

Revised standards for school food

This presentation covers:

- Why we have standards for school food
- School Food Plan: outcome of review and recommendations
- School Food Plan Standards Pilot: aim, sample and findings
- Changes to the standards
- Overview of the revised standards
- Current versus revised standards by food group: rationale for revisions
- Revised standards for school food other than lunch

Why do we have standards for school food?

The standards aim to:

- ensure that food provided is healthy, balanced and nutritious
- provide pupils with an appropriate amount of the energy and nutrients they need during the school day
- help develop healthy eating habits.

School Food Plan: review and recommendations

- In July 2013, an independent review (*School Food Plan*) led by Henry Dimbleby and John Vincent found the current school food standards were considered difficult to understand and use (*particularly nutritional analysis of recipes and menus*)
- They recommended that government create a clearer set of food-based standards, accompanied by practical guidance, that:
 - provides caterers with a framework on which to build interesting, creative and nutritionally-balanced menus; and
 - is less burdensome and operationally cheaper to implement than the current nutrient-based standards

Standards Pilot

Aim: to pilot test the proposed revised food-based standards for school lunches with a diverse group of schools and caterers to check they were 'fit for purpose' i.e. *they meet the nutritional requirements of pupils, and were easy to understand and use.*

Sample: 35 schools and 24 caterers

Findings:

- Level of engagement in the pilot process was high
- Feedback was positive
 - 9 out of 10 school cooks and caterers told us that they found the new standards '*easier to understand*' than the current standards.
 - 8 out of 10 school cooks and caterers thought they would provide '*more flexibility to plan interesting and creative menus that appeal to pupils*'.
- The nutrient content of the average school lunch was as good, and in some cases better, than that observed under the existing standards

What are the proposed changes?

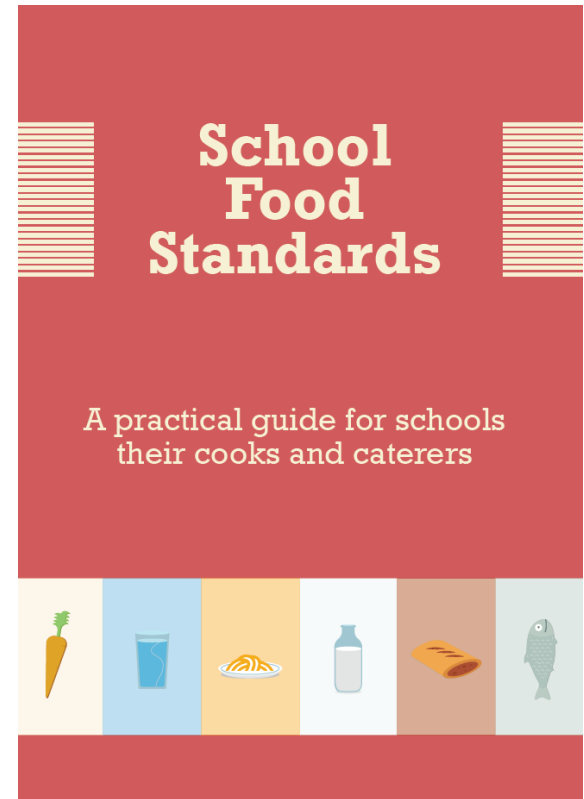
- Main difference is that the proposed revised standards are **food-based only**
- In practice, this means that schools and their caterers will no longer have to nutritionally analyse their recipes and menus
- Some of the current food-based standards have been enhanced or revised to replace the nutrient-based standards.

The School Food Standards






Based on **food groups**:

- Starchy food
 - Fruit and vegetables
 - Meat, fish, eggs, beans and other non-dairy sources of protein
 - Milk and dairy
 - Foods and drinks high in fat, sugar and salt
- Plus, Healthier drinks*

General principle: it is important to provide a wide range of foods across the week. **Variety is key** – whether it is different fruits, vegetables, grains, pulses or types of meat and fish.






