

School Food Standards

A practical guide for schools
their cooks and caterers



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Eating in school should be a pleasurable experience: time spent sharing good food with peers and teachers.

These school food standards are intended to help children develop healthy eating habits and ensure that they get the energy and nutrition they need across the whole school day. It is just as important to cook food that looks good and tastes delicious; to talk to children about what is on offer and recommend dishes; to reduce queuing; and to serve the food in a pleasant environment where they can eat with their friends.

As a general principle, it is important to provide a wide range of foods across the week. Variety is key – whether it is different fruits, vegetables, grains, pulses or types of meat and fish. Children love to hear the stories behind their food. Use fresh, sustainable and locally-sourced ingredients (best of all, from the school vegetable garden) and talk to them about what they are eating. Go to www.schoolfoodplan.com/www to find examples of what other schools are doing to encourage children to eat well.

Buying foods in line with the **Government Buying Standards** will help reduce salt, saturated fat and sugar, and increase fruit, vegetable and fibre content.

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A summary of the mandatory food-based standards. To print off a poster (to put on your kitchen wall) please go to:

www.schoolfoodplan.com/standards

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This section is broken down by food group. It explains why the standards within each food group matter, and gives advice on how to deliver them well.

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You can also download a wall-chart separately if you wish, at:

www.schoolfoodplan.com/standards

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For lunch and food served other than lunch. To print, please go to:

www.schoolfoodplan.com/standards

The standards for school lunches



Starchy foods

One or more portions of food from this group every day

Three or more different starchy foods each week

One or more wholegrain varieties of starchy food each week

Starchy food cooked in fat or oil no more than two days each week
(applies across the whole school day)

Bread - with no added fat or oil - must be available every day



Meat, fish, eggs, beans and other non-dairy sources of protein

A portion of food from this group every day

A portion of meat or poultry on three or more days each week

Oily fish once or more every three weeks

For vegetarians, a portion of non-dairy protein on three or more days each week

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
(applies across the whole school day)



Fruit and Vegetables

One or more portions of vegetables or salad as an accompaniment every day

One or more portions of fruit every day

A dessert containing at least 50% fruit two or more times each week

At least three different fruits and three different vegetables each week



Foods high in fat, sugar and salt

No more than two portions of food that have been deep-fried, batter-coated, or breadcrumb-coated, each week
(applies across the whole school day)

No more than two portions of food which include pastry each week
(applies across the whole school day)

No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat
(applies across the whole school day)

Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food

No confectionery, chocolate or chocolate-coated products
(applies across the whole school day)

Desserts, cakes and biscuits are allowed at lunchtime. They must not contain any confectionery

Salt must not be available to add to food after it has been cooked

Any condiments must be limited to sachets or portions of no more than 10 grams or one teaspoonful



Milk and dairy

A portion of food from this group every day

Lower fat milk and lactose reduced milk must be available for drinking at least once a day during school hours



Healthier drinks

applies across the whole school day

Free, fresh drinking water at all times

The only drinks permitted are:

- Plain water (still or carbonated)
- Lower fat milk or lactose reduced milk
- Fruit or vegetable juice (max 150mls)
- Plain soya, rice or oat drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks
- Unsweetened combinations of fruit or vegetable juice with plain water (still or carbonated)
- Combinations of fruit juice and lower fat milk or plain yoghurt, plain soya, rice or oat drinks enriched with calcium; cocoa and lower fat milk; flavoured lower fat milk
- Tea, coffee, hot chocolate

Combination drinks are limited to a portion size of 330mls. They may contain added vitamins or minerals, but no more than 5% added sugars or honey or 150mls fruit juice. Fruit juice combination drinks must be at least 45% fruit juice

Implementing the Standards

A child's healthy, balanced diet should consist of:

1. **Plenty of fruit and vegetables**
 2. **Plenty of unrefined starchy foods**
 3. **Some meat, fish, eggs, beans and other non-dairy sources of protein**
 4. **Some milk and dairy foods**
- (and a small amount of food and drink high in fat, sugar and/or salt)**



Starchy foods

WHY IS THIS FOOD GROUP IMPORTANT?

Starchy food is an important source of energy and B vitamins. Flour is fortified with iron and calcium too.

Wholegrain varieties of bread and pasta are good sources of fibre, which is important for a healthy digestive system.

Starchy foods help children feel full, so they are less likely to snack on foods high in fat, saturated fat, sugar, or salt.

TOP TIPS

Use wholegrain varieties of starchy foods. Try using a 50:50 mix for pasta and rice.

Use at least half wholemeal or granary flour when making bread, puddings, cakes, biscuits, batters and sauces.

Use different types of bread, and look for products with higher fibre.

Do not add salt to water when cooking pasta, rice and other starchy foods.

Instead, add flavour to the main dish by using herbs, spices, garlic and vegetables.



Fruit and Vegetables

WHY IS THIS FOOD GROUP IMPORTANT?

Getting children to eat more fruit and vegetables (particularly vegetables) is vital for good health. Introducing children to a wide variety of fruit and vegetables establishes healthy eating habits for life, reducing the risk of heart disease, stroke and some cancers.

Fruit and vegetables are a good source of essential vitamins and minerals. They are also often a good source of fibre.

