



The draft School Food Standards

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

These standards are intended to ensure that children get the nutrition they need across the whole school day. It is just as important to cook food that looks good and tastes good; 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. Wherever possible, foods should be prepared in the school's own kitchen from fresh, locally sourced ingredients.

* This Standard applies across the whole school day, including breakfasts, morning breaks, tuck shops, and after school clubs



Fruit and vegetables

One or more portions of vegetables 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.



Milk and dairy

A portion of food from this group every day.

Low fat milk available for drinking every day.



Starchy food

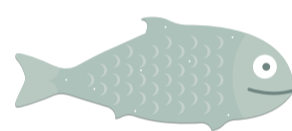
One or more wholegrain varieties of starchy food each week.

One or more portions of food from this group every day.

Three or more different starchy foods each week.

Starchy food cooked in fat or oil no more than two days each week.*

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.

A portion of non-dairy sources of protein available three or more days each week for vegetarians.

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.*



Healthier drinks*

Free, fresh drinking water at all times.

The only drinks permitted are:

- Plain water (still or carbonated); low fat milk or lactose reduced milk;
- Fruit or vegetable juice; (max 150 mls);
- 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 low fat milk or plain low fat yoghurt, plain soya, rice or oat drinks enriched with calcium; cocoa and low fat milk; flavoured low fat milk;
- Tea, coffee, hot chocolate.

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

Foods high in fat, sugar and salt



No more than two portions of food that has been deep-fried, batter-coated, or breadcrumb-coated each week.*

No more than two portions of food which include pastry each week.*

No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat.*

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

No confectionery, chocolate or chocolate-coated products.*

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

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 10g or one teaspoonful.*

Food provided outside lunch

- Fruit and/or vegetables available in all school food outlets.
- No savoury crackers and breadsticks.
- No cakes, biscuits, pastries or desserts (except yoghurt).

