads |  | 130 |
| 5.3. | fish fillet |  | 70 |
| 5.4. | ground fish meat |  | 80 |
| 5.5. | canned fish |  | 80 |
| 5.6. | meat (beef, mutton or pork) |  | 67 |
| 6. | Melted animal fat shall be replaced with: | 100 |  |
| 6.1. | margarine |  | 100 |
| 6.2. | butter |  | 67 |
| 6.3. | vegetable oil |  | 100 |
| 6.4. | raw tallow |  | 130 |
| 6.5. | bacon |  | 100 |
| 7. | Whole milk (100 cm3 of milk equal to 100 g) shall be substituted with: | 100 |  |
| 7.1. | kefir, sour milk or yoghurt |  | 100 |
| 7.2. | powdered milk\* |  | 15 |
| 7.3. | sweetened condensed milk |  | 20 |
| 7.4. | unsweetened condensed milk |  | 30 |
| 7.5. | cream |  | 15 |
| 7.6. | curd |  | 30 |
| 7.7. | cheese |  | 18 |
| 7.8. | eggs (pieces) |  | 0.5 |
| 8. | Eggs (pieces) shall be substituted with: | 1 |  |
| 8.1. | milk, kefir, sour milk or yoghurt |  | 200 |
| 8.2. | meat |  | 50 |
| 8.3. | fish |  | 120 |
| 8.4. | egg powder\* |  | 15 |
| 9. | Sugar shall be substituted with: | 100 |  |
| 9.1. | caramels |  | 50 |
| 9.2. | preserves, jam or fruit purées |  | 140 |
| 9.3. | marmalade |  | 130 |
| 9.4. | cookies |  | 100 |
| 9.5. | dried fruit |  | 67 |
| 9.6. | fruit-juice gelatine concentrate |  | 100 |
| 10. | Tomato paste shall be substituted with: | 100 |  |
| 10.1. | tomato-based sauce |  | 200 |
| 10.2. | tomato juice |  | 500 |
| 11. | Fresh fruit shall be substituted with: | 100 |  |
| 11.1. | fresh berries |  | 100 |
| 11.2. | watermelons |  | 300 |
| 11.3. | dried fruit |  | 20 |
| 11.4. | preserved compotes |  | 50 |
| 11.5. | natural juices |  | 100 |
| 11.6. | preserved juices, which contain 50 % of dry product |  | 20 |
| 11.7. | fruit beverages |  | 130 |
| 11.8. | fruit and berry extracts |  | 10 |
| 12. | Fruit and berry juices shall be substituted with: | 100 |  |
| 12.1. | canned fruit |  | 50 |
| 12.2. | dried fruit |  | 20 |
| 13. | Dried fruit shall be substituted with: | 100 |  |
| 13.1. | fresh fruit |  | 500 |
| 13.2. | fruit-juice gelatine concentrate |  | 150 |
| 14. | Natural tea shall be substituted with: | 100 |  |
| 14.1. | instant tea |  | 80 |
| 14.2. | coffee drink |  | 150 |
| 14.3. | instant coffee |  | 100 |
| 11.4. | cocoa |  | 150 |

Note. \* Interchangeable food products and norms thereof, which do not apply to minors.

Minister for the Interior Rihards Kozlovskis

**Annex 3**

Cabinet Regulation

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16 August 2016

**Norms of Hygienic and Basic Necessities**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Number | Name and measurement unit of a washing product and personal hygiene product | Norm (per year) | | |
| No. 1 | No. 2 | No. 3 |
| 1. | Toothbrush (pieces) | 4 | 4 | 1 |
| 2. | Toothpaste (ml) | 600 (1000–1500 ppm)\* | 300 (up to 1000 ppm) | 150 (up to 1000 ppm) |
| 3. | Toilet paper (30 m roll) | 24 | 12 | 5 |
| 4. | Wet wipes (package) | – | 15 | 20 |
| 5. | Sanitary towels for women  (if necessary) (pieces) | 180 | – | – |
| 6. | Household soap (g) | 2400 | – | – |
| 7. | Toilet soap (g) | 1200 | – | – |
| 8. | Shampoo (ml) | 720 | 400 | – |
| 9. | Single use razors  (if necessary) (pieces) | 36 | – | – |
| 10. | Disposable nose tissues (package) | 24 | 24 | 6 |
| 11. | Cotton wool (g) | 200 | 200 | 200 |
| 12. | Comb (pieces) | 1 | 1 | 1 |
| 13. | Baby soap (g) | – | 700 | 600 |
| 14. | Baby cream (ml) | – | 400 | 400 |
| 15. | Baby oil (ml) | – | 400 | 400 |
| 16. | Baby powder (ml) | – | 300 (until two years of age) | 400 |
| 17. | Pacifier (piecies) | – | 1 (until two years of age) | 3 |
| 18. | Bottle (pieces) | – | 1 (until two years of age) | 3 |
| 19. | Bottle nipple (pieces) | – | 1 (until two years of age) | 6 |
| 20. | Oilcloth (pieces) | – | 1 | 3 |
| 21. | Diapers (pieces) | – | 1100 (until two years of age) | 1400 |
| 22. | Washing powder (g) | 4800 | 3000 | 3000\*\* |
| 23. | Dishwashing detergent (ml) | 2400 | 2000 | 2000 |

Notes.

1. \* ppm (*parts per million*) – fluoride concentration in toothpaste.

2. \*\* Washing powder specially for children’s clothes.

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