



Department
for Education

Revised standards for food in schools

**Government response to the consultation on
revised school food standards**

June 2014

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Introduction

On 6 March 2014, we published for public consultation a set of revised standards for food in schools, including the draft Statutory Instrument. We received 220 written responses to the consultation. In addition, we received 9,606 responses related to a campaign by Cool Milk raising issues about the requirement for schools to make milk available at lunchtime. We also received 535 responses linked to Sustain, the alliance for better food and farming, which launched a campaign calling for improved food across the public sector including hospitals and schools. This campaign emphasised the importance of food from sustainable sources and the monitoring of the new standards in schools.

This document sets out how we are responding to the comments made during the consultation.

An analysis of the consultation responses, including the percentage of respondents who raised particular themes in their discussion of the issues, is at **Annex A**.

A comparison between the existing and revised standards set out in **Annex B**.

A list of members of the standards panel is included at **Annex C**.

The case for change

We are revising the current school food standards regulations, which have been in place since 2007. It is clear that these standards have helped to improve the nutritional quality of the food being served in most schools. However, the authors of the School Food Plan found during their review of school food in 2012/13 that there is room for improvement.

The current regulations are complex and bureaucratic and place undue burdens on schools and school caterers. In particular, the need to analyse the nutritional content of menus, using a computer programme, can be costly and time-consuming and can limit the opportunities for school cooks to use their creative talents. The Plan's authors therefore recommended that government should create a clearer set of food-based standards, accompanied by practical guidance.

Testing has shown that the revised standards retain the nutritional quality of the previous standards, whilst allowing caterers the flexibility to build their own interesting, creative and nutritionally-balanced menus.

The 2007 standards

The 2007 school food standards¹ were devised to ensure that children get the nutrition they need across the whole school day. They set out specific food-based and nutrient-based standards with which all local authority maintained schools and academies set up prior to 2010 must comply.

The standards consist of:

- Food-based standards, which determine the types of food and drink a school must offer (and how often it must offer them) and what types of food and drink are restricted (and the maximum number of occasions they can be offered) or cannot be served. They apply across the school day, including breakfast, mid-morning break, lunchtime and food served after school.
- Nutrient-based standards, which set out the overall nutritional values an average lunch should provide, measured over a period of between one and four weeks. The nutritional values cover, for example, the minimum level of vitamins and minerals required, as well as placing limits on sugar, salt, fat and energy. They only apply at lunchtime.

¹ The Education (Nutritional Standards and Requirements for School Food (England) Regulations 2007, 2008, 2011 <http://www.legislation.gov.uk/uksi/2007/2359/contents/made>

The revised standards

The 2007 standards have had a positive impact in improving the quality of school food, particularly in terms of increasing pupils' vitamin intake and helping them to eat appropriate portions of food from the major groups as well as saturated fat, salt, sugar etc. The standards also aimed to encourage pupils to make healthier choices within school, which should in turn influence their choices outside of school. National surveys of school lunch provision, choices and consumption have shown that since these standards were introduced, the food chosen and eaten by pupils in school is more balanced and more closely meets their nutritional requirements^{2 3}.

The revised school food standards aim to build on this positive impact, but make it easier for schools to follow the rules. The main difference is that the revised standards are food-based only. This means that schools and their caterers will no longer have to analyse recipes and menus for their nutritional content. For example, instead of having to calculate the precise amount of calcium in each dish they will have to provide a certain number of calcium-rich foods, such as cheese or milk, each week.

The revised standards have been drawn up by the standards panel. The panel represents a wide range of experience and expertise and includes school cooks; local authority, private and in-house caterers; nutritionists; and a headteacher. Details of the panel's membership are available in Annex C.

The revised standards have been tested with 35 schools and 24 caterers from across England by the Children's Food Trust. 90% of school cooks and 80% of caterers thought the revised standards were easier to understand than the current standards, while 80% of school cooks and caterers thought they would provide more flexibility⁴.

