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A revised guide to the Government's new food-based standards for school lunches from the School Food Trust

This is a revised guide to the interim food-based standards for school lunches. It highlights the amendments to these standards that we expect to come into effect in September 2007. The guide provides the rationale for and a clear interpretation of each standard, with practical advice on how to implement them.

The School Food Trust's aim is to transform school food and food skills to improve children's health and education.

The School Food Trust is working with the key people in charge of school food: school cooks and caterers, head teachers and governors and local authorities to help them introduce the new standards.



School Food



is changing

Who's responsible for school food?



The school governing body with delegated budgets has the responsibility for ensuring the new food-based standards are being met.

Local authorities, schools and governors: Various legislation, including the Education Acts of 1996, 1998, 2002 and 2006 outlines the duties of school governors and local authorities in the provision of school food. In summary, the responsibility for the provision of school meals lies with the local authorities or directly with the schools if the local authority has delegated the school meals budget. This includes ensuring that the current food provision meets the interim food-based standards for lunch and the forthcoming standards for food provision other than lunch and the food and nutrient-based standards for lunch. In practice this involves deciding what dishes can be served, what ingredients to use, where water should be made available and setting any necessary snacking policies.

The Food Standards Agency and the National Governors Association have produced guidance for school governors on food policy in schools. This strategic policy document is being updated to include the new standards for school food. To find out more visit **www.nga.org.uk**.

Ofsted is monitoring the way schools approach healthier eating as part of its regular inspections of schools. Tools will be available from April 2007 on the School Food Trust website to help you work out whether your school lunches are compliant.

The Government's new standards for food in school

In May 2006, the Government announced new standards for school food¹. There are three parts, to be phased in by September 2009. Together they cover all food sold or served in schools: breakfast, lunch and after-school meals, tuck shops, vending, mid-morning break and after-school clubs.

New standards for school food apply from September 2006.

The new standards	Timetable for meeting the new standards
Interim food-based standards for school lunches (covered by this guidance)	All schools from September 2006
Food-based standards for school food other than lunch	All schools by September 2007 (schools are recommended to adopt these from September 2006)
Nutrient-based standards and new food-based standards (i.e. not interim) for school lunches	Primary schools by September 2008 at the latest Secondary schools by September 2009 at the latest

DfES is providing £220 million of funding over three years (2005-2008) to help schools and local authorities introduce the new standards. In September 2006, an additional £240 million transitional funding was announced to cover the period 2008-2011.

Why the new standards have been introduced

The British Medical Association predicts that by 2020 over one quarter of children will be obese and that children will have a shorter life expectancy than their parents⁵. Already, over 18 per cent of 2-15 year olds are estimated to be obese⁶.

The new standards were developed following research^{2,3} showing that children were not making healthy food choices at lunchtime and that school meals did not meet their nutritional needs. In 2005 the Government appointed an expert group, the School Meals Review Panel (SMRP), to recommend new standards for school food. The SMRP report published in October 2005⁴ proposed radical changes which would prohibit or restrict food high in fat, sugar and salt or made with poor quality meat being served at school. The SMRP also set minimum levels for the nutritional content of school lunches. The new standards generally adopt the SMRP and School Food Trust advice and recommendations.

Unhealthy eating patterns take time to change, so these new standards for school lunches are just the start of a much longer process.

Why have food-based standards been introduced for lunches?

- They define types of food which are no longer allowed or are restricted, in order to replace food high in fat, sugar and salt with more nutritious food and drinks.
- To ensure nourishing food is served more frequently.
- To ensure an immediate improvement in school lunches, allowing time for the more detailed process of developing meals that meet the new nutrient-based standards.

Empty calories

Increasingly, a large proportion of many children's diets consists of manufactured food high in fat, sugar and salt. These highly processed products often provide 'empty calories' which fill children up but do not supply the essential nutrients they need for healthy physical and mental development.

Health risks

Much of the food no longer allowed under the food-based standards is associated with a growing range of child health and nutritional issues, including obesity, diabetes and tooth decay and erosion. Childhood obesity is now recognised as a major threat to long-term health⁵ and the statistics are alarming⁶.

How the new standards will help children

- The ultimate goal is to help children enjoy balanced meals containing good sources of protein and starch, accompanied by lots of vegetables, salad and fruit.
- These standards mean that the less healthy food choices, high in fat, salt and sugar are replaced by more nutritious options.
- They should have a positive impact on children's health, help encourage them to eat more nutritious food and improve the quality of school food nationwide.

How will schools benefit

Feedback from teachers suggests that the changes in the food provided help bring about better behaviour and performance in the classroom.

What this guide covers – the interim food-based standards for school lunches



All school meal services in local authority maintained schools had to meet the food-based standards from September 2006.

Food-based standards will also apply to all other food outlets or meals at school, including vending, tuck shops and mid-morning break, from September 2007.

The first of the new standards are the interim food-based standards for school lunches. These came into force in September 2006. A few changes have been made to the interim food-based standards to assist schools with their interpretation and implementation. These revisions will come into effect in September 2007 subject to usual UK parliamentary and European procedures, alongside the food-based standards for food other than lunch.

Many of the interim food-based standards for lunch will also apply to other food sold or served through the rest of the school day. This means that vending machines, breakfast clubs, mid-morning break services, tuck shops and after-school clubs will also have to comply. This guide highlights which food-based standards apply across the school day. Schools are encouraged to introduce these standards as soon as possible, in anticipation of September 2007.

This guide also indicates which of the food-based standards will be maintained when the nutrient-based standards are adopted in primary schools (2008) and secondary schools (2009).

In summary, this guide:

- describes what the interim food-based standards are
- explains why the standards have been introduced

- highlights where the interim food-based standards have changed and how these revisions should be interpreted
- offers practical advice and ideas on how to implement the standards.






The School Food Trust is publishing guidance on the food other than lunch standards alongside this guide and on the nutrient-based standards by autumn 2007.

Who do the standards apply to?






- All local authority maintained primary, secondary, special and boarding schools, and Pupil Referral Units (PRUs) in England.
- Although independent schools are not specifically covered by the regulations, academies are expected to comply.
- All school lunch services, including hot, cold and packed lunch services provided on a school day up to 6pm (including food provided by the school or local authority for a school trip).
- Schools which have to cater for both primary and secondary-aged school children should use the food-based standards pertaining to primary school-aged children.
- Remember that standards should be met throughout the lunchtime service so that children eating at the end of lunch can also obtain a balanced meal.
- The standards apply to all food provided whether for adults or children.