Fruit and vegetables add colour, flavour and variety to meals.

TOP TIPS

Make sure your 'meal deals' always contain at least one portion of vegetable and one portion of fruit.

Provide at least two different coloured vegetables and fruits each day.

Buy fruit and vegetables that are in season.

Choose canned products in water or 'natural juice', with no added salt or sugar.

Don't serve baked beans more than once a week, and choose low-sugar and low-salt varieties.

Pulses count as vegetables. (However, if you are serving pulses as a non-dairy protein for vegetarians, you will need a separate vegetable serving as well).

Steam vegetables or boil them in a minimal amount of water.

Make sure that fruit and vegetables are displayed prominently and attractively. Talk to the children to encourage them to try new vegetable and fruit dishes.

Using produce from the school garden is a great way to encourage children to try new vegetables and fruit.

Price a portion of fruit so that it's cheaper than a hot or cold dessert.

For the benefit of picky eaters, smuggle lots of vegetables into composite dishes such as Bolognese or chilli con carne.



Milk and dairy

WHY IS THIS FOOD GROUP IMPORTANT?

Dairy foods are a rich source of energy, protein, calcium, vitamin A and riboflavin.

TOP TIPS

Hard cheeses such as cheddar tend to be higher in saturated fat than softer cheese. When using hard cheeses, choose stronger-tasting varieties and use smaller amounts.

Offer frozen yoghurt as an alternative to ice cream.

Buy low-sugar varieties of milkshakes and yoghurt drinks. Better still, make them yourself using fruit to sweeten them.

The food-based standards specify which types of food should be served at school, and how often. Procuring foods in line with **Government Buying Standards** (see <http://sd.defra.gov.uk/advice/public/buying>) will help reduce salt, saturated fat and sugar, and increase fruit, vegetable and fibre content.



Meat, fish, eggs, beans

and other non-dairy sources of protein

WHY IS THIS FOOD GROUP IMPORTANT?

Foods from this group provide protein and essential minerals, including iron and zinc.

Oily fish provides omega-3 fatty acids (which are beneficial to health) and vitamins A and D.

TOP TIPS

Be aware that canned tuna is not a good source of omega-3 fatty acids.

Ensure vegetarian meals are as varied as the rest of the menu by using pulses twice a week, soya, tofu, or Quorn™ once or twice each week, and eggs and cheese once or twice each week.

Encourage all children to have a meat-free day each week, using alternatives such as pulses, soya mince, tofu and Quorn™.

Go to the Marine Stewardship Council (www.msc.org) for advice on buying responsibly sourced fish.



Foods high in fat, sugar and salt

WHY IS IT IMPORTANT TO LIMIT PROVISION OF FOOD FROM THIS GROUP?

Foods from this group are often high in energy (calories) but provide few other nutrients.

Reducing saturated fat intake can help reduce the risk of heart disease. Eating unsaturated fats instead, which are found in foods such as oily fish, nuts and seeds, and sunflower and olive oils, can help lower blood cholesterol.

Too much salt can encourage a taste for salty foods, potentially leading to high blood pressure in later life.

High sugar intake provides unnecessary calories and can lead to weight gain and tooth decay.

TOP TIPS

Saturated fat is linked to an increased risk of heart disease, so choose mono- and poly-unsaturated fats – such as rapeseed, soya, sunflower and olive oils – wherever possible for cooking or salad dressings.

Avoid products that list partially hydrogenated fat or oil on the label.

Use higher fibre ingredients, such as wholemeal flour, alongside or instead of white flour.

Reduce the amount of sugar used in dishes. Use fresh or dried fruit to sweeten dishes.

Ask suppliers for nutritional information, and read food labels to check the amount of fat, saturated fat, salt and sugars in their products.

Instead of salt, use herbs, spices, garlic, vegetables and fruits to add flavour to dishes.

Do not use flavour enhancers such as MSG or E621. These can be very high in sodium.

Choose biscuits, cakes and pastries that are lower in fat, saturated fat, sugar and salt. Where possible, choose products that meet the Responsibility Deal targets. <https://responsibilitydeal.dh.gov.uk>

If buying ready meals, choose those with less than 6g saturated fat per portion.



Healthier drinks

WHY ARE HEALTHY DRINKS IMPORTANT?

Water should be the default drink for every child. The more it is offered, the more readily they will accept it. Sugary or sweetened drinks often have no nutritional value, contribute to weight gain, and can cause tooth decay.

TOP TIPS

Provide drinks that are unsweetened, unfortified and additive-free.

Avoid drinks containing preservatives, flavourings, colourings and sweeteners.

Portion sizes and food groups

Starchy foods



This includes all breads, potatoes, rice, couscous, bulgur wheat, semolina, tapioca, maize, cornmeal, noodles and pasta, oats, millet, barley, buckwheat, rye, spelt, plantain, yam, sweet potato, and cassava.

