



Loving God - Caring for Each Other - Achieving Excellence

Healthy Food School Policy

Approved Date: June 2025

Next review due by: June 2026

1. Introduction – why this policy is needed?

At Crompton House we are committed to giving all our pupils consistent messages about all aspects of health to help them understand the impact of particular behaviours and encourage them to take responsibility for the choices they make.

The school supports the '5 a day' campaign to encourage children to eat 5 portions of fruit and vegetables a day, which has been shown to reduce the onset of certain life-threatening conditions as well as being helpful in tackling and preventing childhood obesity.

We have used the following approach to identify what areas we need to change to develop a healthier approach to the issue of food in our school:

How well are we doing?

How well should we be doing?

What more should we aim to achieve?

What must we do to make it happen?

What action should we take and how do we review progress?

2. Rationale

It is important that we consider all elements of our work to ensure that we promote health awareness in all members of the school community. We can provide a valuable role model to pupils and their families with regard to food and healthy eating patterns.

Through effective leadership, the school ethos and the curriculum, all school staff can bring together all elements of the school day to create an environment, which supports a healthy lifestyle.

3. Objectives

- i. To ensure that we are giving consistent messages about food and health.
- ii. To give our pupils the information they need to make healthy choices.
- iii. Promote health awareness.
- iv. To contribute to the healthy physical development of all members of our school community.
- v. Encourage all students to take part in the '5 a day' campaign.

4. Breakfast Club

Breakfast Club operates on a daily basis in the school for all students. The food offered is healthy and is consistent with a healthy diet. We provide:

Toast

Bread (range of options including white, brown, granary, buns, bagels, baps and rolls)

Low fat spread

Fruit jam

Marmite

Yoghurt

Slices of fresh fruit

Baked beans

Cheese

Students choose from water, orange juice and apple juice to drink

5 School Lunches and Break Time

Nutritional standards – Food Based and Nutrient based standards

The school meal provided will adhere to the Government's Food Based Nutritional Standards for secondary School Meals from June 2014 and updated July 2016 as detailed in Appendix A.

Crompton House School meal service will actively work towards providing meals that will meet the nutrient and food based standards (Appendix B), which are based on the Caroline Walker Trust guidelines, which stipulate the essential nutrients, vitamins and minerals required for children's health.

We will actively work towards providing meals made from fresh and seasonal ingredients; with produce supplied by local farmers and suppliers wherever possible.

We will support pupils in making healthy food choices at lunchtime and work closely with school-based staff and health professionals to develop a whole school approach to food.

The aim of Crompton House school meal service is to ensure a complete take-up of free school meal entitlement and aim for a 10% increase in overall take-up within three years.

Additives - Artificial colourings, Preservatives and Sweeteners, Antioxidants, Emulsifiers, Stabilisers and Flavour Enhancers

The majority of additives do not give rise for concern and are demonstrably safe. However, certain additives have been found to have an adverse effect, i.e. hyperactivity in children and on a small percentage of the population. Consequently, all products used should only contain additives, which are essential to the keeping qualities and the stability of the product.

Additives that enhance colour, such as Azo coal tar dyes (Tartrazine [E102], quinoline Yellow [E104]) and flavour enhancers, such as monosodium glutamate (E621) and monopotassium glutamate (E622) are not to be used. Other additives, preservatives, antioxidants, emulsifiers and stabilisers, must be justified by the manufacturers.

We will endeavour to follow the recommendations from the Hyperactive Children's Support Group to ensure that the additives listed in Appendix C are not present in any of our products and will strive for full compliance.

Salt, Sugar and Fats

National nutritional standards use the food groups in the Balance of Good Health. This shows the types of food which make up a healthy, balanced diet.

Many children today consume too much fat, particularly saturated fat, and salt, and have sugary foods and drinks too often. A few do not get the right amounts of vitamins and essential minerals. Like the adult population children are getting fatter.



Adolescents have high energy and nutrient needs. In their overall diets it is often difficult to achieve adequate intakes of energy, calcium, and iron.

