



Fruit & 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 & three different vegetables



Milk & 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



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 food each week

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



Foods high in fat, sugar & 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 & 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 confectionary, chocolate or chocolate-coated products*

Desserts, cakes & biscuits are allowed at lunchtime. They must not contain any confectionary

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 10g or one teaspoonful*



Meat, Fish, Eggs, Beans

& 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 a 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, & meeting the legal requirements) no more than once each week in primary schools & twice a week in secondary schools*



Healthier drinks*

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 & 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 330ml. They may contain added vitamins or minerals, & no more than 150mls of fruit or vegetable juice. Fruit or vegetable juice combination drinks must be at least 45% fruit or vegetable juice

Food provided outside lunch

Fruit &/or vegetables available in all school food outlets

No savoury crackers & breadsticks

No cakes, biscuits, pastries or desserts (except yoghurt or fruit-based desserts containing at least 50% fruit)

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 & 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 & tastes delicious; to talk to children about what is on offer & recommend dishes; to reduce queuing; & 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 & 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), & talk to them about what they are eating. Go to www.schoolfoodplan.com 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 & sugar in children's diets.

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