Typical portion sizes (grams/mls/household measures) raw and cooked food

Food		Primary 4-10 year olds	Secondary 11-18 year olds
Bread: includes white, wholemeal, granary, brown, wheatgerm, multigrain, potato bread, chapattis, plain baked naan, rotis, rolls, bagels, pitta, wraps		(50-70g) 1-2 slices of medium bread 1 small roll 1 small or 1/2 large bagel 1 small pitta 2 6" wraps 1 10" wrap	(80-100g) 2 thick slices of bread 1 large roll or sub roll 1 large bagel 1 large pitta 1 12" wrap
Potatoes or sweet potato: includes boiled mashed	Raw	120-170g	200-250g
Jacket and baked potatoes	Raw	200-280g	330-410g
Other starchy root vegetables: includes yam, plantain, cocoyam and cassava	Raw	100-150g	150-200g
Pasta and noodles: includes white and wholemeal spaghetti, noodles and pasta shapes	Dried ²	45-65g	65-80g
Rice: includes white and brown rice	Dried ³	35-55g	55-65g
Other grains: includes couscous, bulgur wheat, maize (polenta) and cornmeal	Dried	40-60g	60-70g

Starchy foods where fat or oil has been added before or during the cooking process: include roast or sautéed potatoes, chips, potato wedges, pre-prepared potato products, fried rice, bread, or noodles, hash browns, garlic bread, Yorkshire pudding, chapattis and naan made with fat, pancakes and waffles cooked in oil.

Potatoes cooked in oil or fat: includes roast or sautéed potatoes, chips, potato wedges, other processed potato products such as waffles	Raw	70-100g	120-150g
Garlic bread (as an accompaniment)	Dried	20g 1 slice	40g 2 slices

Bread with no added fat or oil must be available every day. All types of plain bread with no added fat or oil, including brown, wholemeal, granary, white, mixtures of white and wholemeal, pitta, rolls, chapattis, naan, ciabatta, and herb bread.

Note: **Wholegrain (i.e. made with, or containing whole grain):** starchy wholegrains include wholemeal, granary flour, bread and bread products, wholewheat pasta, brown rice and oats. Higher-fibre white bread, 50/50 bread, half/half wholegrain and white mixes, such as 50/50 mix of brown and white rice, 50/50 whole wheat and white pasta.

¹ Based on average weight change of wholemeal and white spaghetti, pasta shapes and noodles

² Based on average weight change of white and brown rice

Fruit and Vegetables

This includes vegetables in all forms, including fresh, frozen, canned, dried and juiced, as well as pulses such as beans and lentils. Vegetables or salad should be offered as an accompaniment to every meal, in addition to any vegetables used as ingredients in composite dishes such as casseroles and stews. Potatoes are classed as a starchy food and are not included in this food group.

Typical portion sizes (grams/mls/household measures) raw and cooked food

Food		Primary 4-10 year olds	Secondary 11-18 year olds
Vegetables or mixed salad, salad bars	Raw	40-60g	80g
Vegetables including peas, green beans, sweetcorn, carrots, mixed vegetables, cauliflower, broccoli, swede, turnip, leek, Brussels sprouts, cabbage, spinach, spring greens	Cooked	40-60g 1-2 tablespoons	80g 2-3 tablespoons
Pulses include lentils, kidney beans, chick peas	Dried ¹	15-20g	30g
	Cooked	40-60g 1-2 tablespoons	80g 3 tablespoons
Baked beans in tomato sauce (as an accompaniment)	Cooked	50-70g 1-2 tablespoons	90-100g 3 tablespoons
Vegetable-based soup	Cooked	200-250g	250-300g
<p>Fruits in all forms, including fresh, frozen, canned, dried and juiced. Fruits can be provided within other dishes - for example, fruit-based desserts such as crumbles.</p>			
Large-size fruit, e.g. apples, pears, bananas, peaches	Raw	75-100g 1 small sized fruit with skin	100-150g 1 medium sized fruit with skin
Medium-size fruit, e.g. satsumas, tangerines, plums, apricots, kiwis	Raw	50-100g 1 fruit with skin	80-100g 1-2 fruits with skin
Small fruits, e.g. strawberries, raspberries, grapes	Raw	40-60g 10-15 fruits	80g 15-20 fruits
Dried fruit, e.g. raisins, sultanas, apricots	Dried	15-30g ½ - 1 tablespoon	25-30g 1 tablespoon
<p>All fruit-based desserts should have a content of at least 50% fruit measured by weight of the raw ingredients (e.g. fruit crumble, fruit pie, fruit sponge, fruit cobbler, fruit jelly). Fruit used as decoration or jam added to a dessert does not count towards this standard.</p>			
Fruit salad, fruit tinned in juice and stewed fruit	Raw/cooked	65-100g (40 g min fruit) 2-3 tablespoons	130g 80g min fruit) 3-4 tablespoons

¹Based on average weight change of chickpeas, kidney beans and green lentils

Portion sizes and food groups



Meat, fish, eggs, beans and other non-dairy sources of protein

This includes fresh and frozen meat, poultry, fresh, frozen and canned fish, shellfish, eggs, meat alternatives (including products such as soya and Quorn™), tofu, pulses such as beans (cannellini, kidney, pinto, borlotti, haricot, butter, but not green beans), chickpeas, lentils (red, green, brown and puy) and nuts.