At a glance – The NEW requirements for school lunches under the interim standards

These healthier products should be on your menus

	More Fruit and Vegetables	Not less than two servings per day per child must be provided; at least one should be vegetables or salad and at least one should be fruit.	✓
	More Oily Fish	Oily fish such as mackerel or salmon must be provided at least once every three weeks.	✓
	Bread	A type of bread with no added fat or oil must be provided everyday.	✓
	Drinking Water	Free, fresh drinking water must be provided.	✓
	Healthier Drinks	The only drinks permitted during the school day are plain water (still or sparkling), skimmed or semi-skimmed milk, fruit juice or vegetable juice, plain soya, rice or oat drinks enriched with calcium, plain yoghurt drinks, or combinations of the above. Tea, coffee and low calorie hot chocolate are also permitted.	✓

These foods are now restricted or no longer allowed

	NO Confectionery	Confectionery such as chocolate bars, chocolate-coated biscuits and sweets must not be provided.	✗
	Salt and Condiments – Restricted	Salt must not be provided at lunch tables or at service counters. Condiments, such as ketchup and mayonnaise, should only be available in sachets or individual portions of not more than 10g or 1 teaspoonful.	✗
	Snacks – Restricted	Snacks such as crisps must not be provided. Nuts, seeds, vegetables and fruit with no added salt, sugar or fat are allowed. Savoury crackers and breadsticks can be provided at lunchtime as part of a meal when served with fruit, vegetables or dairy food.	✗
	Deep-Fried Food – Restricted	No more than two deep-fried foods, such as chips and batter-coated products, in a single week.	✗
	Meat Products – Restricted	A meat product (manufactured or homemade) from each of the four groups below may be provided no more than once per fortnight providing the meat product also meets the standards for minimum meat content and does not contain any prohibited offal: Group 1: Burger, hamburger, chopped meat, corned meat; Group 2: Sausage, sausage meat, link, chipolata, luncheon meat. Group 3: Individual meat pie, meat pudding, Melton Mowbray pie, game pie, Scottish (or Scotch) pie, pasty or pastie, bridie, sausage roll. Group 4: Any other shaped or coated meat product.	✗

How we have interpreted each standard

The information in each side panel sets out the interim food-based standard as stipulated in the draft 2007 Regulations.

The interim food-based standards for lunch combine the existing school lunch standards (2001) with a set of new, additional requirements. These cover food that has limited nutritional value and is restricted or banned, and food that children need to eat more of as part of a healthy diet.

The next section explains each standard in detail and gives further clarification on how they are covered within the existing and forthcoming legislation.

What is specified in this standard?

This explains what specific requirements have been introduced under that food group and how the standard should be interpreted for example, whether a certain type of food must be served more often or is no longer allowed.

The **serving suggestions** and **good practice** ideas will help you to implement the changes in the kitchen and dining hall.

Notes from the 2001 standards

There are only a few of these. They remind you of some of the earlier requirements you still need to meet under that food group.

Changes in wording and interpretation of the standards

This symbol  indicates if there has been a slight change in the wording and interpretation of the interim food-based standard since the first guide was published. There are only a few of these. Remember that these changes will come into effect in September 2007 subject to usual UK parliamentary and European procedures.

Does this food-based standard apply across the school day from September 2007?

Information given under this heading in each section of the guide explains if the interim food-based standard applies across the school day.

Is this food-based standard maintained when the nutrient-based standards are adopted in primary schools (2008) and secondary schools (2009)?

Information given under this heading in each section of the guide explains if the interim food-based standard is maintained when the nutrient-based standards are adopted.

More Fruit and Vegetables

Not less than two portions of fruit and vegetables per day per child must be provided, at least one of which should be salad or vegetables and at least one of which should be fruit.



What is specified in this standard?

Not less than one portion of fruit and one portion of vegetables or salad must be available per day per child. In practice this means that sufficient portions must be available to be able to offer a portion of fruit and vegetables to every child. However, it is accepted that providing, for example, a piece of fruit every day for each pupil who takes a school lunch could result in wastage. To avoid this, if you are providing fresh fruit it would be appropriate to have readily available as an alternative, tinned fruit or juice, to ensure that where demand exceeds your expectations, every child is able to have a portion of fruit.

A fruit-based dessert with a content of at least 50% fruit measured by weight of the raw ingredients must be provided at least twice per week in primary schools.

Why this standard needs to be in place

- To increase children's fruit and vegetable consumption. Fruit and vegetables are a good source of essential nutrients, have lots of important health benefits and can displace food that is high in fat or sugar.
- National surveys show that children's intake of fruit and vegetables is currently less than half the recommended minimum daily amount of five portions a day^{2,3}.

What this food group includes

Fruit and vegetables in all forms including fresh, frozen, tinned and dried or as juice.

- **Fruit:** includes fresh fruit, fruit tinned in juice, fruit salad (fresh or tinned in juice), fruit juice and dried fruit. Good examples of fruit-based desserts include: fruit crumble, apple pie, fruit sponge, apple cobbler, fresh fruit jelly,

Suggested Portion Size

	Primary	Secondary
Cooked vegetables	1-2 tablespoons	2-3 tablespoons
Salad vegetables	½ dessert bowl	1 dessert bowl
Fresh fruit	½ – 1 fruit	1 fruit
Fruit salad, fruit tinned in juice	1-2 tablespoons	2-3 tablespoons
Fruit juice	150ml	200ml
Dried fruit	½ – 1 tablespoon	1 tablespoon



A fruit-based dessert with a content of at least 50% fruit measured by weight of the raw ingredients must be available at least twice per week in primary schools.

baked stuffed peaches, summer pudding and yoghurt/custard with fruit. Fruit used as decoration, or jam added to a dessert, does not count towards this standard.

- **Vegetables:** includes all fresh, frozen and tinned varieties whether offered as a salad, cooked vegetables, or as part of a dish (for example, broccoli quiche or moussaka). Baked beans and pulses are also included but not potatoes (which are classified as a starchy food).

What is a portion?

For adults, a portion of fruit or vegetables is 80g⁷, but there is currently no recommended portion size for children. Practically, we suggest a good guide would be to serve at least half an adult portion (i.e. 40g) to primary pupils, and move towards an adult size portion (i.e. 80g) for secondary pupils. The table (left) gives examples of how these portions translate into kitchen servings.

Serving suggestions

- Include fresh fruit as well as raw vegetables in salad bars.
- Serve fruit in a variety of ways for dessert, attractively presented and in appropriate sizes for different age groups. For example: whole fruits, fruit salad and fruit quarters.
- Add salad ingredients to sandwiches.
- Try to offer two hot vegetables with the main meal as well as a salad bar.

- If the service is a cash cafeteria offer 'meal deals'. For example, include vegetables and a piece of fruit in a main meal price; include a piece of fresh fruit with a sandwich.

