|  |  |  |
| --- | --- | --- |
| **Food Group** | **Criteria** | **Further information** |
| **Starchy Food** | **One or more portions of food from this group every day (across all savoury options)** | Starchy food includes: all breads, potatoes, rice, couscous, bulgur wheat, semolina, tapioca, maize, cornmeal, noodles and pasta, oats, millet, barley, buckwheat, rye, spelt, plantain, yam, sweet potato and cassava. |
| **Three or more different starchy foods each week**  | This standard is in place to help increase variety, offering a wide range of different foods within each food group which provides a better balance of nutrients. |
| **One or more wholegrain varieties of starchy food each week** | The standard requires one or more wholegrain variety each week. This can be met by providing wholemeal pasta, brown rice, wholegrain bread as part of the main meal (buns/crusty bread etc), wholemeal flour in flour-containing recipes. |
| **Starchy food cooked in fat or oil nor more than two days each week (applies to food served across the whole school day)** | Starchy food cooked in fat or oil must not be provided more than two days each week across the school day. Examples of starchy food cooked in fat or oil include: roast or sautéed potatoes, chips, potato wedges, pre-prepared potato products, fried rice, bread, noodles, hash browns, garlic bread, Yorkshire pudding, chapattis and naan made with fat, pancakes and waffles cooked in oil. |
| **Bread – with no added fat or oil – must be available every day** | 'Extra bread' should be available every day for pupils that want to take it. |
| **Fruit and vegetables** | **One or more portions of vegetables or salad as an accompaniment every day** | Vegetables include fresh, frozen, canned, dried and juiced vegetables, as well as pulses such as beans and lentils. Vegetables or salad should be offered as an accompaniment to every meal (not mixed into a main or side dish). Sufficient portions of vegetables/salad should be available to ensure that all pupils can take a portion with their lunch.Vegetables or salad should also be an accompaniment to Jacket Potato & Cold options. |
| **One or more portions of fruit every day** | Fruit includes all fresh, frozen, canned, dried and juiced fruit. Fruit can be provided with other dishes, e.g., fruit based desserts. Fruit used as decoration or jam added to a dessert does not count towards this Standard. Sufficient fruit should be available so that every child can take a portion with their lunch. If this would lead to wastage, additional portions of fruit should be available in reserve (e.g., frozen/canned fruit) so they can be provided if required. |
| **A dessert containing at least 50% fruit two or more times each week** | Fruit-based desserts must be provided at lunchtime two or more times each week and must contain at least 50% fruit (measured by weight of raw ingredients). This Standard is in place to encourage children to eat dessert options including fruit.Fruit-based desserts include hot puddings such as fruit crumbles, pies, sponges and cobblers and cold desserts such as fruit jellies, fools and mixtures of fruit and yoghurt/fromage frais.**Prepared fruit salad is acceptable in this section as the mix of fruit and the preparation makes it a dessert, rather than a whole-fruit option.** |
| **At least three different fruits, and three different vegetables each week** | This Standard is in place to help increase variety, offering a wide range of different foods within each food group provides a better balance of nutrients. |
| **Meat, fish, eggs, beans and other non-dairy sources of protein** | **A portion of food from this group every day across all options.** | This Standard is in place to help increase variety, offering a wide range of different foods within each food group provides a better balance of nutrients. Red meat includes beef, lamb, pork, veal, venison and goat. Poultry includes chicken, turkey and duck. |
| **A portion of meat or poultry on three or more days each week** | This Standard is in place to help increase variety, offering a wide range of different foods within each food group provides a better balance of nutrients. Red meat includes beef, lamb, pork, veal, venison and goat. Poultry includes chicken, turkey and duck. |
| **Oily fish once or more every three weeks** | Oily fish should be provided at least once every three weeks to encourage children to eat more fish containing omega-3 fatty acids (which are beneficial to health) and vitamins A and D. |