It is important that the new standards should match, or improve on, the nutritional benefits of the old ones, so the pilot testing compared the nutrient content of menus devised under the new standards with menus based on the 2007 standards (and with the most recent national school food surveys). The testing found that the mean energy and nutrient content of the lunches in pilot primary and secondary schools was similar to or better than average for all nutrients, based on the most recent national school food

² Nelson M, Haroun D, Harper C et al. (2009) Primary school food study 2009 1. School lunch: provision, selection and consumption. Children's Food Trust. Sheffield.
www.childrensfoodtrust.org.uk/assets/research-reports/primary_school_food_survey_2009revised2012.pdf

³ Nelson M, Secondary school food survey 2011: school lunch provision, selection and consumption, School Food Trust, 2011. www.childrensfoodtrust.org.uk/assets/research-reports/secondary_school_food_provision_selection_consumption.pdf

⁴ Children's Food Trust (2013) Development and pilot testing of revised food-based standards for school lunches in England -Final Report compiled for the School Food Plan's Standards Panel (October-December 2013).

surveys.^{5 6} This suggested that the proposed food-based standards had maintained or in some cases improved the balance of energy from different sources and the nutrient density of the average school lunch. For example, the increase in the provision of vegetables led to better fibre, folate, vitamin A and vitamin C levels in secondary schools.

Overall, the mean nutrient content of the average primary school lunch met 12 of the 14 nutrient-based standards, and the average secondary school lunch met 11. In primary schools, iron was very slightly too low (by 0.1mg) and energy very slightly too high (by 18kcal). In secondary schools, the mean nutrient content was slightly lower for calcium (302mg compared with 350mg), iron (4.5mg compared with 5.2mg) and zinc (3.0mg compared with 3.3mg). While these differences are small, the panel have strengthened the guidance on the portion sizes and given advice on how to increase the vitamin and mineral content of meals whilst limiting fat, saturated fat, sugar and salt through careful ingredient and recipe selection as they plan their menus.

We are aware of the concerns that academies set up between Sept 2010 and 2014 have not been required to comply with the standards and we have introduced a requirement for all new academies to comply with the revised school food standards regulations through the new funding agreements. Rather than introduce cumbersome new legislation to introduce a post-dated clause, the School Food Plan's authors are asking these academies to make a voluntary commitment to comply with the regulations. A number of academy chains have already made this commitment.⁷

⁵ Nelson M, Haroun D, Harper C et al. (2009) Primary school food study 2009 1. School lunch: provision, selection and consumption. Children's Food Trust. Sheffield. Available at www.childrensfoodtrust.org.uk/assets/research-reports/primary_school_food_survey_2009revised2012.pdf

⁶ Nelson M, Secondary school food survey 2011: school lunch provision, selection and consumption, School Food Trust, 2011. Available at: www.childrensfoodtrust.org.uk/assets/research-

⁷ Any academy wishing to sign up to the standards can do so here <http://www.schoolfoodplan.com/school-food-standards/>

Summary of responses to consultation

General Overview

The overall response to the consultation was positive. Respondents were generally pleased to see that the revised standards appeared simpler to implement and did not require caterers to carry out complex and sometimes costly calculations to determine the nutritional content of the food provided. In the pilot testing over 80% of cooks and caterers thought the new standards were easier to follow. They also welcomed the flexibility it gave them to experiment and devise more flexible menus.

A small proportion of respondents felt that there was an increased risk that the food provided might not be sufficiently nutrient-rich to provide a healthy diet throughout the week. We agree that it is vital that the new standards are sufficiently robust to maintain confidence in the nutritional quality of school food. As the pilot testing demonstrated, compliance with the new standards should not result in a reduction in the nutritional content of the food provided. We have also produced clear guidance for schools and school caterers which will give further advice on putting together healthy and appetising menus.

We have taken note of the main concerns highlighted in the consultation, in particular the need for schools to take account of allergies, special dietary needs and the food customs of different religious and cultural groups. The guidance will give further information covering these issues. We will expect schools to use the guidance in combination with the nutrition criteria from the Government Buying Standards for Food and Catering Services, to help reduce the salt, saturated fat and sugar content of their food service.

A summary of the revised standards compared with the existing standards is at Annex B.

Specific areas of concern

Milk

The campaign by Cool Milk highlighted considerable concern on the part of parents and schools about the proposal to require schools to make milk available at lunchtime. They pointed out that milk is often provided as a mid-morning snack and the requirement to make milk available at lunchtime could lead to schools no longer offering it at the mid-morning break. This could result in fewer children drinking milk and so missing out on the calcium and other benefits which it provides. In addition, milk can increase satiety and therefore offering it with food at lunchtime could mean children have less appetite for other nutritious foods. This could also lead to increased wastage, with children unable to finish their meals.

We have listened to the concerns of the almost ten thousand respondents who raised this issue and, while we feel it is vital that milk is available during core school hours, we

agree that it is not essential specifically at lunchtime. We have amended the legislation accordingly to require milk to be available during the main school day (so not including breakfast or after school clubs), at a time to be decided by the school.

