

## Checklist to evaluate food provision against food-based standards for school food other than lunches, from January 2015

Use this to check the food and drink provision in each outlet operating in school against the food-based standards for all food other than lunches.

Please indicate which of these apply to your school	Yes/No
Breakfast (B)	<input type="checkbox"/>
Tuck shop/mid-morning break provision (M)	<input type="checkbox"/>
After school club (A)	<input type="checkbox"/>
Vending machine (V)	<input type="checkbox"/>

Food group	Are the following food-based standards for all school food other than lunches met?	Standard met (Yes/No)			
		B	M	A	V
<b>Starchy food</b>	Starchy food cooked in fat or oil no more than two days each week, <i>across the school day</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Fruit and vegetables</b>	Fruit and/or vegetables available in all school food outlets	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Meat, fish, eggs, beans and other non-dairy sources of protein</b>	A meat or poultry product (manufactured or homemade and meeting the legal requirements) no more than once each week in primary schools and twice each week in secondary schools, <i>across the school day</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Milk and dairy</b>	Lower fat milk and lactose reduced milk must be available for drinking at least once a day <i>during school hours</i> .	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Foods high in fat, sugar and salt</b>	No more than two portions of food that have been deep-fried, batter-coated, breadcrumb-coated, each week, <i>across the school day</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	No more than two portions of food which include pastry each week, <i>across the school day</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat <i>across the school day</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	No savoury crackers or breadsticks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	No confectionery, chocolate and chocolate-coated products, <i>across the school day</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	No cakes, biscuits or desserts (except yoghurt or fruit-based desserts containing at least 50% fruit)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Salt must not be available to add to food after it has been cooked	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Condiments must be limited to sachets or portions of no more than 10 grams or one teaspoonful.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Food group	Are the following food-based standards for all school food other than lunches met?	Standard met (Yes/No)			
		B	M	A	V
<b>Healthier drinks</b>	Free, fresh drinking water at all times				
	<p>The only drinks permitted are:</p> <ul style="list-style-type: none"> <li>▪ plain water (still or carbonated)</li> <li>▪ lower fat milk or lactose-reduced milk</li> <li>▪ fruit or vegetable juice (max 150mls)</li> <li>▪ plain soya, rice or oat drinks enriched with calcium; plain fermented milk (such as yoghurt) drinks</li> <li>▪ combinations of fruit or vegetable juice with plain water (still or carbonated, with no added sugars or honey)</li> <li>▪ combinations of fruit juice and lower fat milk or plain low-fat yoghurt, plain soya, rice or oat drinks enriched with calcium, cocoa and lower fat milk, flavoured lower fat milk, all with less than 5% added sugars or honey</li> <li>▪ tea, coffee, hot chocolate.</li> </ul> <p>Combination drinks are limited to a portion size of 330mls. They may contain added vitamins or minerals, and no more than 150ml of fruit or vegetable juice. Fruit or vegetable juice combination drinks must be at least 45% fruit or vegetable juice.</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>