Good practice

- Serve fruit with other food. For example, grapes with cheese and crackers, or shortbread with stewed fruit or fresh strawberries.
- Make sure tinned vegetables are the type with no added sugar or salt.
- Make sure tinned fruit is in water or juice rather than sweetened syrup.
- Aim to serve a variety of seasonal fruit and vegetables every day.
- Although baked beans are popular it is important not to serve them daily and offer a variety of vegetables on your menu.

Does this standard apply across the school day in September 2007?

In addition to the portion of fruit and portion of vegetables at lunchtime; fruit and vegetables must be provided in any outlet on the school premises where food is made available. This can include fresh, dried, frozen, tinned and juice products.

Is this food-based standard maintained when the nutrient-based standards are adopted in primary schools (2008) and secondary schools (2009)?

It will still be necessary to meet the fruit and vegetable standard however, the fruit-based dessert standard for primary schools will no longer apply.

Meat, Fish and Other Non-Dairy Sources of Protein

A food from this group must be provided on a daily basis.

Fish must be provided at least once per week in primary schools and at least twice per week in secondary schools. Of that fish, oily fish must be provided at least once every three weeks.



What is specified in this standard?

A food from this group must be provided on a daily basis. When planning menus, ensure that red meat is provided at least twice a week in primary schools and at least three times a week in secondary schools and that fish is provided at least once a week in primary schools and at least twice a week in secondary schools. Oily fish should be provided at least once every three weeks in both primary and secondary schools.

Why this standard needs to be in place

- To ensure adequate protein supplies.
- To encourage children to eat more fish containing omega-3 fatty acids which help maintain a healthy heart.

What this food group includes

Fresh, frozen, canned meat, poultry and fish, ham and bacon, eggs, nuts*, dried pulses and beans (other than green beans) and soya products.

Red meat

- Includes beef, lamb, pork and pork products such as ham and bacon, or dishes made from these meats.

- Offer a variety of red meats, with an emphasis on dishes made from raw ingredients rather than using bought-in pre-prepared products.
- Try to use lean cuts, trim meat carefully, bake rather than fry, and skim fat from casseroles and stews.

Fish

- Fish includes cod, haddock, plaice, coley, halibut and hake.

What is the definition of oily fish?

An oily fish is one containing omega-3 fatty acids. This includes fresh, canned or frozen salmon, sardines, pilchards, mackerel, herring and fresh or frozen tuna.

NB: Tuna only counts as an oily fish when it is fresh or frozen because the omega-3 fatty acids are removed during the canning process. Tinned tuna, white fish, or white fish products with added omega-3 fatty acids do not meet the requirement.

*Be allergy aware, see page 23 of this guide.



Red meat must be provided at least twice per week in primary schools, and at least three times per week in secondary schools.

In primary schools a dairy source of protein may be provided in place of meat, fish and other non-dairy sources of protein.

Serving suggestions

- Use oily fish as a salad ingredient. For example: tinned, smoked or fresh salmon salad, smoked or tinned mackerel salad, niçoise salad.
- Add oily fish to a sandwich/roll/baguette/wrap filling. For example: salmon and cucumber, tinned sardines or mackerel and salad.
- As a main course. For example: baked salmon fillet, baked or grilled fishcakes, fish pie, fish kedgeree.

Good practice

- Offer small taster portions to introduce pupils to fish dishes they may not have tried before. Research shows that small tasters are a very good way of helping children to accept 'new' or 'unfamiliar' food.
- Offer a variety of dishes over time to encourage children to keep eating oily fish.

Other sources of protein

- Examples of vegetarian sources of protein include lentils, kidney beans, chick peas, tofu, lima beans and nuts*.
- Offer one or more vegetarian meals. These dishes are often popular with meat eaters as well.
- In primary schools, dairy products (e.g. cheese) are an acceptable alternative source of protein.

Does this standard apply across the school day in September 2007?

No. The meat, fish and other non-dairy sources of protein standards do not apply across the whole school day.

Is this food-based standard maintained when the nutrient-based standards are adopted in primary schools (2008) and secondary schools (2009)?

It will only be necessary to comply with the oily fish standard. That is, oily fish must be available at least once every three weeks.

*Be allergy aware, see page 23 of this guide.

Starchy Food

A food from this group must be provided on a daily basis.

In addition bread with no added fat or oil must be provided on a daily basis.

Fat or oil shall not be used in the cooking process on more than three days in any week.

What is specified in this standard?

- All schools must provide starchy food every day.
- Bread must be provided as an extra to the meal every day.
- Starchy food cooked in fat or oil must not be provided more than three times in a single week (see also the requirement relating to deep-fried food).
- On any day that a starchy food cooked in fat or oil is provided, a starchy food not cooked in fat or oil must also be provided.

Why this standard needs to be in place

- To reduce the amount of fat children eat. Eating non-fatty starchy food is a key part of a healthy diet and will help to control calorie intake as fat is a very concentrated source of calories.
- To encourage hungry children to fill up on bread, a healthy source of starchy carbohydrates, instead of unhealthy snacks or confectionery.

What this food group includes

Bread, pasta, rice, couscous, noodles, potatoes, sweet potatoes, yams, millet, cornmeal and other cereals.

What are examples of starchy food cooked in fat or oil?

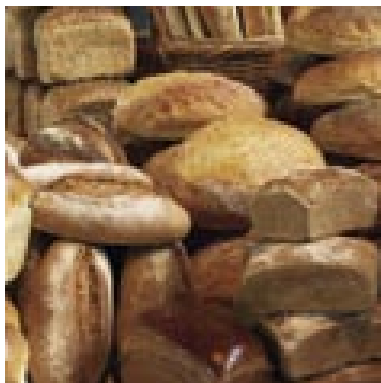
Examples include: sauté and roast potatoes, fried rice, chapattis made with fat.

What are examples of starchy food not cooked in fat or oil?

Boiled plain rice, pasta, noodles, couscous, sweet potatoes, mashed or jacket potato.

Is any type of bread acceptable as an extra?

All types of bread with no added fat or oil are acceptable: brown, wholemeal, granary, white, pitta, rolls, homemade bread, chapattis made without fat, ciabatta.



For every day that a starchy food cooked in fat or oil is provided, a starchy food not cooked in fat or oil should also be provided.

Serving suggestions

- Try promoting the wholegrain varieties of pasta, rice and bread.
- Use at least some wholemeal flour when making homemade bread.
- Offer a variety of portion sizes to suit different ages and appetites.