Calcium is important for bone health.

Foods rich in iron are important for preventing anaemia.

Since food rich in folates are important, particularly in adolescent girls and young women, primary aged children should be encouraged to get into the habit of eating plenty of these foods.

Foods rich in zinc are important for the body to function properly but many children do not get enough.

We will, in line with current medical guidance

Reduce:

The intake of Total fat.

Saturated fat.

Refined sugars (non-milk extrinsic sugars).

Salt.

Increase:

The proportion of unsaturated fats in the diet, including mono and poly-unsaturated.

The intake of dietary fibre (non-starch polysaccharides).

The intake of starchy carbohydrate.

There are no healthy or unhealthy foods, only healthy or unhealthy diets. For children aged five and over a healthy diet broadly means:

A balanced diet with plenty of variety and enough energy for growth and development.

Plenty of fibre-rich starchy foods such as bread, rice, pasta and potatoes.

Plenty of fruit and vegetables.

Not eating too many foods containing a lot of fat, especially saturated fat.

Moderate amounts of dairy products.

Moderate amounts of meat, fish or alternatives.

Not having sugary foods and drinks too often.

Dietary Requirements (religious, ethnic, preference and therapeutic)

We will work towards ensuring that appropriate school lunches are provided for all pupils and students in line with their dietary needs, cultural background or religious beliefs.

Crompton House School Meals Service is able to provide many differing diets in addition to its day-to-day menu, which will allow all children to benefit from the midday meal and participate fully in the school day.

Crompton house Catering team will provide a therapeutic (medical) diet where the child has been assessed and referred (or previously known) by a dietician.

These diets can include:

diabetic

gluten free

milk free

egg free

soya free

reduced sodium

coeliac

Any exception will be assessed on an individual basis by the paediatric dietician.

CRUSTACEAN	SESAME	NUTS	GLUTEN	MUSTARD	CELERY	PEANUTS
EGG	FISH	SHELLFISH	SULPHITE	SOYA	LUPINS	MILK PRODUCTS

[illegible]

When considering the safe provision of a meal to a child with a severe allergy (e.g., nut allergy, or where an EpiPen is required), we will follow the recommendation of the dietician. This may result in a decision not to provide a meal where the safety of the child (and others) may be in doubt. In such cases the parent/guardian must make alternative lunch arrangements for the child i.e. packed lunch or home.

Crompton House Church of England School



Genetically Modified Foods (GM)

When selecting produce and foods used in Crompton House school meal, manufacturers will be instructed that no Genetically Modified foods will be permitted.

Locally sourced food and Organic foods

Where possible, Crompton House School Meal service will choose local suppliers and local produce, including organic foods. In support of a Local Sustainability Policy in Oldham.

Oldham's purchasing team are in progress of adding clauses to the food contracts, which may encourage local purchasing and the supply of organic foods. We will monitor their progress with a view to use the same suppliers.

However, as contracts for produce supplies are governed by UK and European Laws, to ensure high standards, consistency and competitive pricing, the above aim may not always be achievable.

Fair-trade produce

We will source and work towards purchasing Fair Trade produce, including fruit, fruit juice, coffee and tea.

Traceability, Food standard marks

We will wherever possible purchase products from our suppliers that have the following standard marks.



6 Staff Training



All our staff will be trained in Basic Food Hygiene or equivalent and Health and Safety awareness within eight weeks of their appointment and will also undertake continuous training to enhance their practical skills, customer care and manual handling.

All Supervisors and cooks will undertake a nutrition and menu planning training course. HANDS (Health and nutritional Dietary Software), so that we are in a strong position, not only to closely meet the needs of our pupils by encouraging the increase in uptake of healthier meal options, but also to play an active role in the reduction of childhood obesity and dental decay.

7 Sustainability, the Environment, Waste reduction and Recycling

Crompton House School is working towards reducing waste, reducing deliveries and encouraging the use of local suppliers and fresh food.

