

## Meeting the standards for school food other than lunch

Whether you're a school cook, a catering company or childcare provider offering wrap-around care – you'll need to be sure you're meeting the standards for school food – right across the day.

Meeting the Government's school food standards helps to ensure that food across the school day:

- is healthy, balanced and nutritious
- provides children with the energy and nutrients they need to do well at school
- provides consistent messages about healthy eating throughout the day.

### The standards for school food other than lunch apply to:

#### what?

- All food and drink provided to pupils on school premises on a school day before 6pm.
- Breakfast, mid-morning break services, tuck shops, vending machines and after school clubs.

#### who?

- All local authority maintained primary, secondary, special schools and pupil referral units in England.
- Sixth forms on the premises of secondary schools in England.
- All providers of food on school premises, including school caterers, private childcare providers, charities, teachers, volunteers and PTAs.
- Academies founded before September 2010 and after June 2014, with others encouraged to comply.

**Remember:** some standards apply across the school day. You'll need to co-ordinate with other providers to check whether they're providing any restricted items and ensure there is a variety of food offered throughout the day.

### The standards don't apply to the type of care I

provide, can I still follow them? Yes! We recommend everyone who provides food to school-aged children follows these standards and uses the information in this guide to plan meals and snacks at times other than lunch.



Breakfast



Mid-morning break



After-school club

# School food other than lunch – What can I serve?

## Items to provide

### Fruit and vegetables

- Whole or pieces of fresh fruit, such as banana, apple, grapes, pear, melon, pineapple
- Canned fruit in natural juice, such as peaches
- Dried fruit without added fat, sugar or salt, such as apricots, sultanas, raisins, dates
- Fruit kebabs
- Fruit added to breakfast cereals, porridge or yoghurt
- Fruit-based desserts with 50% fruit such as jelly with fruit, banana custard
- Crudités/vegetable sticks with dips such as houmous and tzatziki
- Vegetables to accompany snacks or meals, such as salad pots
- Roasted or stir-fried vegetables

### Meat, fish, egg, beans and non-dairy sources of protein

- Cold fillings and toppings for sandwiches and pasta salads such as cheese, hard-boiled egg, peanut butter\*, houmous, sliced meat, canned fish
- Hot fillings and toppings for pasta, rice, noodles or jacket potatoes such as Bolognese, chicken curry, pork stir-fry, Mexican beans
- Eggs (scrambled, boiled or poached), omelette, Spanish omelette or frittata
- Pizza slice with toppings such as meat, fish or egg with vegetables
- Soup served with a bread roll
- Combinations of nuts\* and seeds without added fat, sugar or salt

### Milk and dairy foods

- Yoghurt or fromage frais (plain or fruit flavoured)

### Starchy foods

- Breakfast cereals, porridge
- English muffins, bagels or crumpets
- Plain currant/raisin bread, malt loaf, teacakes
- Different varieties of bread for toast and sandwiches such as sliced, pitta, bagels, rolls, baguettes, paninis, tortilla wraps
- Savoury bread with nuts\*, seeds, olives, herbs
- Jacket potatoes with fillings
- Pasta, rice, noodles with toppings

### Drinks

- Plain water (still or carbonated)
- Lower-fat milk or lactose-reduced milk
- Fruit or vegetable juice (max 150ml)
- Plain soya, rice or oat drinks enriched with calcium; plain fermented milk (such as 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 low-fat 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
- Combination drinks are limited to a portion size of 330ml. They may contain added vitamins or minerals, and no more than 150ml of fruit or vegetable juice. Fruit or vegetable juice combination drinks must be at least 45% fruit or vegetable juice
- Tea, coffee, hot chocolate with less than 5% added sugars

## How we can help you

The Children's Food Trust is on a mission to get every child eating well. That means helping anyone who provides food for children to do a great job, encouraging industry to help families make better food choices and spreading the skills, knowledge and confidence to cook from scratch.

Our menu checking service gives you peace of mind that your school food meets the legal requirements of the school food standards and is offering children the nutrients and energy they need to do well.