Good practice

- Serve plain bread rather than bread with spreads.
- Serve garlic bread as a menu item, not as an extra.
- Put a bread basket where children can help themselves. Bread should be easily seen by the children who can then pick up a piece if they wish.
- Vary your menu by offering a variety of plain starchy food throughout the week.
- When cooking starchy food in fat or oil, use the minimum amount of oil and drain well.
- Use clean oil that is high in unsaturated fats such as sunflower, rape, soya, olive or a mixed vegetable oil.

Does this standard apply across the school day in September 2007?

Yes. Fat or oil shall not be used in the cooking process on more than three days in any week across the school day.

Is this food-based standard maintained when the nutrient-based standards are adopted in primary schools (2008) and secondary schools (2009)?

It will be necessary to provide a type of bread with no added fat or oil every day and starchy food cooked in fat or oil will continue to be restricted to three days in any week across the school day.

Drinking Water



There should be easy access at all times to free, fresh drinking water.

What is specified in this standard?

Pupils should have easy access at all times to free, fresh drinking water.

Why this standard needs to be in place

- To help children switch to drinking water with meals instead of less healthy sweetened soft drinks.
- Water promotes hydration and has no calories.
- To promote water availability in schools – children do not have to pay for tap water – as it is a drink which is equally accessible to all.

Does the water have to be chilled?

If water can be chilled then it is more appealing but this is not a requirement of the standard.

Serving suggestions

- Provide jugs of freshly-poured tap water together with cups/glasses on tables and at the serving counter.
- Consider installing a point-of-use water cooler which uses mains water.
- Modern water fountains could be an additional water point in the dining room.

Good practice

- Make sure that water is available, easily accessible and is free of charge to all pupils where they are having lunch.
- Signpost water stations in the dining room.
- Give younger children a cup or glass of water or let them carry water bottles.
- Make sure that dining room supervisors direct children to water sources.
- Promote water availability throughout the school, so children do not have to rely on taps in toilets for a drink.

Does this standard apply across the school day in September 2007?

Yes. There should be easy access at all times of the day to free, fresh drinking water.

Is this food-based standard maintained when the nutrient-based standards are adopted in primary schools (2008) and secondary schools (2009)?

Yes. There should be easy access at all times to free, fresh drinking water.

Healthier Drinks

NEW! The only drinks which can be provided:

Plain drinks:

Plain water (still or carbonated).

Skimmed or semi-skimmed milk.

Fruit juice or vegetable juice.

Plain soya, rice or oat drinks enriched with calcium.

Plain yoghurt drinks.

Combination drinks:

Combinations of fruit juice or vegetable juice with—

(a) plain water, in which case the fruit juice or vegetable juice must be at least 50% by volume and may contain vitamins and minerals;

(b) milk (skimmed or semi-skimmed) or plain yoghurt (in each case with or without plain water) in which case the milk or yoghurt must be at least 50% by volume and may contain vitamins, minerals and less than 5% added sugars or honey;

(c) plain soya, rice or oat drink (in each case with or without plain water) in which case the soya, rice or oat drink must be at least 50% by volume and may contain vitamins, minerals and less than 5% added sugars or honey.

Tea, coffee.

Hot chocolate containing no more than 20 calories per 100 millilitres.⁸

Note: Whole milk may be provided to pupils to the end of the school year in which they reach five years of age.

What is specified in this standard?

The only drinks provided should be those listed in the standard

Why this standard needs to be in place

- To remove drinks from school which have no nutritional value and can cause tooth decay.
- To specifically encourage children to drink water or drinks that provide other nutrients such as milk, yoghurt or dairy equivalent drinks that address calcium requirements, and fruit or vegetable juices that provide vitamin C and other important nutrients such as carotenoids.



Although not part of the regulations, the Secretary of State for Education and Skills strongly recommends that drinking milk is made available as an option every day.

NEW! What drinks can I serve?

- Plain drinks such as water (still or carbonated), fruit juice, vegetable juice, milk (semi-skimmed or skimmed), plain soya, rice or oat drinks enriched with calcium and plain yoghurt drinks. For further clarification please see the list and definition of drinks permitted in schools at the back of this guide. This table specifies drinks where additives (preservatives, antioxidants, sweeteners, stabilisers, colourings), flavourings, and fortificants can be used.

Healthier drinks

Does this standard apply across the school day in September 2007?

Yes. Only the drinks listed on page 17 may be available during the school day.

Is this food-based standard maintained when the nutrient-based standards are adopted in primary schools (2008) and secondary schools (2009)?

Yes. Only the drinks listed on page 17 may be provided when the nutrient-based standards are adopted.

- Combinations of water (still or carbonated) and fruit and/or vegetable juice. These combination drinks must contain at least 50% juice, and no added sugar and may contain vitamins or minerals.
- Combinations of milk (semi-skimmed or skimmed), or plain yoghurt, water, fruit or vegetable juice. In these combinations the milk or yoghurt must be at least 50% by volume and the combined drink may contain vitamins and minerals. Less than 5% sugar or honey may be added to the milk or yoghurt components.
- Combinations of plain soya, rice or oat drink, water, fruit or vegetable juice. In these combinations the soya, rice or oat drink must be at least 50% by volume, and the combined drink may contain vitamins and minerals. Less than 5% sugar or honey may be added to the soya, rice or oat component.
- Combinations of milk (skimmed or semi-skimmed), plain yoghurt or plain soya, rice or oat drinks (with or without plain water) with cocoa. In these combinations the milk, yoghurt, soya, rice or oat drink must be at least 50% by volume and the combined drink may contain vitamins and minerals. Less than 5% sugar or honey may be added to the milk, yoghurt, soya, rice or oat component. No colourings are permitted.⁹

The above combination drinks are classified as non-alcoholic flavoured drinks under EU law and are allowed to contain the additives and flavourings as specified by Council Directive 89/107/EEC and Council Directive 88/388/EEC. For a full list see pages 30 and 31.

Good Practice

- Provide drinks that are unsweetened, unfortified and additive free.
- Schools are strongly encouraged to provide drinks which do not contain preservatives, flavourings, colourings and sweeteners, in line with the original intention of the School Meals Review Panel which was for children to drink 'pure' drinks in schools which offer nutritional benefit. The School Food Trust is aware that many manufacturers have been innovative in producing a range of drinks that are popular with young people and are additive free. The School Food Trust is currently working with drinks manufacturers to develop a voluntary code of practice for drinks in schools to support the provision of such drinks. The DfES is discussing with the FSA the possibility of negotiating changes to the EU legislative framework on additives.
- Restrict access to sugar to add to hot drinks.

Serving suggestions

- Offer a variety of fruit juices, for example apple, orange, pineapple or mixed juices.
- Smoothies made from yoghurt and/or milk combined with fruit or fruit juice using a variety of fruits to introduce children to new flavours. Let the children watch and learn how to make smoothies.
- Offer a variety of fruit or plain lassis.
- Chill drinks as they are more popular.

