

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.

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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.

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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 & 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 & 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.

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Healthy Eating in Schools: Secondary School Drink Requirements

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

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|--|--|
| • Plain water (still or carbonated) | • Fruit or vegetable juice combined with milk, yoghurt, soya, rice or oat drinks (at least 50% milk, yoghurt, soya, rice or oat drink) |
| • Plain milk (semi skimmed or skimmed) | • Fruit or vegetable blends |
| • Plain soya, rice or oat drinks | • Flavoured milk, yoghurt, soya, rice or oat drinks |
| • Fruit or vegetable juice (still or carbonated) | • Tea & coffee |
| • Fruit or vegetable juice (still or carbonated) combined with water (at least 50% juice) | • 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.

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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 & 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**.

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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