Starchy food

	Current standards	Revised food-based standards
	No standard	<i>One or more portions of starchy food must be provided every day</i>
	No standard	<i>Three or more different starchy foods must be provided each week</i>
	No standard	<i>One or more wholegrain varieties of starchy food each week</i>
	Starchy food cooked in fat or oil must not be provided more than <u>three times</u> a week across the school day	<i>Starchy food cooked in fat or oil must not be provided more than <u>two days</u> each week across the school day</i>
	Bread with no added fat or oil must be provided every day	<i>Bread with no added fat or oil must be available every day</i>





Rationale: these revisions help increase variety and ensure adequate provision of energy, carbohydrate, and fibre whilst limiting the amount of fat.

Fruit and vegetables

	Current standards	Revised food-based standards
	Not less than two portions per day per pupil must be provided; at least one should be vegetables or salad and at least one should be fruit	<p><i>One or more portions of vegetables must be provided as <u>an accompaniment every day</u></i></p> <p><i>One or more portions of fruit must be provided every day</i></p>
	No standard	<i>A fruit-based dessert with a content of at least 50% fruit must be provided two or more times each week</i>
	No standard	<i>At least three different vegetables and three different fruits must be provided each week</i>

Rationale: these revisions increase the overall provision by ensuring vegetables are available alongside main dish as well as sometimes within it, and to emphasize the importance of providing a variety of vegetables and fruit which will help contribute towards the fibre, folate, vitamin A and vitamin C content of the average school lunch.

Meat, fish, eggs, beans and other non-dairy sources of protein (1)

	Current standards	Revised food-based standards
	No standard	<i>A portion of meat, fish, eggs, beans and other non-dairy sources of protein must be provided every day</i>
	No standard	<i>A portion of meat or poultry must be provided on three or more days each week</i>
	<i>Oily fish must be provided once or more every three weeks</i>	<i>Oily fish must be provided once or more every three weeks</i>
	No standard	<i>For vegetarians, a portion of non-dairy sources of protein must be available three or more days each week</i>

Rationale: these revisions help to ensure adequate provision of protein, iron and zinc and meet the minimum levels specified in the nutrient framework and increase variety of different foods offered.

Meat, fish, eggs, beans and other non-dairy sources of protein (2)



Current standards

A meat product (manufactured or homemade) from each of the four groups below may be provided no more than once per fortnight across the school day, providing the meat product also meets the standards for minimum meat content and does not contain any prohibited offal:

Group 1: Burger, hamburger, chopped meat, corned beef

Group 2: Sausage, sausage meat, link, chipolata, luncheon meat,

Group 3: Individual meat pie, meat pudding, Melton Mowbray pie, game pie, Scottish (or Scotch) pie, pasty or pastie, bridie, sausage roll,



Group 4: any other shaped or coated meat product

Rationale: to simplify the standard and to control for fat, saturated fat, and salt to help to ensure that the maximum levels specified in the nutrient framework are not exceeded.

Revised food-based standards





A meat or poultry product (manufactured or homemade) may not be provided more than once each week in primary schools and twice each week in secondary schools, across the school day. The meat or poultry product must also meet the legal minimum meat or poultry content requirements, and must not contain any prohibited offal.

Milk and dairy

	Current standards	Revised food-based standards
	No standard	<i>A portion of dairy food must be provided every day</i>
	No standard	<i>Lower fat milk and lactose reduced milk must be available for drinking at least once a day, during school hours.</i>






Rationale: these revisions have been proposed to ensure adequate provision of protein, calcium and zinc and address the low consumption of drinking milk especially amongst secondary-aged pupils.

Foods high in fat, sugar and salt (1)

	Current standards	Revised food-based standards
	No more than two deep fried items in a single week across the school day	<i>No more than two portions of food that has been deep-fried, batter-coated, breadcrumb-coated may be provided each week, across the school day</i>
	No standard	<i>No more than two portions of food which includes pastry may be provided each week, across the school day</i>
	Cakes and biscuits can be provided at lunchtime only	<i>Desserts, cakes and biscuits are allowed at lunchtime. They must not contain any confectionery</i>
	No standard	

Rationale: these revisions have been proposed to limit the provision of fat, saturated fat, sugar and salt.