Milk and Dairy Food

A food from this group should be available on a daily basis.



What is specified in this standard?

Dairy food must be available at lunchtime everyday.

Why this standard needs to be in place

To help maintain good intakes of calcium, protein and riboflavin.

What this food group includes

Milk, cheese, yoghurt (including frozen and drinking yoghurt), fromage frais and custard but not butter and cream.

Good practice

- Offer a variety of dairy products, and where possible serve lower fat options. The 1994 COMA report¹⁰ stated that it is highly appropriate for school-aged children to consume semi-skimmed or skimmed milk in order to help regulate the amount of fat in their diets. Lower fat milk contains the same amount of calcium, protein and riboflavin as full fat equivalents.
- Try not to serve cheese more than once a week as the only vegetarian option.

Notes from the 2001 standards

Schools must still provide food from this group on a daily basis.

Does this standard apply across the school day in September 2007?

No. This standard does not apply across the school day.

Is this food-based standard maintained when the nutrient-based standards are adopted in primary schools (2008) and secondary schools (2009)?

No. When the nutrient-based standards are adopted this food-based standard is no longer required.

No Confectionery

Confectionery, chocolate and chocolate-coated products (excluding cocoa powder used in chocolate cakes, combination drinks made with milk, yoghurt and dairy equivalents, or low calorie hot drinking chocolate) shall not be provided throughout lunchtime.

What is specified in this standard?

Confectionery should not be provided as part of school lunches. Children can no longer choose sweets or chocolate, including products containing, coated or flavoured by chocolate.

Why this standard needs to be in place

- Confectionery products are all high in sugar and some are also high in fat and do not make a valuable contribution to a child's nutrient intake.
- Many children, especially in secondary schools, eat confectionery instead of a balanced meal for lunch.
- Confectionery products contribute to tooth decay.

What does confectionery include?

- Chocolate and chocolate products, for example: bars of milk, plain or white chocolate; chocolate flakes, buttons or chocolate-filled eggs.
- Chocolate-coated bars.
- Biscuits containing or coated in chocolate (including partly and fully-coated biscuits such as chocolate digestives, chocolate-covered caramel wafers, chocolate fingers, choc chip cookies).
- Sweets, for example: boiled, liquorice, mint and other sweets, also sherbet, fudge, marshmallows, toffee, and chewing-gum; this includes sugar-free sweets and chewing-gum.
- Cereal chewy bars, cereal crunchy bars, processed fruit bars and sugared, dried, yoghurt or chocolate-coated fruit.
- Chocolate ices and other chocolate-coated ice-cream.

NB: This does not include cocoa powder used in cakes, puddings, biscuits or low calorie drinking chocolate or combination drinks made with milk, yoghurt or dairy equivalents including soya, oat and rice-based drinks.



Serving suggestions

- Cakes and biscuits can be served only at lunchtime as long as they contain no confectionery. Children should only be encouraged to eat these as part of a meal following, but not instead of, a main course.
- Replace chocolate flakes or chocolate buttons used as a dessert decoration with fresh or dried fruit.

Good practice

- Develop 'meal deals' so that the dessert item is not sold separately from the rest of the meal.
- Let children know, if they ask, why confectionery products have been removed.
- Do not replace confectionery items with a huge variety of cakes and biscuits. Keep the selection small and try to make sure that most of them contain some type of fruit, for example: date slices, Dutch apple cake, carrot cake, banana loaf, malt loaf, apple shortbread, fruit flap jacks, fruit muffins, spicy fruit biscuits.

Does this standard apply across the school day in September 2007?

Yes. From September 2007 confectionery should not be provided at any time of the school day where food is made available.

Is this food-based standard maintained when the nutrient-based standards are adopted in primary schools (2008) and secondary schools (2009)?

Yes. When the nutrient-based standards are adopted this food-based standard will still be required.

Salt and Condiments – Restricted



No salt shall be available to add to food after the cooking process is complete.

NEW! Condiments may be available only in sachets or individual portions of no more than 10 grams or one teaspoonful.

What is specified in this standard?

Salt should not be provided at lunch tables or at service counters.

NEW! Condiments may only be provided in sachets or in individual portions of no more than 10 grams or one teaspoonful.

Why this standard needs to be in place

- To reduce children's salt intake. Most condiments are highly salted and children often consume more salt than they need. They are then more likely to eat too much salt as adults.
- High salt intake increases the risk of high blood pressure, which can lead to heart disease.
- Children do not need extra salt in the dining room because the food that is served to them will already contain enough salt.

What do condiments include?

Condiments include: tomato ketchup, brown sauce, salad cream, mayonnaise, French dressing, mustard, pickles and relishes.

Good practice

- Only serve condiments on request.
- Although not condiments, gravy and other sauces also tend to be high in salt. Serve on request in small amounts.
- Reduce the amount of salt used in cooking.
- Add herbs and spices to dishes to cut down on the need for extra salt and condiments.
- Talk to your suppliers to pick out products with a lower or reduced salt content.
- Pumps that dispense 10g portions should be well supervised.

Does this standard apply across the school day in September 2007?

Yes. From September 2007 this standard will apply across the school day.

Is this food-based standard maintained when the nutrient-based standards are adopted in primary schools (2008) and secondary schools (2009)?

Yes. When the nutrient-based standards are adopted this food-based standard will still be required at lunchtime.

Snacks – Restricted



No snacks may be provided except nuts, seeds, fruit or vegetables with no added salt, sugar or fat. NEW! Savoury crackers or breadsticks can only be served with fruit or vegetables or dairy food as part of school lunch.

What is specified in this standard?

The only snacks available at lunchtime should be nuts, seeds, fruit and vegetables with no added salt, fat or sugar. This means that snacks high in salt and fat such as crisps are no longer allowed. NEW! Savoury crackers or breadsticks can only be served with fruit or vegetables or dairy food as part of school lunch.

Why this standard needs to be in place

- To remove products such as packets of crisps (which tend to be high in fat and salt), from school lunch services. These types of snack products, like confectionery, displace more nourishing food.
- To encourage children to eat a balanced meal at lunch times.
- To change the eating habits of children, as research^{2,3} shows that when given a selection they will choose the less healthy option. By restricting less healthy options we aim to encourage children to routinely make healthier eating choices in and out of school.

What products cannot be served?

- Any potato, cereal (maize, wheat, oat, rye or rice-based) soya, nuts, seeds, fruit or vegetable snacks with added salt or sugar. For example crisps, potato shapes, sweetened and salted popcorn, Japanese rice crackers, flavoured rice cakes, snack biscuits, Bombay mix and salted or sweetened nuts.
- Note: sandwiches, filled rolls, bagels, paninis and crumpets are **not** counted as snacks.