**CHILDREN'S  
FOOD TRUST**  
Eat Better Do Better



Menu checked

[www.childrensfoodtrust.org.uk/menuchecking](http://www.childrensfoodtrust.org.uk/menuchecking)

## Items to restrict\*\*

### Starchy food cooked in oil or fat

- Roast and sauté potatoes, chips, potato wedges
- Fried rice
- Fried bread, chapatti, garlic bread, Yorkshire puddings

### Meat products

- Burger, hamburgers, sausages, hot dogs, frankfurters, salami
- Corned beef, luncheon meat
- Cornish pasties, sausage rolls, pork pies, individual meat pies, samosas
- Kebabs, meatballs, chicken or turkey nuggets, Scotch eggs

### Deep-fried, batter-coated and breadcrumb-coated products

- Potato wedges/skins/waffles, chips, hash browns, plantain chips
- Chicken or vegetable nuggets, fishcakes, fish, fingers, Scotch eggs
- Spring rolls, pancake roll, samosa, vegetable fingers, tempura, pakora/bhaji, onion rings
- Doughnuts

### Pastry

- Fruit pies/tarts containing more than 50% fruit
- Meat pies, quiche, pasties, samosas, spring rolls, sausage rolls

## Items not permitted

### Foods high in fat, sugar or salt

- Fruit or vegetable snacks with added fat, sugar or salt
- Toast with chocolate spread
- Confectionery including chocolate, chocolate in cereal, cereal and processed fruit bars or shapes sweets, chewing gum, sugar-free sweets/chewing gum
- Crisps including baked crisps, tortilla chips, potato sticks, puffs, prawn crackers, Japanese rice crackers, Pretzels, Bombay mix
- Nuts\* or seeds with added salt or fat
- Hot puddings with less than 50% fruit content
- Cakes, pastries and buns including slices of cake, individual cake bars, American (sweet) muffins, croissants, Danish pastries, Eccles cakes, Bakewell tart
- Biscuits including digestives, rich tea, gingernuts, flapjacks, shortbread, wafers, cream crackers, breadsticks, oatcakes

### Drinks

- Flavoured water
- Squash/cordial
- Soft drinks including fizzy drinks containing less than 45% fruit or vegetable juice
- Flavoured milk containing more than 5% added sugar

\*Visit [www.anaphylaxis.org.uk](http://www.anaphylaxis.org.uk) for information on managing allergies in schools.

\*\*Restricted across the day – coordinate with other food providers on school premises

Get free advice and practical tools to help ensure you are meeting the school food standards, visit [www.childrensfoodtrust.org.uk/thestandards-support](http://www.childrensfoodtrust.org.uk/thestandards-support)

#### You'll find:

- example menus and recipes
- checklists to assess your provision against the standards
- guidance on catering for children with allergies
- help with using the Government Buying Standards for Food and Catering Services Mandatory Nutrition Criteria (GBSF) as a benchmark for healthier food and ingredients.

# Checklist for food other than lunch

Use this to check the food and drink provision in each outlet, and by each provider operating in school, against the standards for food other than lunch.

Please indicate which of these apply to your school		Yes/No			
Breakfast (B)		<input type="checkbox"/>			
Tuck shop/mid-morning break (M)		<input type="checkbox"/>			
After school club (A)		<input type="checkbox"/>			
Vending machine (V)		<input type="checkbox"/>			
Food group	Are the following food-based standards for all school food other than lunches met?	Standard met (Yes/No)			
		B	M	A	V
Starchy food	Starchy food cooked in fat or oil no more than two days each week, <i>across the school day</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fruit and vegetables	Fruit and/or vegetables available in all school food outlets	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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>across the school day</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Milk and dairy	Lower-fat milk and lactose reduced milk must be available for drinking at least once a day <i>during school hours</i> .	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Foods high in fat, sugar and salt	No more than two portions of food that have been deep-fried, batter-coated, breadcrumb-coated, each week, <i>across the school day</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	No more than two portions of food which include pastry each week, <i>across the school day</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat <i>across the school day</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	No savoury crackers or breadsticks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	No confectionery, chocolate and chocolate-coated products, <i>across the school day</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	No cakes, biscuits or desserts (except yoghurt or fruit-based desserts containing at least 50% fruit)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Salt must not be available to add to food after it has been cooked	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Condiments must be limited to sachets or portions of no more than 10 grams or one teaspoonful.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Healthier drinks	Free, fresh drinking water at all times.  The only drinks permitted are: <ul style="list-style-type: none"> <li>▪ plain water (still or carbonated)</li> <li>▪ lower-fat milk or lactose-reduced milk</li> <li>▪ fruit or vegetable juice (max 150mls)</li> <li>▪ plain soya, rice or oat drinks enriched with calcium; plain fermented milk (such as yoghurt) drinks</li> <li>▪ combinations of fruit or vegetable juice with plain water (still or carbonated, with no added sugars or honey)</li> <li>▪ combinations of fruit juice and lower-fat milk or plain low-fat 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</li> <li>▪ tea, coffee, hot chocolate.</li> </ul> Combination drinks are limited to a portion size of 330mls. They may contain added vitamins or minerals, and no more than 150ml of fruit or vegetable juice. Fruit or vegetable juice combination drinks must be at least 45% fruit or vegetable juice.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>