| **For vegetarians, a portion of non-dairy protein three or more days a week** | Non-dairy sources of protein suitable for vegetarians include eggs, meat alternatives made from soya beans (such as soya mince), tofu, QuornTM, pulses such as beans (cannellini, kidney, pinto, borlotti, haricot, butter) lentils and nuts. This Standard is in place to ensure vegetarians are offered a variety of non-dairy sources of protein, this is because cheese based dishes are often high in saturated fat and salt. This Standard helps to limit the number of times cheese-based dishes are served as the only vegetarian option. |
| **A meat or poultry product (manufactured or homemade and meeting the legal requirements) no more than once a week in primary schools and twice a week in secondary schools (applies across the whole school day)** | Meat products include homemade or purchased meat, sausages, burgers, individual pies (e.g., bridies, sausage rolls, Cornish pasties |
| **Milk and Dairy**  | **A portion of food from this group every day** |  |
| **Lower fat milk and lactose reduced milk must be available for drinking at least once a day during school hours** | Lower fat milk (semi-skimmed or 1% milk) must be available for drinking at least once a day during school hours (provision of milk at breakfast or after school clubs does not count towards this Standard). |
| **Foods high in fat, sugar and salt** | **No more than two portions of food each week that has been deep-fried, batter coated, or breadcrumb-coated (applies across the whole school day).****Items such as Yorkshire Puddings, Naan Bread and pancakes is covered in the starchy food standard above and not applicable in this standard. Roast potatoes also not covered in this standard.** | This Standard includes any food that is deep-fried (e.g., potato products deep-fried in the school kitchen or flash fried during manufacture), plus all breaded or battered products. This includes chips (including oven chips), potato waffles, hash browns, samosas, spring rolls, doughnuts, pakora and bhajis.Batter-coated and breadcrumb-coated foods include any bought-in or homemade products such as chicken nuggets, fish fingers, battered onion rings and tempura. |
| **No more than two portions of food which include pastry each week (applies across the whole school day)**  | Pastry includes shortcrust, flaky, filo, choux and puff, used in quiches, meat pies, fruit pies, fruit tarts, sausage rolls, pasties, samosa. |
| **No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat (applies across the whole school day)** | Snacks means pre-packaged items other than confectionery, sandwiches, cakes or biscuits which are ready to eat without further preparation and which consist of or include as a basic ingredient potato, cereals, soya, nuts, seeds, fruit or vegetables. |
| **Savoury crackers or breadsticks can be served at lunchtime with fruit or vegetables or dairy food** |  |
| **No confectionery, chocolate and chocolate-coated products, (applies across the whole school day)** | Confectionery includes cereal bars, processed fruit bars, non-chocolate confectionery (whether or not containing sugar), chocolate in any form (except hot chocolate), any product containing or wholly or partially coated with chocolate and any chocolate-flavoured substance. Cocoa is permitted. |
| **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** | Salt must not be available to add to food after the cooking process is complete, this Standard helps to limit the amount of salt pupils eat. |
| **Any condiments limited to sachets or portions of no more than 10 grams or one teaspoonful** | Condiments may only be available in sachets or an individual portion of no more than 10grams or one teaspoon, this helps to limit the amount of salt and sugar pupils eat. |
| **Healthier Drinks** | **Free, fresh drinking water at all times** | Free, fresh drinking water should be provided at all times, this Standard is in place to encourage pupils to drink water. |
| **The only drinks permitted are:** * **Plain water (still or carbonated)**
* **Lower fat milk or lactose reduced milk**
* **Fruit or vegetable juice (max 150mls)**
* **Plain soya, rice or oat drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks**
* **Unsweetened combinations of fruit or vegetable juice with plain water (still or carbonated)**
* **Combinations of fruit juice and lower fat milk or plain yoghurt, plain soya, rice or oat drinks enriched with calcium; cocoa and lower fat milk; flavoured lower fat milk**
* **Tea, coffee, hot chocolate**

**Combination drinks are limited to a portion size of 330mls. They may contain added vitamins or minerals, but no more than 5% added sugars or honey or 150mls fruit juice. Fruit juice combinations must be at least 45% fruit juice** | The healthier drinks. Standard is in place to limit sugar intake of pupils.  |