8 Water for all

Even mild dehydration can contribute to poor concentration and reduce mental performance. We believe that children need to drink at least 6 – 8 glasses of water each day and more when active or in hot weather. Currently cooled water is freely available throughout the school day to all members of the school community and a way will be found to achieve this as a matter of urgency. Every student will be encouraged to bring a bottle of water into school, to be refilled during the day as and when necessary. Students may drink their water at any time except during assembly, or within areas that may pose a risk to health EG Science Laboratories.

9 Food across the Curriculum

There are a number of opportunities for pupils to develop knowledge and understanding of health, including healthy eating patterns and practical skills that are needed to understand where food comes from such as shopping, preparing and cooking food.

English provides students with the opportunity to explore poetry, persuasion, argument and narrative work using food and food related issues as a stimulus, e.g. writing to a company to persuade them to use non-GM foods in children's food and drink etc.

Maths can offer the possibility of understanding nutrition labelling, calculating quantities for recipes, weighing and measuring ingredients.

Science provides an opportunity to learn about the types of food available, their nutritional composition, digestion and the function of different nutrients in contributing to health and how the body responds to exercise.

RE provides the opportunity to discuss the role of certain foods in the major religions of the world. Students experience different foods associated with religious festivals.



ICT can afford pupils the opportunity to research food issues using the internet and other electronic resources. Pupils design packaging and adverts to promote healthy food choices.

Food Technology as part of DT provides the opportunity to learn about where food comes from and apply healthy eating messages through practical work with food, including preparation and cooking.

PSHE encourages young people to take responsibility for their own health and well-being, teaches them how to develop a healthy lifestyle and addresses issues such as body image. Pupils are able to discuss issues of interest to young people, e.g., advertising and sustainable development.

Music can provide pupils with knowledge about different properties of cooked and uncooked foods where pulses and grains are used in unpitched percussion instruments.

Geography provides a focus on the natural world and changing environment, offering the chance to consider the impact our consumer choices have on people across the world who rely on growing food as their source of income.

History provides insight into changes in diet and food over time.

Physical Education provides pupils with the opportunity to develop physically and to understand the practical impact of sport, exercise and other physical activity such as dance and walking.

School visits provide pupils with activities to enhance their physical development e.g. to activity centres.

10 Packed Lunches

It is important that packed lunches are healthy and are in line with the latest food-based standards for lunches. Parents will be provided with guidance on the types of food that are appropriate for a healthy packed lunch.

11 School Rewards

Crompton House has a reward system that reflects the healthy eating messages taught in school. and healthy snacks such as fresh and dried fruit are acceptable. Sweets or foods high in fat, salt and sugar should not be used as rewards.

12 Food Safety

Crompton House Church of England School



All food preparation activities taking place in either a pre-school setting, after school clubs or schools meal setting will be registered with the Food Safety section at Oldham council. All food handlers will be trained will be trained in food hygiene or supervised by a person trained in food hygiene.

13 Food for Staff

The staff in Crompton House are clear about the aims and objectives of our school policy. We believe that staff have a duty to be good role models. All staff are encouraged to adopt the whole school policy during the school day.

14 Fund Raising and School Events

Fund raising is an important part of school life. We expect that all those involved in fund raising activities and school events will consider the importance of the whole school food policy. When possible, the school will promote healthier choices, however, in some circumstances this may not be possible such as the annual events such as Christmas Fair or Summer Fair.

15 Sixth Form

Sixth Form are allowed off site during break and lunch however we still expect them as good role models for healthy eating.

16 The Dining Room Environment

We believe that improvements to the dining room can be invaluable in terms of changing culture, ethos and the understanding of healthy eating messages. Even low cost or no cost improvements to the dining rooms could have a major and often sustainable impact on healthy eating. Use of colour, images, information, well planned seating and music can have a positive effect.

17 Partnership with parents and carers

Crompton House Church of England School



The partnership of home and school is critical in shaping how young people behave, particularly where health is concerned. Each must reinforce the other. This is not always easy, but our school will seek to lead by example.

During out of school events, e.g. new starter evenings etc., the school will encourage parents and carers to consider the Food Policy in the range of refreshments provided.

