Healthy Eating in Schools: Secondary School

Food Requirements

Lunch

Lunch must provide the following foods **regularly**:

- At least one portion of **fruit** each day
- At least two portions of **vegetable** or **salad** each day
- Fruit based desserts at least twice each week
- Fish at least twice each week
- Oily fish at least twice in four weeks
- Meat cuts at least three times each week



School Day

The following foods are not allowed **before 6pm**:

- Additional salt
- Confectionery
- Savoury snacks

Where food is provided after breakfast & before 6pm:

- Fruit & vegetables must also be available
- Condiments must be 10ml or smaller
- **Cakes** & **biscuits** can only be provided if they are included in the nutritional analysis of the lunch provision
- Potato & potato products cooked in fat or oil not more than twice each week
- **Deep fried** or **flash fried** food not more than twice each week
- Meat products not more than twice each week

For full details about the secondary school food requirements & information about the nutritional standards for lunch refer to the Healthy Eating in Maintained Schools: Statutory Guidance for Local Authorities & Governing Bodies.



Healthy Eating in Schools: Primary School

Food Requirements

Lunch

Lunch must provide the following foods **regularly**:

- At least one portion of **fruit** each day
- At least one portion of **vegetable** or **salad** each day
- Fruit based desserts at least twice each week
- Fish at least once each week
- Oily fish at least twice in four weeks
- Meat cuts at least twice each week



School Day

The following foods are not allowed **before 6pm**:

- Additional salt
- Confectionery
- Savoury snacks

Where food is provided after breakfast & before 6pm:

- Fruit & vegetables must also be available
- Break time snacks should be fruit & vegetables only
- Condiments must be 10ml or smaller
- Cakes & biscuits with lunch only
- Potato & potato products cooked in fat or oil not more than twice each week
- **Deep fried** or **flash fried** food not more than twice each week
- Meat products not more than twice each week

For full details about the primary school food requirements & information about the nutritional standards for lunch refer to the Healthy Eating in Maintained Schools: Statutory Guidance for Local Authorities & Governing Bodies.



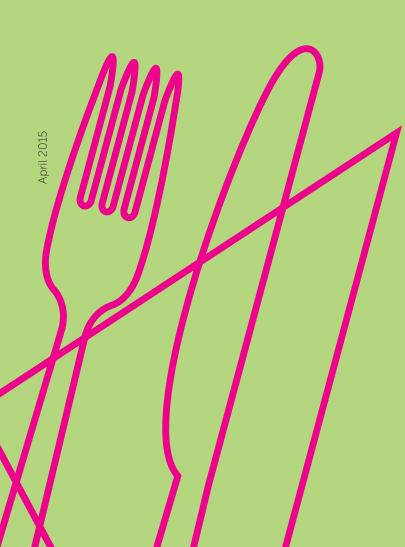
Healthy Eating in Schools: Nursery School

Food Requirements

Lunch

Lunch must provide **each** of the following foods or achieve the primary school food requirements & nutritional standards:

- Fruit $extsf{b}$ vegetables
- Meat, fish or other non dairy sources of **protein**
- Starchy foods
- Dairy foods & milk



School Day

The following foods are not allowed **before 6pm**:

- Additional salt
- Condiments
- Confectionery
- Savoury snacks

Where food is provided

after breakfast ϑ before 6pm:

- Fruit & vegetables must also be available
- Snacks should consist of fruit, vegetables, salad, bread products, dairy products & non dairy sources of protein
- Cakes & biscuits with lunch only
- Potato & potato products cooked in fat or oil not more than twice each week & with lunch only
- **Deep fried** or **flash fried** food not more than twice each week & with lunch only
- Meat products not more than twice each week & with lunch only

For full details about the nursery school food requirements & information about the nutritional standards for lunch refer to the Healthy Eating in Maintained Schools: Statutory Guidance for Local Authorities & Governing Bodies.



Healthy Eating in Schools: Secondary School

Drink Requirements

Only the following drinks are allowed to be provided **before 6pm**:

- Plain water (still or carbonated)
- Plain milk (semi skimmed or skimmed)
- Plain soya, rice or oat drinks
- Fruit or vegetable juice (still or carbonated)
- Fruit or vegetable juice (still or carbonated) combined with water (at least 50% juice)
- Fruit or vegetable juice combined with milk, yoghurt, soya, rice or oat drinks (at least 50% milk, yoghurt, soya, rice or oat drink)
- Fruit or vegetable blends
- Flavoured milk, yoghurt, soya, rice or oat drinks
- Tea $\boldsymbol{\vartheta}$ coffee
- Hot chocolate (250ml or less)

For full details about the secondary school drink requirements & information about the nutritional standards for lunch refer to the Healthy Eating in Maintained Schools: Statutory Guidance for Local Authorities & Governing Bodies.





