# 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

# April 2015

## **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.

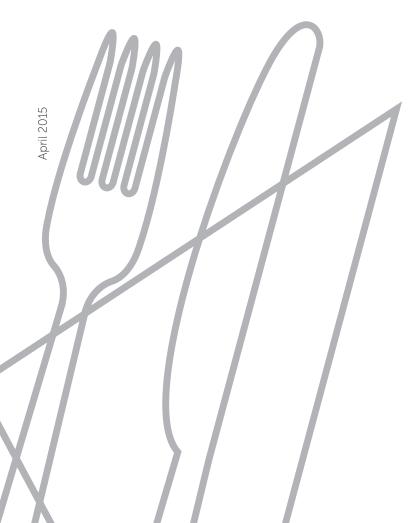


# Healthy Eating in Schools: Primary School Food Requirements

### 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 ⊕ vegetables
- Meat, fish or other non dairy sources of **protein**
- Starchy foods
- Dairy foods & milk

# April 2015

## **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.



# Healthy Eating in Schools: Secondary School Drink Requirements

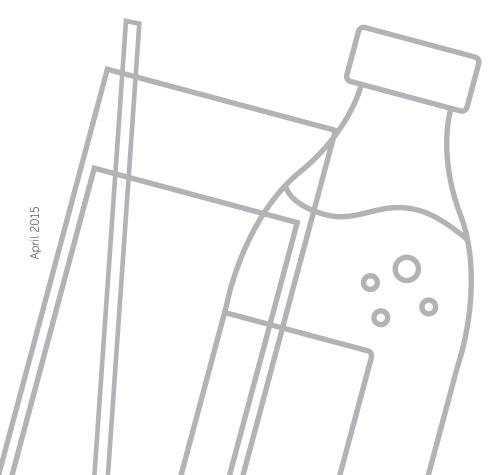
Only the following drinks are allowed to be provided

#### 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 
  ⊕ 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

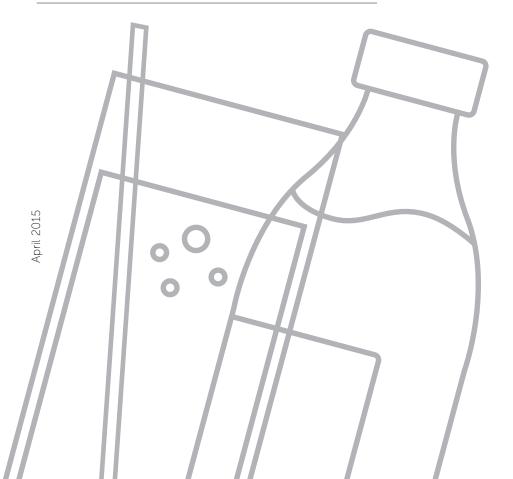
# **School Day**

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

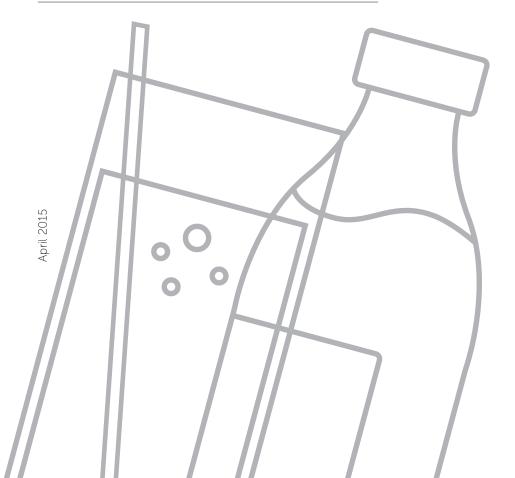
# **School Day**

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 
  ⊕ 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 Suggested school clubs held on the school Food & Drink premises after the last school Fruit & vegetables must be provided if session & **before 6pm**. Food & other food is available drink provided at these Porridge, cornflakes, whole wheat biscuit clubs must meet the food & drink Cream crackers, oatcakes, water biscuits requirements for Cheese, cream cheese, cottage cheese the school day. 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. WLGA · CLILC