

At a glance...

The new standards for
food other than lunch



School food continues to

get healthier

across the school day!

In September 2007, all food that is provided across the school day must be compliant with the Government's food-based standards for food other than lunch. These standards are designed to promote overall health and well being through a whole school approach. In practice, this means that not only school lunch but all food and drink provided at breakfast clubs, mid-morning break, tuck shops, after school clubs and from vending machines will be healthier.

**SCHOOL
FOODTRUST**
Eat Better Do Better

Visit our website:

www.schoolfoodtrust.org.uk

or for more advice call the
School Food Trust Information Line

0800 089 5001

Special events such as school fetes, discos and jumble sales are excluded from the School Food standards.

What's In ...

- ★ Fruit and/or vegetables must be provided in all food outlets
- ★ Healthier drinks such as water, fruit or vegetable juice, semi-skimmed or skimmed milk or plain alternatives e.g. soya, or combinations of these.

For a full list please go to
www.schoolfoodtrust.org.uk

What's restricted or not allowed?

No confectionery or chocolate ✗

No cakes or biscuits (except at lunchtime) ✗

Snacks – restricted. Only nuts, seeds, vegetables and fruits with no added salt, sugar or fat are allowed

✗ No salt on the table or at the service counters
Condiments restricted

Deep fried foods – restricted.
Two deep-fried foods per week
allowed across the school day

Meat products - restricted

✳ Be allergy aware...



visit www.allergyinschools.co.uk

Did you know?



1 The average child in the UK eats less than half of the recommended 5 portions of fruit or vegetables every day. Providing fruit at breakfast clubs, mid-morning break and at after school clubs can increase the number of portions of fruit children consume.



2 In 2007 a School Food Trust study found that children who ate a school lunch had a lower intake of fat, saturated fat, sugar and salt and a higher intake of dietary fibre compared to children consuming a packed lunch.

For more information on the Trust's research see:

www.schoolfoodtrust.org.uk/UploadDocs/Contents/Documents/childrens_lunchtime_choices.pdf



3

The provision of cakes and biscuits has been restricted to lunchtimes because they are generally high in fat and sugar. By replacing them at times other than lunch with for example, fruit, yoghurt or fruit breads young people will be encouraged to eat healthier food.

4

In 2003, a third of 12 year olds were found to have had some dental decay experience. Dental decay is associated with eating a lot of sugar, particularly between meals.

Healthier snacks throughout the school day should reduce the amount of sugar consumed between meals.

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What is happening to school food?

Meeting the food-based standards for school lunches and food other than lunch

Creating a whole school food policy

Promoting healthier foods to children

What parents can do to help?

- Encourage your child to try a school lunch (if they haven't already).
- Log-on to the School Food Trust website to find out more about how school food is becoming healthier across the school day. To obtain more information about the school food standards see www.schoolfoodtrust.org.uk

Contact your school and find out if it has a whole school food policy. Support your school by following the policy, for example, if your child brings a packed lunch try to follow the standards by including fruit and leaving out sweets and salty snacks.

Re-enforce healthy eating messages at home. Encourage your child to try new foods. Tastes take time to change and develop – if your child does not like a food first time, do not give up!

Support our Campaign

Look out for the Million Meals campaign which aims to have a million more children eating school lunches by the end of 2010. Encourage your children's school to sign up.

www.schoolfoodtrust.org.uk/millionmeals