Healthy Eating in Schools: Nursery School

Drink Requirements

Breakfast & Lunch

Only the following drinks are allowed to be provided at **breakfast** & **lunch**:

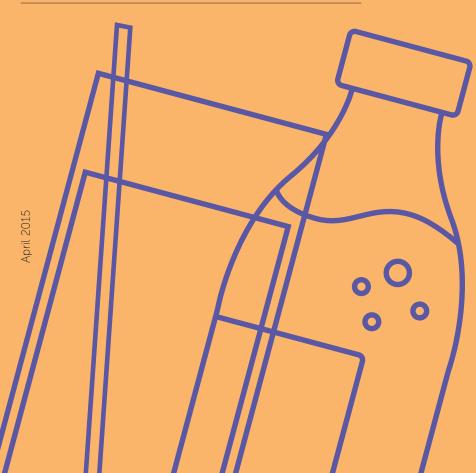
- Plain water (still or carbonated)
- Plain milk (whole or semi skimmed)
- Plain soya or oat drinks
- Fruit or vegetable juice (still or carbonated)
- Fruit or vegetable juice (still or carbonated) combined with water (at least 50% juice)
- Fruit or vegetable blends

School Day

Only the following drinks are allowed to be provided at other times during the school day **before 6pm**:

- Plain water (still or carbonated)
- Plain milk (whole or semi skimmed)
- Plain soya or oat drinks

For full details about the nursery school drink requirements & information about the nutritional standards for lunch refer to the Healthy Eating in Maintained Schools: Statutory Guidance for Local Authorities & Governing Bodies.





Healthy Eating in Schools: Primary School

Drink Requirements

Breakfast & Lunch

Only the following drinks are allowed to be provided at **breakfast** & **lunch**:

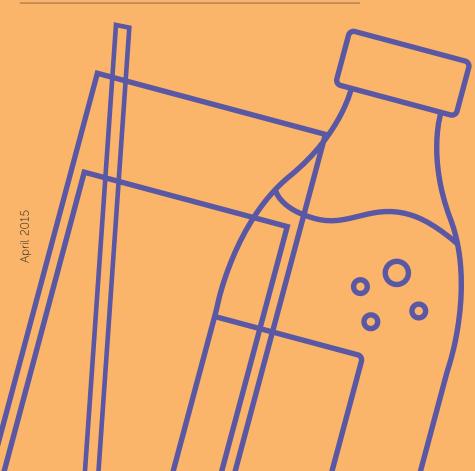
- Plain water (still or carbonated)
- Plain milk (semi skimmed or skimmed)
- Plain soya, rice or oat drinks
- Fruit or vegetable juice (still or carbonated)
- Fruit or vegetable juice (still or carbonated) combined with water (at least 50% juice)
- Fruit or vegetable blends

School Day

Only the following drinks are allowed to be provided at other times during the school day **before 6pm**:

- Plain water (still or carbonated)
- Plain milk (semi skimmed or skimmed)
- Plain soya, rice or oat drinks

For full details about the primary school drink requirements & information about the nutritional standards for lunch refer to the Healthy Eating in Maintained Schools: Statutory Guidance for Local Authorities & Governing Bodies.





Healthy Eating in Schools: Breakfast Requirements

Breakfast means food provided **before the start of the morning school session**.

Only the following foods must be **available** at breakfast:

- Milk based drinks or yoghurts
- **Cereals** that are not coated or flavoured with sugar, chocolate or cocoa powder
- Fruit ϑ vegetables
- Breads & toppings

For full details about the breakfast requirements refer to the Healthy Eating in Maintained Schools: Statutory Guidance for Local Authorities & Governing Bodies.



Healthy Eating in Schools: After School Clubs

After school clubs are **regular** school clubs held on the **school premises** after the last school session & **before 6pm**. Food & drink provided at these clubs must meet the food & drink requirements for the **school day**.

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Suggested Food & Drink

- Fruit & vegetables must be provided if other food is available
- Porridge, cornflakes, whole wheat biscuit cereals
- Cream crackers, oatcakes, water biscuits
- Cheese, cream cheese, cottage cheese
- Baked beans, mixed beans, hummus
- Sandwiches, baguettes, wraps
- Toast, bagels, English muffins
- Quiche, omelette, frittata
- Jacket potatoes
- Meat cuts, fish
- Yoghurt
- Water
- Milk

For full details about the food & drink requirements & information about the nutritional standards for lunch refer to the Healthy Eating in Maintained Schools: Statutory Guidance for Local Authorities & Governing Bodies.



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