Good practice

- Use low fat, low salt savoury biscuits when serving these at lunchtime as part of a meal. Remember they can only be provided if served with fruit, vegetables or a dairy product such as cheese.
- Be aware of nut allergies. Always refer back to the school and catering policies regarding nuts. Many schools are finding that cases of allergies from peanuts (as well as milk and eggs) are on the increase. The Anaphylaxis campaign states that even the most extreme form of allergy – anaphylaxis – is manageable in schools and cross contamination can be significantly lowered by washing hands with soap after eating/handling nuts. We recommend you visit the www.allergyinschools.org.uk website for accurate, reliable information on managing allergies in schools.

Does this standard apply across the school day in September 2007?

Yes. From September 2007 snacks should be restricted to those listed above across the school day.

Is this food-based standard maintained when the nutrient-based standards are adopted in primary schools (2008) and secondary schools (2009)?

Yes. When the nutrient-based standards are adopted this food-based standard will still be required.

Deep-Fried Food – Restricted

No more than two portions of deep-fried food in a single week. This includes products which are deep-fried in the cooking or manufacturing process.



What is specified in this standard?

Deep-fried food (including those deep-fried or flash-fried in the kitchen or manufacturing process) should not be served more than twice a week. For example, serving battered or deep-fried breaded fish and chips (including oven-baked chips) on the same day means that no other deep-fried food can be served that week.

Why this standard needs to be in place

To cut down the number of times that deep-fried food is served in order to reduce the amount of fat children eat. This will help to control calorie intake as fat is a very concentrated source of calories.

What counts as a deep-fried food?

Any food that is deep-fried or flash-fried either in the kitchen or in the manufacturing process. This includes chips (including oven chips), potato waffles and any pre-prepared coated, battered and breaded products such as chicken nuggets, fish fingers, samosas, potato shapes, spring rolls, battered onion rings and doughnuts.

Good practice

- Prepare as much food as possible from fresh and avoid deep-frying.
- When frying, always use clean oil at the right temperature.
- Use oil that is high in unsaturated fats like sunflower oil, rape, soya or a mixed vegetable oil.

Does this standard apply across the school day in September 2007?

Yes. From September 2007 only two deep-fried items can be served in a single week across the school day.

Is this food-based standard maintained when the nutrient-based standards are adopted in 2008 (primary) and 2009 (secondary) schools:

Yes. When the nutrient-based standards are adopted this food-based standard will still be required.

Meat Products – Categorised and Restricted

NEW! A meat product from each of the four (4) groups below may be provided no more than once per fortnight if they:

- i) meet the legal minimum meat content levels set out in the Meat Products (England) Regulations 2003¹¹. Products not specifically covered by these must meet the same meat content levels prescribed for burgers;
- ii) are not economy burgers; and
- iii) contain none of the prohibited list of offal*.

Group 1: Burger, hamburger, chopped meat, corned meat.

Group 2: Sausage, sausage meat, link, chipolata, luncheon meat.

Group 3: Individual meat pie, meat pudding, Melton Mowbray pie, game pie, Scottish (or Scotch) pie, pasty, pastie, bridie, sausage rolls.

Group 4: Any other shaped or coated meat product.

What is specified in this standard?

NEW! Meat products (including manufactured and homemade) are now categorised into four groups. A product from each group below may be provided no more than once per fortnight. The meat product must also meet the minimum meat content levels specified in the Meat Products (England) Regulations 2003¹², or the equivalent for burgers if they are not specified in those regulations. Economy burgers are banned and so is certain offal*.

Why this standard needs to be in place

- To improve the quality of meat and poultry products used in schools.
- To cut down on the number of times that meat products are served.
- To reduce the fat content of children's diets.
- To ban products which contain offal on the prohibited list.

- To encourage children to embrace greater diversity in their diets and to explore new taste experiences in and out of school.

Serving suggestions

- Replace manufactured products with fresh meat and poultry. For example, you could replace chicken nuggets with chicken legs and shaped products with bolognese or curry.
- Large single crust, multi-portion pies do not fall into Group 3.

Good practice

- Try to avoid highly processed meat products and concentrate on good quality products with a high muscle meat content.
- Talk to your suppliers to make sure that their manufactured products are of a high enough quality to meet this requirement.

Does this standard apply across the school day in September 2007?

Yes. Only one of the meat products from each of the four (4) groups listed may be provided no more than once a fortnight across the school day.

Is this food-based standard maintained when the nutrient-based standards are adopted in 2008 (primary) and 2009 (secondary) schools?

Yes. When the nutrient-based standards are adopted this food-based standard will still be required.

*The list of prohibited offal is: brains, lungs, rectum, stomach, feet, oesophagus, spinal cord, testicles, large intestine, small intestine, spleen and udder. Mammalian large or small intestine may be used as a sausage skin (including chipolatas, frankfurters, salami, links and similar products).

Implementing the new standards in your school



With time and planning, you can make positive and long-lasting changes to the culture around school food. By thinking ahead and involving all the key people including children and young people, parents/carers, staff, school cooks and catering suppliers, you will be able to ensure meal uptake increases rather than decreases.

The key things to consider are:

- Make sure all staff – teachers, lunchtime supervisors, cooks – know about the changes. Work out with each group what impact the standards will have on their daily workload.
 - Spend time in the kitchen with the school cooks to regularly share ideas about how to successfully implement the standards and plan suitable new menus for the start of each new school term.
 - Keep parents involved. Send them a copy of the new menus, invite them in to taste some of the dishes and ask them to explain the changes to their children.
 - Talk to your students. Consult with them on the menu, put up new menus on the school notice board. Make sure they know what food is banned or restricted and use lessons in healthy eating to explain why.
 - Give them tasters of new dishes on the menu to encourage them to make alternative choices. Gradually, they will be able to accept, adapt and enjoy new tastes and benefit from the wider variety of food.
- Create a team that includes, cooks, catering staff, school councils or School Nutrition Action Group (SNAG) (www.healthedtrust.com/pages/snag/htm) to develop menus together.
 - Encourage teaching staff to be positive role models by eating school lunches and whenever possible encourage them to eat with children.

Although not part of the regulations, the Secretary of State for Education and Skills strongly recommends:

- that a standard two course meal and a drink should be on offer to pupils, particularly as it forms the main meal of the day for some.
- children in primary schools should not have the same free cafeteria style choices as in secondary schools.
- a free school meal should be set to enable children to have standard two course lunch and a drink.

Involve all the key people, especially school cooks, in planning the changeover to the new standards.