Typical portion sizes (grams/mls/household measures) raw and cooked food

Food		Primary 4-10 year olds	Secondary 11-18 year olds
Roast red meat includes beef, lamb, pork, veal, venison and goat. This is also the meat portion for baked potato/sandwich fillings	Raw	50-80g	80-95g
Roast poultry includes chicken, turkey and duck, as well as dishes or products made from these meats	Raw	60-85g	85-125g
All dishes containing red meat or poultry (e.g. stew, casserole, curry, sweet and sour, pie with potato topping) Note: <i>weight may be reduced proportionately in composite dishes if adding another protein based food, such as beans/cheese/milk</i>	Raw	50-75g	75-90g
Meat-based soup	Cooked	200-250g	250-300g
White fish such as pollock, hake, coley, cod, haddock and plaice – whether cooked alone, or in a dish such as a casserole or fish pie, or as a breaded or battered product	Raw	60-90g	90-125g
Oily fish, such as fresh, tinned or frozen salmon, sardines, pilchards, mackerel, herring, and fresh or frozen tuna. Tuna only counts as an oily fish when it is fresh or frozen because the omega-3 fatty acids are removed during the canning process	Raw	55-80g	80-110g
Fish or shellfish such as tuna, salmon, mackerel and prawns, served in a salad, baked potato or sandwich	Cooked	50-70g	70-100g
Egg served in a salad, baked potato or sandwich	Cooked	1 egg	1-2 eggs
Meat alternatives made from soya beans, such as soya mince, tofu and Quorn™ (e.g. vegetarian stew, curry, tikka, sweet and sour). Note: <i>weight may be reduced proportionately in composite dishes if adding another protein-based food such as beans/cheese/milk</i>	Cooked	50-70g	70-100g
Pulses such as beans (cannellini, kidney, pinto, borlotti, haricot, butter, but not green beans), chickpeas, lentils (red, green, brown and puy). This also includes nuts	Raw	20-25g	40-45g
	Cooked	50-60g 1-2 heaped tablespoons	100-120g 2-3 heaped tablespoons
Vegetarian sausages, burgers, nut cutlets	Raw/cooked	50-70g	70-100g
Meat products			
Sausages made from beef, lamb or pork	Raw	50-75g 1 sausage	75-90g 1-2 sausages
Burgers	Raw	55-80g	80-100g
Scotch pies, bridies, sausage rolls, Cornish pasty, encased meat pastry pies, quiche, cold pork pie (e.g. Melton Mowbray)	Cooked	80g	110g
Breaded or battered shaped chicken and turkey products, e.g. nuggets, goujons, burgers	Cooked	50-70g	70-100g



Milk and dairy

This includes all types of milk, cheese, yoghurt (including plain or fruit, frozen and drinking yoghurt), or fromage frais, milk-based sauces, custard (made with milk), puddings made from milk and milk-based sauces.

Food	Primary 4-10 year olds	Secondary 11-18 year olds
Lower-fat drinking milk	150-200 mls	200-250 mls
Milk puddings and whips made with milk	100-120g	120-150g
Custard made with milk (e.g. served with fruit); portion size excludes fruit	80-100g	100-120g
Yoghurts	80-120g	120-150g
Cheese (<i>added to salads, baked potatoes, sandwiches or crackers</i>)	20-30g	30-40g



Foods high in fat, sugar and salt

Deep fried foods: including those deep fried or flash fried in the kitchen or in the manufacturing process, such as chips (including oven chips), potato waffles, hash browns, samosas, plantain chips, spring rolls, doughnuts, pakora and bhajjis.

Refer to relevant portion size table

Batter-coated and breadcrumb-coated foods: including any bought-in or homemade products such as chicken nuggets, fish fingers, battered onion rings and tempura.

Refer to relevant portion size table

Pastry: including shortcrust, flaky, filo, choux and puff, used in quiches, meat pies, fruit pies, fruit tarts, sausage rolls, pasties, samosa.

Refer to relevant portion size table

Desserts: include cereal and starch based desserts such as rice, semolina, tapioca pudding, fruit-based desserts such as jelly, fruit compote, crumbles, and sponge puddings, vegetable-based desserts such as soya-based mousse, egg-based desserts such as ready to eat products and products prepared from egg such as flans, egg custard, custard fillings in pies, meringues, dairy-based desserts such as puddings with dairy-based fillings, fruit or flavoured yoghurt or other fermented milk and/or milk products, ice cream, mousse and fat-based desserts, such as ice cream, made with vegetable fats.

Fruit pies, sponge puddings or crumbles	80-100g	100-120g
Fruit jelly (portion size excludes fruit)	80-100g	100-120g

Cakes and biscuits: include manufactured, bought-in products and prepared from scratch cakes and biscuits such as individual cakes, buns and pastries, scones, sweet and savoury biscuits.

Cakes, tray bakes, muffins, scones, doughnuts	40-50g	50-60g
Biscuits and flapjack	25-30g	30-40g
Ice cream	60-80g	100g
Pizza base	50-70g	80-100g
Savoury crackers, bread sticks (served with fruit, vegetables or dairy foods); portion size excludes fruit.	10-15g 1-2 crackers	15-30g 2-3 crackers
Condiments: include ketchup, mayonnaise, salad cream, brown sauce, chutney.	no more than 10g, or one teaspoonful	
Gravy	20-30g 1 tablespoon	40-50g 2 tablespoons

'Snacks' means pre-packaged items other than confectionery, sandwiches, cakes or biscuits, which are ready to eat without further preparation and which consist of or include as a basic ingredient potato, cereals, soya, nuts, seeds, fruit or vegetables.

