



# School Food Standards



Department  
for Education



## Starchy foods ✓

One or more portions of food from this group every day

Three or more different starchy foods each week

One or more wholegrain varieties of starchy food each week

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

Bread with no added fat or oil must be available every day

## Fruit & vegetables ✓

One or more portions of vegetable/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 each week

At least three different vegetables each week

## Sources of protein ✓

A portion of food from this group every day

A portion of meat or poultry on three or more days each week

Oily fish once or more every three weeks

A portion of non-dairy sources of protein available three or more days each week

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 (applies across the whole school day).

## Milk and dairy ✓

A portion of food from this group every day

## Foods high in fat, sugar & salt ✓

No more than two portions of food that has been deep-fried, batter-coated, breadcrumb-coated, each week

No more than two portions of food which include pastry each week

## Checklist items

- The meat or poultry product must also meet the legal minimum meat or poultry content requirements, and must not contain any prohibited offal
- Lower fat milk must be available for drinking every day during school hours
- No snacks, except nuts, seeds, vegetables and 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 confectionery, chocolate and chocolate-coated products
- Desserts, cakes and biscuits are allowed at lunchtime. They must not contain any confectionery
- Salt must not be available to add to food after it has been cooked
- Any condiments limited to sachets or portions of no more than 10 grams or one teaspoonful
- Free, fresh drinking water at all times
- Only healthier drinks as per standards are permitted

Signed \_\_\_\_\_

Job title \_\_\_\_\_

29 April 2019