- Review the way lunchtime is organised and the environment your students are eating in. Simple changes to the dining room can make it a calmer and more sociable place to eat which can help increase uptake. The School Food Trust is publishing a 'Fresh Look at the School Meal Experience' in May 2007.
- Talk to other schools in your area, see how you might be able to support each other and share good practice.
- Contact your local Healthy Schools co-ordinator for advice on introducing a whole school food policy for healthy eating. This will help children to make the links between what they eat at school with the messages they receive about healthy food in the classroom.
- Reinforce these messages by using healthier food or non-food items to reward good behaviour and academic performance.
- Be inspired by those who have successfully overcome some of the issues you might be facing; visit the School Food Trust website and read about schools which have successfully increased take-up.
- For further support contact the School Food Trust. There is a section on our website covering some of the frequently asked questions you have about what to put on the menu. For more information visit:
www.schoolfoodtrust.org.uk.

Diverse diets and special dietary needs

All school caterers are encouraged to provide for ethnic diversity in their meal service, especially where children have religious beliefs or cultural customs which affect what they eat. Schools are also encouraged to cater for children with special dietary needs and allergies, and to be aware of all aspects of eating disorders including anorexia, bulimia and binge eating. Further information can be obtained at

www.b-eat.co.uk. The School Food Trust will be developing specific advice on this in its guidance on the nutrient-based standards. The new standards should not present any barriers to making healthy provision for these pupils. See the DfES "*Supporting Pupils with Medical Needs*" guidance at www.teachernet.gov.uk/wholeschool/healthandsafety/medical



Caterers or schools providing packed lunches will need to make sure they meet the standards.

Packed lunches

Packed lunches provided by a school or school caterer are also required to meet the standards. As a reminder, packed lunches should include the following:

- Meat, fish or a non-dairy source of protein.
 - Red meat should be provided at least twice a week in primary schools and at least three times a week in secondary schools.
 - Fish should be provided at least once a week in primary schools and at least twice a week in secondary schools.
 - Of that fish, oily fish should be provided at least once every three weeks.
 - Lunches for primary pupils can include dairy sources of protein as an alternative to meat.
 - A starchy food.
 - At least one portion of fruit.
- Fruit-based desserts should be provided at least twice a week for pupils in primary schools.

- At least one portion of a vegetable or salad.
- A milk or dairy food.
- All pupils should have easy access to free, fresh drinking water.
- Savoury crackers or breadsticks served with fruit, vegetables or dairy products.

Packed lunches must **not** include:

- confectionery
- snacks with added salt, sugar or fat
- deep-fried products more than twice a week
- meat products except as described on page 25
- drinks other than those listed on page 17.

NB: Be allergy aware, see page 23 of this guide.

The FSA has produced information on packed lunches at www.eatwell.gov.uk.

Procurement of school meals and contract variation



Procurement of school meals is a complex task influenced by a number of factors including product quality, best value, EU legislation, sustainable objectives and nutritional targets. Support and advice is available through a wide range of organisations.

DfES has produced guidance to help schools locked into long-term contracts to vary these contracts and incorporate the new school food standards. You can find guidance on this in the Healthy Living section of Teachernet, alongside the main guidance on procuring school meals: **www.teachernet.gov.uk/wholeschool/healthyliving/schoolfoodanddrink/procuringmeals**

Sustainable procurement

Sustainable procurement is about understanding the impact of purchasing decisions on the environment and economy. It therefore makes sense to give due consideration to factors such as food quality, seasonality of produce and food miles when making purchasing decisions for school meals.

Public Sector Food Procurement Initiative

The aim of the initiative is to encourage public sector buyers including schools and local authorities to work with farmers, growers and suppliers.

The DfES has produced a “Food Procurement Action Plan”, which sets out how they will address the objectives of the Public Sector Food Procurement Initiative (PSFPI). You can find out more about this programme to promote more locally and sustainably sourced food at: **www.defra.gov.uk/FARM/policy/sustain/procurement/index.htm**

DEFRA has published extensive guidance on good practice for local authorities on their PSFPI website including a useful section on funding for farmers, rural organisations and voluntary/ community sector organisations. Broader guidance includes working within the procurement rules and reports of work undertaken in the regions. This guidance does not replace local authorities’ standard contracts, regulations/standing orders.

Local authorities should also refer to the findings of the National Audit Office report on Smarter Food Procurement.

List and definition of drinks permitted in schools

Drink category	Description	Volume	Preservatives	Antioxidants (Added to prevent oxidation/ discolouration)	Stabilisers
Water (still or carbonated)	Water (unsweetened unflavoured)	100% water	No	No	No
Milk (skimmed or semi-skimmed)	Semi-skimmed, or skimmed milk (unsweetened unflavoured)	100% milk	No	No	No
Fruit juice	Fruit juice (unsweetened/ not fortified) ^{††} Fruit juice from concentrate (unsweetened not fortified) ^{††}	100% fruit juice	No	Yes as permitted in Schedule 7 SI 1995 No. 3187 The Miscellaneous Food Additives Regulations 1995 [†] detailed below: All fruit juices: E300 ascorbic acid E330 citric acid; Pineapple juice: E296 malic acid Grape juice: E170 calcium carbonate and E336 potassium tartrates	Yes as permitted in Schedule 7 SI 1995 No. 3187 The Miscellaneous Food Additives Regulations 1995 [†] detailed below: Passion Fruit juice Pineapple juice: E440 Pectins
Vegetable juice	Vegetable juice or vegetable juice from concentrate	100% vegetable juice	No	No	No
Plain (unsweetened, unflavoured) soya, rice or oat drink	Plain (unsweetened, unflavoured) soya, rice or oat drink enriched with calcium	No regulation	No	No	No

Combination drinks

The following combination drinks are classified as non-alcoholic flavoured drinks under EU law and are allowed to contain the additives and flavourings as specified by Council Directive 89/107/EEC and Council Directive 88/388/EEC.

- Combinations of water (still or carbonated) and fruit and/or vegetable juice. These combination drinks must contain at least 50% juice, and no added sugar and may contain vitamins or minerals.

- Combinations of milk (semi-skimmed or skimmed), or plain yoghurt, water, fruit or vegetable juice. In these combinations the milk or yoghurt must be at least 50% by volume and may contain vitamins and minerals. Less than 5% sugar or honey may be added to the milk or yoghurt components.
- Combinations of plain soya, rice or oat drink, water, fruit or vegetable juice. In these combinations the soya, rice or oat drink must be at least 50% by volume, and may contain vitamins and minerals. Less than 5% sugar or honey may be added to the soya, rice or oat component.

