

TOP TIPS

Primary

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.

Breakfast clubs

You could provide:

- Fruit and vegetables (this could be fresh, tinned or frozen).
- Porridge made with lower fat milk but no added sugar. Fruit could be added to porridge.
- Low sugar cereals such as Shredded Wheat, Cheerios, Shreddies – avoid chocolate-based cereals.
- Toast/bagels – on toast keep to butter or boiled eggs. Condiments should be kept to one teaspoon per child (no chocolate-based spreads).
- Stay away from high processed, fried foods. These include pastry items, pancakes, waffles and breakfast bars to comply with the standards.

Mid-morning break

You could provide:

- Fruit and vegetables (this could be fresh, tinned or frozen).
- Seeds and nuts.
- Toast/bagels with cream cheese/Greek yogurt and fruit/butter.
- Stay away from high processed, fried foods. These include pastry items, pancakes, waffles, breakfast bars, tray bakes, breadsticks/crackers and confectionary items.

Lunch

- For lunch check with your supplier that they comply with the standards. You can use the checklists to assess this.
- Make sure your choices for other mealtimes comply alongside the lunch option for that day to meet the standards.

Afterschool club

You could provide:

- Fruit and vegetables (this could be fresh, tinned or frozen).
- Nuts and seeds.
- Wraps and sandwiches: fillings could include salad, vegetables, cheese, low processed cooked meats, eggs, tuna, tofu, beans (but not baked beans!). These should be grilled or oven cooked and not fried.
- Homemade hummus with cut vegetables or toasted bread. No breadsticks or crackers.
- Stay away from high processed, fried foods. These include pastry items, pancakes, waffles, breakfast bars, tray bakes, breadsticks/crackers and confectionary items to comply with the standards.

Non-mealtime food

- Schools are required to meet the school food standards across the whole school day and includes class-based learning.
- It is important not to use food as a reward as this can develop an unhealthy relationship with food as food is essential to growth and should not be seen as a form of reward.
- Foods that can be used in class-based learning are fruit and vegetables.
- Rewards should be swapped from food to extra activity time, stickers, certificates, choice of activity etc.
- If high in sugar foods are brought into school by children for special occasions, these should not be consumed in school but sent home at the end of the school day.