

**SCHOOL
FOOD TRUST**
Eat Better Do Better



New standards for food in schools



Overview of standards



- All schools must meet food based standards for lunch and offer healthier and balanced choices at lunchtime.
 - September 2006 primary and secondary
- Food served in school at other times of the day, such as breakfast clubs, tuck-shops and vending machines will also have to meet new standards
 - September 2007
- Menus will have to meet 14 nutrient based standards
 - September 2008 primary, 2009 secondary

What are the new standards?

On the menu!

✓ **More Fruit and Vegetables**

- At least two servings of fruit and vegetables available at lunch.

✓ **More Oily Fish**

- Oily fish such as mackerel and salmon served at least once every three weeks.

✓ **Bread**

- Bread with no added fat must be provided every day.

✓ **Drinking Water**

- Free, fresh drinking water available at all times.

✓ **Healthier Drinks**

- The only drinks permitted are plain water, skimmed or semi-skimmed milk, pure fruit juices, yoghurt and milk drinks, smoothies, tea, coffee and low-calorie hot chocolate.

What are the new standards?

Off the menu!

✗ No Confectionary

- Chocolate bars, chocolate biscuits and sweets are not allowed.

✗ No Savoury Snacks

- Savoury snacks such as crisps are not allowed. Only nuts and seeds with no added salt, sugar or fat are allowed.

✗ Salt

- Not available at lunch. Condiments, such as ketchup and mayonnaise, only available in sachets or individual 10g serve.

✗ Deep-Fried Foods

- No more than two deep-fried foods, such as chips, in a week.

✗ Manufactured Meat Products

- These products, such as chicken nuggets and burgers, can only be served once per fortnight and must meet standards for minimum meat content.

Other than lunch standards

- Fruit and vegetables must be available at all school food outlets
- Healthier drinks (info as before)
- No confectionary
- Snacks – restricted
- No cakes and biscuits (only at lunchtimes)

Standards for:

- Starchy foods cooked in oil (3/week)
- Deep fried products (2/week)
- Meat products (1 of each category/2 weeks)

..apply across food in the whole school day



Nutrient based standards

Sets the proportion of 14 nutrients that children should receive from a school lunch.

Maximum levels of

- Sodium
- Fat
- Saturated fat
- NME sugars

Minimum levels of

- Carbohydrate
- Protein
- Fibre
- Vitamin A
- Vitamin C
- Folate
- Calcium
- Iron
- Zinc

Implementing and monitoring

- Schools must be able to demonstrate food provision meets the food-based standards this includes
 - Breakfast club
 - Mid-morning break
 - Tuck shop
 - Vending
 - After school club

<http://provisiontool.schoolfoodtrust.org.uk>

Evidence for Ofsted

- Menus
- Provision mix
- Standardised recipes
- Results tables &/or graphs