18 Role of the Governors

Governors monitor and check that the school policy is upheld and can also offer guidance where a member of the body has particular expertise in this area.

19 Monitoring and review

The Catering Manager is responsible for ensuring that the food served is in accordance with this policy.

The Headteacher and the SLT are responsible for supporting colleagues in the delivery of the Food Policy.

The Catering Manager is responsible for ensuring the quality of the food offered.

This policy will be reviewed annually to take account of new developments.

Document CSC-HS2021/January 2023 adopted by Curriculum Committee

Date 07th March 2024

Signed (Chair).....

Print NameL Clark.....

Date of next review.....March 2025.....

D Dunkley, Deputy Headteacher & Stephen Mitchell, Trust Catering Manager



Department
for Education

School food in England

Advice for governing boards

March 2024



Crompton House Church of England School

Contents

Summary	13
About this departmental advice	13
Expiry or review date	13
What legislation does this departmental advice relate to?	13
Who is this advice for?	13
Key points	14
Role of Governing body in school food	15
Ensure clarity of vision, ethos, strategic direction	16
Exemptions to the school food regulations	17
Allergy guidance for schools	18
Legal requirements for schools and caterers	18
Practical measures & advice	19
Allergen checklist for managers	20
Allergen checklist for kitchen staff	21

Summary

About this departmental advice

This advice will help when planning and providing food in schools. It explains how legislation applies to food provided within schools in England. It outlines the role of school governing bodies and stipulates the legal requirements for food provided across the school day.

We use the term 'must' when the person in question is legally required to do something and 'should' when advice is being offered.

Expiry or review date

This departmental advice will be reviewed in March 2026.

What legislation does this departmental advice relate to?

- Sections 512, 512ZA, 512ZB, 512A, 512B and 533 of the [Education Act 1996](#), as amended
- Section 114A of the [School Standards and Framework Act 1998](#)
- 2014 No. 1603 Education, England [The requirements for School Food Regulations 2014](#)

Who is this advice for?

This advice is for governing bodies of the following schools:

- Maintained primary
- Maintained secondary
- Maintained special
- Maintained nursery
- Maintained boarding
- Pupil Referral Units
- Academies and free schools
- Non-Maintained special schools



Key points

- The government encourages all schools to promote healthy eating and provide healthy, tasty and nutritious food and drink. Compliance with the [School Food Standards](#) is mandatory for all maintained schools. We also expect all academies and free schools to comply with the standards, and since 2014 we have made this an explicit requirement in their funding agreements. These school food standards are to ensure that food provided to pupils in school is nutritious and of high quality; to promote good nutritional health in all pupils; protect those who are nutritionally vulnerable and to promote good eating behaviour.
- The revised standards for school food came into force on 1 January 2015 and are set out in the [requirements for School Food Regulations 2014](#).
- A [summary](#) of the standards and a [practical guide](#) are available from gov.uk.
- The regulations set out the requirements for school lunches provided to registered pupils, whether on the school premises or not, and to any other person on the school premises.
- The regulations also set out the requirements for food and drink other than lunch, provided to pupils on and off school premises up to 6pm, including breakfast clubs, tuck shops, mid-morning break, vending and after school clubs.
- Schools should make reasonable adjustments for pupils with requirements, for example to reflect medical, dietary and cultural needs.
- From 13 December 2014 EU Food Information for Consumers Regulation No.1169/2011 requires food providers to make information available about allergenic ingredients used in any food and drink served. More information is available from the [Food Standards Agency](#).
- From September 2014 every child in reception, year 1 and year 2 in state-funded schools is entitled to a free school lunch. We have published an [advice document for schools, local authorities and caterers](#).

Role of governing body in school food

The governing board are responsible for the provision of school food. As a governor you play a crucial role in creating and embedding a great school food culture.

It is the statutory responsibility of the governing body and trustees to ensure the [School Food Standards](#) are being met and [Ofsted](#) are putting a much greater focus on how schools are creating a culture and ethos of healthy eating.

