

### **Why we have standards for School Food**

Schools provide important opportunity to encourage children to eat a healthy diet. Standards for school food are in place to ensure that food provided is healthy and balanced, provide pupils with an appropriate amount of energy and nutrients they need during the school day and to help develop healthy eating habits.

Current standards have been in place since 2006 but an independent review found that they were considered difficult to understand and use so they recommended a clearer set of food based standards.

### **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)*

### **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

### **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

**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

### Meat, fish, eggs, beans

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.

### 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

### 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 so

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

#### **TOP TIPS**

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.