Refer to relevant portion size table for fruit, vegetables and crackers

Confectionery: includes cereal bars, processed fruit bars, non-chocolate confectionery (whether or not containing sugar), chocolate in any form (except hot chocolate), any product containing or wholly or partially coated with chocolate and any chocolate-flavoured substance. Cocoa is permitted.

Not permitted - no portion sizes provided



Healthier Drinks





Fruit/vegetable juice (maximum portion size)	150 mls	150 mls
Drinking milk	150-200 mls	200-250 mls
Combination drinks (fruit juice/water, flavoured milk) (maximum portion size)	330 mls	330 mls

Top Tips

HOW TO INCREASE THE IRON, ZINC AND CALCIUM CONTENT OF YOUR MENU

Research shows that some children in Britain aren't getting enough iron, zinc and calcium in their diets to support their rapid growth. Here are some ways to boost their intake of these important minerals.

SOURCES OF IRON, ZINC AND CALCIUM IN EACH FOOD GROUP:

 Starchy foods	 Fruit and Vegetables	 Milk and dairy foods	 Meat, fish, eggs, beans and other non-dairy sources of protein
IRON Wholemeal bread Fortified breakfast cereals	IRON Pulses e.g. chickpeas, lentils, beans (not green beans) Dried apricots Raisins	ZINC Cheese	IRON Lean red meat e.g. beef, lamb Soya beans, Pulses e.g. chickpeas, lentils, beans (not green beans)
ZINC Wholegrain and wheat germ breads Plain popcorn	CALCIUM Dried figs	CALCIUM Milk Yoghurt Cheese Milk-based desserts e.g. custard Soya drinks enriched with calcium	ZINC Lean red meat e.g. beef, lamb, pork Dark poultry meat Oily fish e.g. canned sardines, pilchards, mackerel Quorn™ Peanuts/ground nuts/almonds Sesame seeds
CALCIUM Bread (except wholemeal) Bread-based products			CALCIUM Canned sardines or pilchards, drained and mashed up with the bones Tofu (soya bean)

MANAGING FOOD ALLERGIES AND INTOLERANCES

Food allergies or intolerances must be taken seriously. Schools and caterers should work closely with parents to support children with medically-verified allergies or intolerances.

The 2014 EU Food Information for Consumers Regulation (1169/2011)⁴ requires food businesses to provide allergy information for un-packaged foods. There are also changes to existing legislation on labelling allergenic ingredients in pre-packed foods. See <http://www.food.gov.uk/enforcement/regulation/fir/labellingproposals/#.U5hox5RdWfg> for more information.

While it can sometimes feel daunting to cater for children with allergies or intolerances, it is important that these children can enjoy eating school food with their friends. There are a number of organisations who can provide practical help with this issue. Go to <http://whatworkswell.schoolfoodplan.com/articles/category/16/catering-for-special-diets> for a comprehensive list of helpful organisations.

⁴http://ec.europa.eu/food/food/labellingnutrition/foodlabelling/proposed_legislation_en.htm

Standards for school food *other than lunch*



Fruit and Vegetables

Fruit and/or vegetables available in all school food outlets

SUGGESTIONS FOR WHAT YOU CAN SERVE

Pots of sliced/chopped fresh fruit. Fruit kebabs. Vegetable sticks with dips. Salad shaker pots. Malt loaf or fruit bread



Starchy foods

Starchy food cooked in fat or oil no more than two days each week (*applies across the whole school day*)

SUGGESTIONS FOR WHAT YOU CAN SERVE

Potatoes, rice, pasta and bread (although these are restricted if cooked in fat or oil). Porridge is a great breakfast food. Use fruit to sweeten if necessary. Otherwise, choose fortified breakfast cereals with higher fibre and low or medium sugar content. Avoid cereals with lots of added sugar and salt



Meat, fish, eggs, beans *and other non-dairy sources of protein*

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 (*applies across the whole school day*)

SUGGESTIONS FOR WHAT YOU CAN SERVE

Offer a variety of sandwich/wraps/muffin fillings or toast toppings, such as eggs, houmous, sliced meat, poultry, fish, canned fish, baked beans. Or serve tortillas, fajitas, burritos, quesadillas, enchiladas, omelette, Spanish omelette or frittata



Milk and dairy

Lower fat milk and lactose reduced milk must be available for drinking at least once a day during school hours

SUGGESTIONS FOR WHAT YOU CAN SERVE

Choose lower fat natural (plain) yoghurt and plain lower fat fromage frais, and add fruit to sweeten



Healthier drinks

applies across the whole school day

Free, fresh drinking water at all times

The only drinks permitted are:

- Plain water (still or carbonated)
- Lower fat milk or lactose reduced milk
- Fruit or vegetable juice (max 150mls)
- Plain soya, rice or oat drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks
- Unsweetened combinations of fruit or vegetable juice with plain water (still or carbonated)
- Combinations of fruit juice and lower fat milk or plain yoghurt, plain soya, rice or oat drinks enriched with calcium; cocoa and lower fat milk; flavoured lower fat milk
- Tea, coffee, hot chocolate

Combination drinks are limited to a portion size of 330mls. They may contain added vitamins or minerals, but no more than 5% added sugars or honey or 150mls fruit juice. Fruit juice combination drinks must be at least 45% fruit juice

Many of the food-based standards apply to food served throughout the school day, including breakfast, mid-morning break and after school clubs, as well as from vending machines and tuck shops. We have produced a checklist (see page 16) for schools to ensure the food and drink provision in each outlet operating in the school is compliant with the food-based standards for food other than lunch, available to download at

www.schoolfoodplan.com/standards

As with the previous standards, these do not apply at parties, celebrations to mark religious or cultural occasions, or at fund-raising events.