Foods high in fat, sugar and salt (2)

	Current standards	Revised food-based standards
	No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat may be provided across the school day	No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat may be provided across the school day
	Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food	Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food
	No confectionery must be provided	No confectionery must be provided
	Salt must not be available to add to food after the cooking process is complete	Salt must not be available to add to food after it has been cooked
	Condiments may only be available in sachets or individual portion of no more than 10 grams or one teaspoon	Condiments may only be available in sachets or individual portion of no more than 10 grams or one teaspoon

Rationale: these revisions have been proposed to limit the provision of fat, saturated fat, sugar and salt



Current standards	Revised food-based standards
<p>Free, fresh drinking water should be provided at all times</p> <p>The only drinks permitted during the school day are plain water (still or sparkling); low fat milk, or lactose reduced milk; fruit juice; vegetable juice; plain soya, rice, or oat drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks; combination drinks; flavoured low fat milk; tea, coffee and hot chocolate. Combination drinks including milk are permitted to contain less than 5% added sugars or honey.</p>	<p>Free, fresh drinking water should be provided at all times</p> <p>The only drinks permitted during the school day are:</p> <ul style="list-style-type: none"> • 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 low-fat yoghurt, plain soya, rice or oat drinks enriched with calcium; cocoa and lower fat milk; flavoured lower fat milk. • Tea, coffee, hot chocolate. • <i>Combination drinks are limited to a portion size of <u>330ml</u>. They may contain added vitamins or minerals but should not exceed 5% added sugars or honey. The fruit or vegetable juice content of any drink must be no more than <u>150ml</u>. Fruit or vegetable juice combination drinks must be at least <u>45%</u> fruit or vegetable juice by volume.</i>







Rationale: Capping the overall size of combination drinks to 330ml will help to control the amount of NMES (added sugar), fat and saturated fat. Capping the size of fruit juice to 150ml is in line with Public Health England recommendations and will help to control the amount of sugar (NMES) in the average school lunch.

Food other than lunch (1)

Current standards	Revised food-based standards
Fruit and/or vegetables must be provided at all school food outlets	Fruit and/or vegetables must be available in all school food outlets
Starchy food cooked in fat or oil must not be provided more than <u>three times</u> each week across the school day	<i>Starchy food cooked in fat or oil must not be provided more than <u>two days</u> each week across the school day</i>
No standard	<i>Lower fat milk and lactose reduced milk must be available for drinking at least once a day, during school hours.</i>
No more than two deep fried items, in a single week across the school day	<i>No more than two portions of food that has been deep-fried, batter-coated, breadcrumb-coated may be provided each week, across the school day</i>
No standard	<i>No more than two portions of food which includes pastry may be provided each week, across the school day</i>
Cakes and biscuits must not be provided	<i>Cakes, biscuits or desserts (except for yoghurt or fruit-based desserts with a content of at least 50% fruit) must not be provided</i>

Rationale: these revisions help to limit the provision of fat, saturated fat, sugar and salt

Food other than lunch (2)

	Current standards	Revised food-based standards
	No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat may be provided across the school day	No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat may be provided across the school day
	Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food	No savoury crackers or breadsticks
	No confectionery must be provided	No confectionery must be provided
	Salt must not be available to add to food after the cooking process is complete	Salt must not be available to add to food after it has been cooked
	Condiments may only be available in sachets or individual portion of more than 10 grams or one teaspoon	Condiments may only be available in sachets or individual portions of no more than 10 grams or one teaspoon
	Healthier drinks (see slide 15 for details)	Healthier drinks - capped portion sizes of fruit juice (150ml) and combination drinks (330ml)

Rationale: these revisions help to limit the provision of fat, saturated fat, sugar and salt

Further support



Nutrition advice and support:

- E-mail: info@childrensfoodtrust.org.uk
- Telephone: 0800 089 5001 or 0114 299 6901

Online training:

- From September 2014, online training course on meeting the revised school food standards
- Email learningnetwork@childrensfoodtrust.org.uk and we'll notify you when the training is available

Children's Food Trust 'Menu checking service'

- Email info@childrensfoodtrust.org.uk to find out how you can have your menus checked by the Children's Food Trust