TCP TIPS

to meet the School Food Standards

Meeting the Department for Education's School Food Standards is not just about lunch time but about your whole school day on a daily, weekly and three-week period. Here are some helpful tips to help your school comply with the standards.

Secondary

Breakfast/mid-morning break

You could provide:

- Fruit and vegetables, this could be fresh, tinned or frozen.
- Seeds and nuts.
- Porridge made with lower fat milk but no added sugar, you could add fruit to porridge.
- Low sugar cereals such as Shredded Wheat, Cheerios, Shreddies avoid chocolate-based cereals.
- Toast/bagels on toast keep to butter, boiled eggs, cream cheese, Greek yogurt and fruit. You should keep butter condiments to one teaspoon per child (avoid chocolate-based spreads).
- Breakfast wraps/sandwiches fillings can include vegetable, salad, cheese, low processed cooked meats, eggs, tuna, tofu, beans (but not baked beans!). These should be grilled or oven cooked and not fried.
- Vegetable frittata.

Stay away from high processed, fried foods. These include pastry items, sausage rolls, pancakes, waffles, breakfast bars, tray bakes, breadsticks/ crackers and confectionary items as these do not comply with the standards.

For lunch check with your supplier that they comply with the standards. You can use the check lists to assess this.

Make sure your choices for other mealtimes comply alongside the lunch option on that day to comply with the standards.