Foods high in fat, sugar and salt

- No more than two portions of food that has been deep-fried, batter-coated, breadcrumb-coated, each week (*applies across the whole school day*)
- No more than two portions of food which include pastry each week (*applies across the whole school day*)
- No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat (*applies across the whole school day*)
- No savoury crackers or breadsticks
- No confectionery, chocolate and chocolate-coated products (*applies across the whole school day*)
- No cakes, biscuits, pastries or desserts (except yoghurt or fruit-based desserts containing at least 50% fruit)
- Salt must not be available to add to food after it has been cooked
- Any condiments limited to sachets or portions of no more than 10 grams or one teaspoonful

SUGGESTIONS FOR WHAT YOU CAN SERVE

Remember: foods high in fat, sugar and salt are restricted or not permitted at times other than lunch

Advice for preparing varied and tasty menus

1 HOW TO CREATE INTERESTING, VARIED AND HEALTHY MENUS

The School Food Plan has collected many examples of menus which meet the food-based standards and the nutrient framework – along with useful recipes created by caterers and cooks. You can access them by going to www.schoolfoodplan.com/standards

2 COOKING HEALTHIER FOOD

- Choose products that meet the Responsibility Deal salt targets: <https://responsibilitydeal.dh.gov.uk>
- Ask suppliers for nutritional information for their products, and read food labels to select those with lower amounts of fat, saturated fat, salt and sugars.
- Take action to limit the fat, sugar and salt content of recipes.
- Trim visible fat from meat, remove skin from poultry.
- Avoid frying or roasting. If you do, use spray oils.
- Skim fat from the surfaces of liquids.
- Roast or grill on a rack or trivet rather than cooking in a flat oven tray.
- Thicken soups and sauces with puréed vegetables or reductions, rather than adding extra flour and fat.
- Use lower fat vinaigrette or yoghurt dressings instead of mayonnaise.
- Don't add salt when boiling starchy foods or vegetables.
- Try halving the amount of sugar suggested in recipes. Or use fresh or dried fruit in dishes instead of sugar.

3 HOMEMADE FOOD

Consider making popular foods like burgers and sausages from scratch. Such 'homemade' offerings are usually healthier than the pre-made products sold by suppliers. Once you're cooking from scratch, why not branch out? The same mince used for a burger could make a meatloaf, meatballs or a ragout, to name but a few.

4 READING FOOD LABELS TO CHOOSE LOWER FAT, SATURATED FAT, SUGAR AND SALT PRODUCTS

When buying food, ask suppliers for nutritional information and choose those which are marked as 'low' or 'medium' in fat, saturated fat, sugar and salt (sodium). Portion sizes given on the product label may not be appropriate for children, so use the portion size checklist here.

FOOD LABELLING GUIDELINES FOR FAT, SATURATED FAT, SALT AND SUGAR PER 100G (WHETHER OR NOT IT IS SOLD BY VOLUME)

NUTRIENT	WHAT IS LOW per 100g?	WHAT IS MEDIUM per 100g?	WHAT IS HIGH per 100g?	WHAT IS HIGH per portion?
Fat	3.0g or less	3.0 - 17.5g	More than 17.5g	More than 21.0g
Saturated Fat	1.5g or less	1.5 - 5.0g	More than 5.0g	More than 6.0g
Sugar	5.0g or less	5.0 - 22.5g	More than 22.5g	More than 27.0g
Salt	0.3g or less	0.3 - 1.5g	More than 1.5g	More than 1.8g
Criteria for drinks (per 100ml)				
Total Fat	1.5g or less	1.5 - 8.75g	More than 8.75g	More than 10.5g
Saturated fat	0.75g or less	0.75 - 2.5g	More than 2.5g	More than 3.0g
(Total) Sugars	2.5g or less	2.5 - 11.25g	More than 11.25g	More than 13.5g
Salt*	0.3g or less	0.3 - 0.75g	More than 0.75g	More than 0.9g

* Sodium from all sources expressed as salt (1g sodium = 2.2g salt)

Good procurement and Government Buying Standards

There are a number of resources available to caterers and cooks to help them source their food responsibly.

GOVERNMENT BUYING STANDARDS

Government Buying Standards set clear technical specifications to assist with buying food and catering services. <https://www.gov.uk/government/policies/making-sustainable-development-a-part-of-all-government-policy-and-operations>
These will be supplemented in the summer of 2014 by a toolkit to support public procurement.