A great school food culture improves children's health and academic performance. Increasing the take-up of school meals is also better for your school's finances. A half-empty dining hall – like a half-empty restaurant – is certain to lose money.

Getting more families to choose school meals requires a cultural change within your school. It means:

- providing tasty food that looks good and is nutritious
- creating a positive dining experience
- getting the price right
- allowing children to eat with their friends
- and instilling a love of cooking and growing

The headteacher can lead this transformation but they also need support from their governors and leadership team.

The Department for Education recommends that all governors “work with the senior leadership team to develop a whole school food policy that sets out the school's approach to its provision of food, food education (including practical cooking), the role of the catering team as part of the wider school team and the school's strategy to increase the take-up of school lunches.

Food is a great way for your school to engage with and support your local community. You might:

- reach out to community members to help your school set up cooking and gardening clubs
- share an allotment with local families
- invite community members in for lunch or to sell produce at school events

There are also many national and local authority initiatives which schools can access, including:

- [Change4Life](#)
- [National School Meals Week](#)
- [British Nutrition Foundation Healthy Eating Week](#)

Other initiatives and programmes, to help schools transform food culture and promote healthy lifestyles, are showcased at [What Works Well](#).



Your school has a unique role to help children learn and develop good healthy eating habits for life, creating happier, healthier adults of the future.

Ensure clarity of vision, ethos and strategic direction

You should:

- ensure that school food is included within the remit of one of the governing body's committees as part of the school's wider health and wellbeing strategy
- ask the senior leadership team to develop and review a whole school food policy which includes a healthy packed lunch, vending and drinks policy
- check what continuing professional development training is in place for all teachers and support staff to support their knowledge of health and wellbeing
- see how the lunchtime experience contributes to the culture and ethos of the school when making a school visit
- have a member of the governing body attend school council and School Nutrition Action Group (SNAG) meetings
- ask the SNAG and school council to provide feedback on the quality and enjoyment of school food and overall lunchtime experience



Exemptions to the school food regulations

The School Food Regulations do not apply to food provided:

- a. at parties or celebrations to mark religious or cultural occasions
- b. at fund-raising events
- c. as rewards for achievement, good behaviour or effort
- d. for use in teaching food preparation and cookery skills, including where the food prepared is served to pupils as part of a school lunch
- e. on an occasional basis by parents or pupils

The requirements in the School Food Regulations do not apply to confectionery, snacks, cakes or biscuits, served as part of an evening meal at maintained boarding schools before 6pm.

For maintained nurseries and nursery units attached to primary schools there is a reduced set of standards for food served at lunchtime (Schedule 5) and whole milk, rather than lower fat milk, may be provided.



Allergy guidance for Schools

This guidance has been updated to include:

- information on prepacked for direct sale (PPDS) foods
- additional resources and links

The [standards for school food in England](#) allow schools and colleges to substitute items from their usual menus if certain items are in short supply.

If you're making changes to your menus, or substituting food products due to supply changes or for religious and cultural reasons, you must make sure you can continue to meet any special dietary needs. This includes pupils who cannot eat certain ingredients due to an allergy or other medical condition. If you need to adapt your menus at short notice, you must make sure that the needs of these pupils are still met.

This guide lists practical advice and resources to help schools manage allergy risks.

Legal requirements for schools and caterers

Under [section 100 of the Children and Families Act 2014](#), schools have a duty to support pupils at their school with medical conditions.

Our statutory guidance explains your responsibilities in [supporting pupils at school with medical conditions](#). You should make sure that you support pupils with any medical conditions in school. This could include ensuring that a child with an allergy is able to eat a school lunch.

The [Food Information Regulations 2014](#) requires all food businesses including school caterers to show the allergen ingredients' information for the food they serve. This makes it easier for schools to identify the food that pupils with allergies can and cannot eat.

From October 2021, the Food Information Regulations will include new requirements for the labelling of allergens on PPDS foods. These are foods which are packaged on the premises before the consumer orders them. Read the Food Standards Agency [advice for schools, colleges and nurseries](#).