Flavourings	Colourings	Others	Sugars or honey (Added for the purpose of sweetening)	Artificial sweeteners	Fortificants (Added minerals and vitamins for the purpose of fortification)
No	No	No	No	No	No
No	No	No	No	No	No
No	No	Yes as permitted in Schedule 3 SI 1995 No. 3187 The Miscellaneous Food Additives Regulations 1995 [†] detailed below: Pineapple Juice: E900 dimethyl-polysiloxane	No Note: As permitted in Schedule 3 paragraph 3 (a) 2003 SI No. 1564 The Fruit Juices and Fruit Nectars (England) Regulations 2003 ^{††} Sugar may be added for the purpose of regulating acidic taste, in an amount (expressed as dry matter) not exceeding 15g per litre of the juice in fruit juice, other than any prepared from grapes or pears.	No	No
No	No	No	No	No	No
No	No	No	No	No	Yes (Calcium)

- Combinations of milk (skimmed or semi-skimmed), plain yoghurt or plain soya, rice or oat drinks (in each case with or without plain water) with cocoa. In these combinations the milk, yoghurt, soya, rice or oat drink must be at least 50% by volume and may contain vitamins and minerals. Less than 5% sugar or honey may be added to the milk, yoghurt, soya, rice or oat component. No colourings are permitted.^{†††}

Hot drinks

Tea

Coffee

Hot chocolate containing no more than 20 calories per 100 millilitres.

[†] 1995 SI No. 3187 The Miscellaneous Food Additives Regulations 1995: 'as amended in relation to England by SI 1997/1413, SI 1999/1136, SI 2000/3323, SI 2001/60, SI 2001/2294, SI 2001/3442, SI 2001/3775, SI 2002/379, SI 2003/1008, SI 2003/1563, SI 2003/1564, SI 2003/1596, SI 2003/1659, SI 2003/2243, SI 2003/3120, SI 2003/3295, SI 2004/2601, and SI 2005/1099 see the consolidated legislation on food additives, colours and sweeteners: http://ec.europa.eu/food/food/chemicalsafety/additives/comm_legisl_en.htm

^{††} 2003 SI No. 1564 The Fruit Juices and Fruit Nectars (England) Regulations 2003 <http://www.opsi.gov.uk/SI/si2003/20031564.htm>

^{†††} The Statutory Instrument 1995 No. 3124 the Colours in Food Regulations 1995 Schedule 2

What is the role of other key agencies in transforming school food?



- The **School Food Trust (SFT)**: is a non-departmental public body which was established in 2005 by the Department for Education and Skills (DfES) to help introduce the new standards for school food, develop food skills amongst children and young people and bring longer term improvements to their health and education. Whilst the School Food Trust works closely with DfES, it is an independent organisation providing information, advice and guidance to anyone involved in school food. This guide can be downloaded at: www.schoolfoodtrust.org.uk
- The **Food Standards Agency (FSA)** is an independent Government department set up in 2000 to protect the public's health and consumer interests in relation to food. The FSA provides advice to DfES on scientific and technical aspects including food safety, nutrition and diet. It has produced voluntary **Target Nutrient Specifications (TNS)** to be revised in 2008 which set maximum levels for total fat, saturated fat, sodium/salt and sugar for a range of manufactured food used in school meals, including bread, pizza, poultry products, soups, sausages and burgers. For further details see www.food.gov.uk/multimedia/pdfs/tns2006.pdf
- The **Department for Education and Skills (DfES)** www.dfes.gov.uk sets the standards for school food and is responsible for the legislation. A link to the DfES draft regulations can be found at the School Food Trust website www.schoolfoodtrust.org.uk
- The **Healthy Schools Programme** is a joint **Department of Health (DH)** and DfES initiative. Its 2005 guidance on the criteria for Healthy Schools 'A Guide for Schools' explains the requirements for healthy eating which schools must meet to achieve Healthy Schools Status. (see www.wiredforhealth.gov.uk). These include meeting the new standards and having a whole school approach to healthy eating, which covers all aspects of eating and learning about food, as well as the meals themselves. See the Food in Schools Toolkit at: www.foodinschools.org

Where to find more information

Community Dietitians – your community dietitian can be contacted through your local NHS Trust or the British Dietetic Association. www.bda.uk.com

Eating Well at School is issued by the Caroline Walker Trust and provides some useful tips on healthy menu planning for schools. www.cwt.org.uk

LACA, the Local Authority Caterers Association, has information and advice for members on school food. www.laca.co.uk

The National Governors Association has produced a guide with the Food Standards Agency for governors about school food and meeting the new standards. This will be available in spring 2007. www.nga.org.uk

British Nutrition Foundation
www.nutrition.org.uk

Health Education Trust
www.healthedtrust.com

Soil Association's Food for Life Programme
www.soilassociation.org/education

Sustain
www.sustainweb.org **PSFPI** and details of regional coordinators
www.defra.gov.uk/farm/policy/sustain/procurement/leaflet.htm

Information on funding
www.defra.gov.uk/farm/policy/sustain/procurement/regions.htm#funding

Procurement rules
www.defra.gov.uk/farm/policy/sustain/procurement/casestudies/index.htm and <http://www.defra.gov.uk/farm/policy/sustain/procurement/projects.htm>

The National Audit Office Report –
www.nao.org.uk/publications/nao_reports/05-06/0506963_I.pdf

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- 4 School Meals Review Panel (2005). Turning the Tables: Transforming School Food. Main Report. **www.schoolfoodtrust.org.uk**
- 5 British Medical Association (2005). Preventing childhood obesity. BMA: London.
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- 7 Department of Health. 5 A Day. **www.dh.gov.uk/PolicyAndGuidance/HealthAndSocialCareTopics/FiveADay/fs/en**
- 8 Low calorie hot chocolate is defined as 20 calories per 100ml in line with forthcoming European Regulation 1924/2006, which controls the use of the claim "low calorie" on food products.
- 9 The Statutory Instrument 1995 No. 3124 the Colours in Food Regulations 1995 Schedule 2.
- 10 Department of Health (1994). Nutritional Aspects of Cardiovascular Disease. Report of the Cardiovascular Review Group, Committee on Medical Aspects of Food Policy. London: HMSO.
- 11 Meat Products (England) Regulations 2003. **www.opsi.gov.uk/si/si2003/20032075.htm**

Notes



Eat Better

A photograph of a classroom scene where several students are raising their hands. The students are wearing dark blue school uniforms. In the foreground, the back of a girl's head with brown hair tied in a ponytail with a black scrunchie is visible. To her left, the back of a boy's head is partially seen. Multiple hands are raised in the air, some with fingers spread. In the background, a whiteboard is visible with faint, illegible text. The overall atmosphere is one of active participation in a lesson.

Do Better



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