FOOD FOR LIFE CATERING MARK

The Food for Life Catering Mark provides independent endorsement that food providers are meeting the school food standards and serving food prepared from fresh, sustainable and locally sourced ingredients: www.sacert.org/catering

FAIRTRADE

Buy Fairtrade products. See the national Fairtrade purchasing guide for caterers at: www.fairtrade.org.uk/for_business/business_resources/stock_fairtrade_products.aspx

ADVICE ON SEASONAL AND LOCAL FOOD

Buy seasonal and local food. As well as often being more sustainable in production, it can build greater awareness of local produce and build stronger links with local food suppliers. See: http://www.childrensfoodtrust.org.uk/assets/rsrscs/british-seasonal-food-charts/cft_sfdchart_a1final.pdf

Directories of local and regional food suppliers can be found at: www.sustainweb.org/foodlegacy/local_and_sustainable_food_directories

MARINE STEWARDSHIP COUNCIL

Choose fish from verifiably sustainable sources and ideally Marine Stewardship Council (MSC) certified: www.msc.org
Also see: www.fishonline.org

OTHER USEFUL RESOURCES OF SCHOOL FOOD PROCUREMENT

Children's Food Trust Quick guide to school food procurement: www.childrensfoodtrust.org.uk/assets/rsrscs/quick-guides/CFTQGdProcV2_FINAL-web.pdf

Food Delivery for Schools Programme. To find out more about the FdS Programme: www.pro5.org

FOOD WASTE

Reducing food waste can save money and time and be a great way to get pupils involved. For top tips, see: www.recyclenow.com/recycle/recycle-schoolreducing-food-waste

Where to go for more information and advice

The School Food Plan lays out 16 clear actions that support schools to transform their school food – both what children eat in school and how they learn about food. Go to www.schoolfoodplan.com/www to find examples of what other schools are doing to encourage children to eat well and to find details of many excellent organisations who are there to help.

RECIPES AND MENUS

Visit www.schoolfoodplan.com/www for a range of recipes and menus that meet the food based standards and nutrient framework.

AWARD SCHEMES FOR SCHOOLS AND CATERERS

- The Children's Food Trust Excellence Award champions healthy eating for children food. www.childrensfoodtrust.org.uk/award
- The Food for Life Partnership (FFLP) is an award scheme for schools which provides a framework to transform food culture through improving school food, meal take up and food education through a 'whole school approach'. www.foodforlife.org.uk

ALLERGIES AND SPECIAL DIETS

See <http://whatworkswell.schoolfoodplan.com/articles/category/16/catering-for-special-diets> for a list of organisations who can help with allergies, cultural and special diets

DRINKS

For an updated list and definitions of drinks permitted in schools in England, see: www.childrensfoodtrust.org.uk/revisedstandards

HEALTHIER CATERING TOOLKITS

- Public Health England has published 'Healthier and more sustainable catering: a toolkit for serving food to adults'. <https://www.gov.uk/government/publications/healthier-and-more-sustainable-catering-a-toolkit-for-serving-food-to-adults>
- Department for Health catering guidance for small businesses. https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/193106/130408-RD-Toolkit-Web-version.pdf

USEFUL ORGANISATIONS

DEPARTMENT FOR EDUCATION

The Department for Education sets the standards for school food and is responsible for the legislation. A link to the school food regulations can be found at: www.schoolfoodplan.com/standards

DEPARTMENT FOR ENVIRONMENT, FOOD AND RURAL AFFAIRS (DEFRA)

The Department for Environment, Food and Rural Affairs (Defra) is responsible for Government Buying Standards (GBS) and is developing a government initiative to encourage better public sector procurement of food and catering services. It encourages a healthy, engaged approach to food in schools as well as other parts of the public sector and provides a toolkit to assist buyers and sellers. The GBS are available now and a toolkit and further guidance will be available from summer 2014: <https://www.gov.uk/government/policies/making-sustainable-development-a-part-of-all-government-policy-and-operations>

PUBLIC HEALTH ENGLAND

PHE is an executive agency of the Department of Health. Its mission is to protect and improve the nation's health and to address inequalities. Its social marketing campaign is Change4Life, which aims to help Key Stage 1 and 2 pupils understand the benefits of eating well and living a more active lifestyle from an early age: www.nhs.uk/c4l/schools

LACA

The Lead Association for Catering in Education (LACA) is the lead membership organisation for the School Food sector. It has lots of information and advice on school food for members: www.laca.co.uk

CHILDREN'S FOOD TRUST

The Children's Food Trust is a national charity protecting every child's right to eat better and, so, to do better. The Trust provides tailored advice, training and practical support for all those involved in children's food: www.childrensfoodtrust.org.uk

FOOD FOR LIFE PARTNERSHIP

The Food for Life Partnership (FFLP) is an award scheme for schools which provides a framework to transform food culture through improving school food, meal take up and food education through a 'whole school approach': www.foodforlife.org.uk

COMMUNITY DIETITIANS

Your community dietitian can be contacted through your local Public Health team or the British Dietetic Association: www.bda.uk.com