Practical measures and advice

If you're making changes to your menus or substituting food products, you must continue to meet any special dietary needs.

To make sure you continue to meet these pupil's needs, you should:

- check any product changes with your food suppliers
- ask your caterers to read labels and product information before using them
- use the [dishes and their allergen content menu chart](#) to list the ingredients in all your meals
- ensure allergen ingredients remain identifiable

The Food Standards Agency has produced [guidance for food businesses](#) to help with this. It includes information on:

- the 14 most common allergens
- food labelling requirements
- handling allergen ingredients and
- further training

Read the [allergen guidance for institutional caterers](#). It includes information for school caterers on:

- processes to help identify pupils with allergies
- methods to help cross-reference allergies against particular food types or ingredients

Dealing with a severe reaction

The NHS has advice on [food allergies](#). It contains information on symptoms and treatment. They also have more detailed advice on the [treatment of anaphylactic reactions](#).

Read the Anaphylaxis Campaign advice on [what to do in an emergency](#).

All primary and secondary schools can buy adrenaline auto-injectors from a pharmacy, without a prescription, for use in emergencies. Read the Department of Health and Social Care's guidance on [using emergency adrenaline auto-injectors in schools](#).

Most allergic reactions are less severe, check the [NHS advice on symptoms](#). Other resources

Allergy UK has [fact sheets and resources for schools](#) covering a wide range of allergies.

The Anaphylaxis Campaign has advice to help schools [manage severe allergic conditions](#).

LACA, the lead body for catering in education has produced a [good practice and risk assessment guide \(PDF, 413KB\)](#) for caterers to help manage allergens safely.

You can find a model to help develop individual health care plans in annex A of the [supporting pupils at school with medical conditions](#) guidance.

Allergen checklist for managers

- Have you made clear to the team, who has overall responsibility for allergen management?
- Is a responsible member of staff available on each shift to manage requests from customers with allergies?
- If you use a sign requesting customers ask about allergens, is this displayed prominently in a place where customers make their food choices? We have an [allergy and intolerance sign \(Opens in a new window\)](#) which you can display.
- Are staff clear on how to avoid allergen cross-contamination?
- Do kitchen staff know how to record allergens when recipes are changed?
- Are there procedures in place when ingredients are delivered, to verify that you have received the items you have ordered?
- If there are any changes to the ingredients in your regular order (for example substitutions), do you have a procedure in place to approve and record this?
- Are there clear instructions in place for the cleaning of premises, equipment and work tools?

You could also

- Suggest staff ask customers whether they have allergies or intolerances when taking orders.
- Have a statement on printed menus and flyers to inform customers how to obtain allergen information for your dishes.
- Provide instructions in the kitchen area to explain how to prevent cross-contamination.
- Ask staff to use an allergy matrix when planning recipes.
- Provided staff with suitable allergen training on an annual basis.
- Make your staff aware of what to do if a customer has an allergic reaction during a meal.

Allergen checklist for kitchen staff



Food storage

- Are ingredients stored in sealed and labelled containers?
- If you transfer ingredients from their original packaging do you have a way of identifying the allergens present in the product?
- Are open ingredient packages stored in sealed containers where appropriate?
- Do you have a spillage policy to deal with spillages of one ingredient onto another ingredient?

Food preparation

- Do you have accurate recipe lists, so that there is a clear list of the allergens present in the food you serve?
- Do you have reminders in place to update records when you make recipe changes?
- Do you wash your hands thoroughly with soap and hot water when preparing allergen-free meals?
- When an order comes in from an allergic customer, do you have a clear process in place to ensure that the food can be safely prepared and served to the correct customer?
- Are you aware of the allergens in garnishes, toppings, sauces or dressings so that you can avoid using them?
- Do you clean kitchen surfaces regularly so that there is no visible food debris or crumbs from other meals?



Department
for Education

© Crown copyright 2024

This publication (not including logos) is licensed under the terms of the Open Government Licence v3.0 except where otherwise stated. Where we have identified any third-party copyright information you will need to obtain permission from the copyright holders concerned.

To view this licence:

visit www.nationalarchives.gov.uk/doc/open-government-licence/version/3

email psi@nationalarchives.gov.uk

write to Information Policy Team, The National Archives, Kew, London, TW9 4DU

About this publication:

enquiries www.education.gov.uk/contactus

download

www.gov.uk/government/publications

Reference: DFE-00095-2024



Follow us on Twitter:

[@educationgovuk](https://twitter.com/educationgovuk)



Like us on Facebook:

facebook.com/educationgovuk

School Food Standards

A practical guide for schools
their cooks and caterers



Contents Page

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.

Remember to use [Government Buying Standards](#) for Food and Catering Services alongside these standards to help reduce salt, saturated fat and sugar in children's diets.

03 The standards for school lunches

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

04 Implementing the standards

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.

06 Portion sizes & food groups

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

www.schoolfoodplan.com/standards

10 Top tips

Increasing iron, zinc and calcium in your menus

Managing food allergies and intolerances

11 Standards for school food other than lunch

Advice on food served outside lunchtime, including breakfast clubs, mid-morning break, tuck shops, vending machines, and after school clubs.

12 Advice for preparing varied and tasty menus

13 Good procurement and Government Buying Standards

14 Where to go for more information and advice

Additional resources and practical tools to help you implement the school food standards.

15 Checklists

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



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
(applies across the whole school day)

Any condiments must be limited to sachets or portions of no more than 10 grams or one teaspoonful
(applies across the whole school day)



Milk and dairy

A portion of food from this group every day

Lower fat 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

Combinations of fruit or vegetable juice with plain water (still or carbonated, with no added sugars or honey)

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, all with less than 5% added sugars or honey

Tea, coffee, hot chocolate

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

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)



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. Remember to use [Government Buying Standards](https://www.gov.uk/government/publications/sustainable-procurement-the-gbs-for-food-and-catering-services) for Food and Catering Services (see <https://www.gov.uk/government/publications/sustainable-procurement-the-gbs-for-food-and-catering-services>) alongside these standards to help reduce salt, saturated fat and sugar in children's diets.

You can find a list of frequently asked questions about the revised school foods standards at: <http://tinyurl.com/p8o2aq7>



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 an oily fish as the omega-3 fatty acids are destroyed in the canning process.

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/food-pledges/>



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 jugs of fresh tap water together with cups or glasses on tables and at the serving counter.

Consider installing a water cooler which uses tap water, or water fountains in the dining room and around the school.

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-old	Secondary 11-18-year-old
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 ½ 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-old	Secondary 11-18-year-old
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, chickpeas	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
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.			
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
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.			
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 tablespoon

³Based 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-old	Secondary 11-18-year-old
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: weight may be reduced proportionately in composite dishes if adding another protein-based food, such as beans/cheese/milk	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: weight may be reduced proportionately in composite dishes if adding another protein-based food such as beans/cheese/milk	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-old	Secondary 11-18-year-old
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 bhajis.

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

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

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.

Refer to relevant portion size table

Refer to relevant portion size table

Refer to relevant portion size table

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 IRON Wholemeal bread Fortified breakfast cereals ZINC Wholegrain and wheat germ breads Plain popcorn CALCIUM Bread (except wholemeal) Bread-based products	 Fruit and Vegetables IRON Pulses e.g. chickpeas, lentils, beans (not green beans) Dried apricots Raisins CALCIUM Dried figs	 Milk and dairy foods ZINC Cheese CALCIUM Milk Yoghurt Cheese Milk-based desserts e.g. custard Soya drinks enriched with calcium	 Meat, fish, eggs, beans and other non-dairy sources of protein IRON Lean red meat e.g. beef, lamb Soya beans, Pulses e.g. chickpeas, lentils, beans (not green beans) 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 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 unpackaged 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 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 is 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/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's 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 (applies to food served across the whole school day)			
	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, (applies across the whole school day)			
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 (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 and 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 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				
	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.