Checklist for school lunches

NAME OF SCHOOL:		DATE OF MENU:		
		Standard met (Y/N)		
Food group	Food-based standards for school lunches	Week 1	Week 2	Week 3
STARCHY FOOD	One or more portions of food from this group every day			
	Three or more different starchy foods each week			
	One or more wholegrain varieties of starchy food each week			
	Starchy food cooked in fat or oil no more than two days each week <i>(applies to food served across the whole school day)</i>			
	Bread - with no added fat or oil - must be available every day			
FRUIT AND VEGETABLES	One or more portions of vegetables or salad as an accompaniment every day			
	One or more portions of fruit every day			
	A dessert containing at least 50% fruit two or more times each week			
	At least three different fruits, and three different vegetables each week			
MEAT, FISH, EGGS, BEANS AND OTHER NON-DAIRY SOURCES OF PROTEIN	A portion of food from this group every day			
	A portion of meat or poultry on three or more days each week			
	Oily fish once or more every three weeks			
	For vegetarians, a portion of non-dairy protein three or more days a week			
	A meat or poultry product (manufactured or homemade and meeting the legal requirements) no more than once a week in primary schools and twice each week in secondary schools, <i>(applies across the whole school day)</i>			
MILK AND DAIRY	A portion of food from this group every day			
	Lower fat milk and lactose reduced milk must be available for drinking at least once a day during school hours			
FOODS HIGH IN FAT, SUGAR AND SALT	No more than two portions a week of food that has been deep-fried, batter-coated or breadcrumb-coated <i>(applies across the whole school day)</i>			
	No more than two portions of food which include pastry each week <i>(applies across the whole school day)</i>			
	No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat <i>(applies across the whole school day)</i>			
	Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food			
	No confectionery, chocolate and chocolate-coated products, <i>(applies across the whole school day)</i>			
	Desserts, cakes and biscuits are allowed at lunchtime. They must not contain any confectionery			
	Salt must not be available to add to food after it has been cooked			
	Any condiments limited to sachets or portions of no more than 10 grams or one teaspoonful.			
HEALTHIER DRINKS <i>applies across the whole school day</i>	Free, fresh drinking water at all times			
	<p>The only drinks permitted are:</p> <ul style="list-style-type: none"> • Plain water (still or carbonated) • Lower fat milk or lactose reduced milk • Fruit or vegetable juice (max 150mls) • Plain soya, rice or oat drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks • Unsweetened combinations of fruit or vegetable juice with plain water (still or carbonated) • Combinations of fruit juice and lower fat milk or plain yoghurt, plain soya, rice or oat drinks enriched with calcium; cocoa and lower fat milk; flavoured lower fat milk • Tea, coffee, hot chocolate <p>Combination drinks are limited to a portion size of 330mls. They may contain added vitamins or minerals, but no more than 5% added sugars or honey or 150mls fruit juice. Fruit juice combination drinks must be at least 45% fruit juice</p>			

It is expected that schools will use these checklists in combination with the nutrition criteria of the Government Buying Standards for Food and Catering Services.

Checklist for school food other than lunch

NAME OF SCHOOL/CATERER:		YES/NO			
BREAKFAST (B)					
TUCK SHOP/MID-MORNING BREAK PROVISION (M)					
AFTER SCHOOL CLUB (A)					
VENDING MACHINE (V)					
Food group	Food-based standards for school food other than lunch	Standard met (Y/N)			
		B	M	A	V
STARCHY FOOD	Starchy food cooked in fat or oil no more than two days each week (<i>applies across the whole school day</i>)				
FRUIT AND VEGETABLES	Fruit and/or vegetables available in all school food outlets				
MEAT, FISH, EGGS, BEANS AND OTHER NON-DAIRY SOURCES OF PROTEIN	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>applies across the whole school day</i>)				
MILK AND DAIRY	Lower fat milk and lactose reduced milk must be available for drinking at least once a day during school hours				
FOODS HIGH IN FAT, SUGAR AND SALT	No more than two portions of food that has been deep-fried, batter-coated, breadcrumb-coated, each week (<i>applies across the whole school day</i>)				
	No more than two portions of food which include pastry each week (<i>applies across the whole school day</i>)				
	No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat (<i>applies across the whole school day</i>)				
	No savoury crackers or breadsticks				
	No confectionery, chocolate and chocolate-coated products (<i>applies to food served across the whole school day</i>)				
	No cakes, biscuits, pastries or desserts (except yoghurt or fruit-based desserts containing at least 50% fruit)				
	Salt must not be available to add to food after it has been cooked				
HEALTHIER DRINKS <i>applies across the whole school day</i>	Any condiments limited to sachets or portions of no more than 10 grams or one teaspoonful.				
	Free, fresh drinking water at all times The only drinks permitted are: <ul style="list-style-type: none"> • Plain water (still or carbonated) • Lower fat milk or lactose reduced milk • Fruit or vegetable juice (max 150mls) • Plain soya, rice or oat drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks • Unsweetened combinations of fruit or vegetable juice with plain water (still or carbonated) • Combinations of fruit juice and lower fat milk or plain yoghurt, plain soya, rice or oat drinks enriched with calcium; cocoa and lower fat milk; flavoured lower fat milk • Tea, coffee, hot chocolate Combination drinks are limited to a portion size of 330mls. They may contain added vitamins or minerals, but no more than 5% added sugars or honey or 150mls fruit juice. Fruit juice combination drinks must be at least 45% fruit juice				

It is expected that schools will use these checklists in combination with the nutrition criteria of the Government Buying Standards for Food and Catering Services.