Food from sustainable sources

The campaign led by Sustain – while acknowledging that the new school food standards would be “helpful to promote healthy eating” – expressed concern that the new standards “do not include other important quality standards, such as ensuring food is from British farmers and fish is from sustainable sources.” Our guidance provides information and advice on the benefits of purchasing local ingredients, and those from sustainable sources, wherever possible.

Fruit juice / combination drinks

A number of respondents – many of them from the drinks industry – commented that the revised standards relating to combination drinks appeared to be unduly restrictive. The volume under the new standards is capped at 330ml. Respondents agreed that the fruit juice content of combination drinks should be no more than 150ml, because of its high sugar content, but could not see why we were imposing a cap on the diluted volume when there is no restriction on plain water. They suggested we should keep the 500ml cartons or bottles but make the fruit juice much more diluted, which would save manufacturers the cost of changing their packaging sizes.

The standards panel, which included nutritionists, dieticians, school cooks, caterers, and teachers, argued that, if manufacturers were producing 500ml cartons or bottles of very diluted fruit juice, they would almost certainly add artificial sweeteners to enhance the taste (this type of combination drink is classified as a ‘non-alcoholic flavoured drink’ under European Union law which permits the addition of additives and flavourings). Whilst we acknowledge that there will be a cost to drinks manufacturers in making the transition to smaller pack sizes, we feel the potential benefit to children’s diets outweighs this concern. We therefore intend to proceed with our original proposal to cap the maximum drink serving size at 330ml.

Salt and Sugar

A small number of respondents asked for further clarification on the rules around salt and sugar. We have provided further advice in the guidance. The revised standards aim to ensure that children continue to be served healthy, nutritious meals at school. The rules on sugar remain strict: for example confectionery, such as chocolate, sweets and cereal bars, and sugary drinks are not permitted at any time during the school day, and cakes and biscuits can only be provided at lunchtime. We have not changed these requirements, which were introduced as part of the 2007 standards. The 150ml cap on fruit juice, which contains high levels of natural sugars, is one additional measure we have taken to limit children’s sugar intake.

The revised standards also place greater limits on foods high in salt than the current standards. Specifically, we have introduced a new restriction on how often cheese can be served as the vegetarian option. We have retained the existing restrictions on snacks, processed meats – including homemade meat products such as burgers or sausages, which may contain added salt – and on the portion size of condiments. The guidance will encourage cooks to look carefully at the salt content of the ingredients they procure and try to choose the lowest available.

Specific foods / food groups

Some respondents highlighted the need for more clarity on specific foods and food groups. They asked us to differentiate between meat and poultry and give clearer guidance on fatty foods and home-made meat products. We have covered these areas in the guidance.

Portion sizes

Several school caterers and catering organisations said that the standards should include recommended portion sizes for primary and secondary children. There are no formal national recommendations on portion sizes for any age group, but the guidance will be clear about the portion sizes which are usually associated with achieving the nutrient goals. This will help cooks to develop a nutritionally-balanced menu and help serving staff to serve the right amount.

The standards should apply to all academies

We have heard from a number of respondents with concerns that not all academies and free schools are obliged to comply with food standards regulations.

The existing statutory standards for school food were introduced for maintained schools in 2007, and those academies established between September 2008 and September 2010 were required to adhere to the standards through a clause in their funding agreements. This was changed in September 2010 as part of our drive to reduce constraints on and increase autonomy for academies. However, we have agreed that all new academies and free schools signing funding agreements from June 2014 will be required to adhere to the food standards. We are working to publish the new agreements based on a timetable covering the different types of academy.

Academies established between September 2010 and June 2014 are not contractually required to comply with existing standards. In undertaking their review of school food, the authors of the School Food Plan found no evidence of widespread slippage in the food provided by academies; indeed, many of the best meals they ate were in academies and free schools. Their research found that most academies are meeting or even exceeding the food standards, but that there is room for improvement in others. This mirrors the situation in maintained schools.

The Plan's authors have been asking academies and free schools to commit voluntarily to the new standards and have approached the big academy chains including E-ACT, Ormiston Academies Trust, Harris Federation, Oasis Community Learning multi-academy trust, the School Partnership Trust, United Learning Trust, and the Academies Enterprise Trust. All have been willing to make a commitment to comply with the new regulations when introduced.⁸

Monitoring and evaluation

Respondents to the consultation were concerned about how the implementation of the new standards would be monitored in schools, and called for this to be included in Ofsted inspections.

As one of the actions from the School Food Plan, we have already committed to assess the nutritional quality of the food available, and plan to use a nutritional standards survey carried out in 2006 as a baseline. We will assess the new standards once they have had an opportunity to bed down in schools.

Ofsted inspectors are not experts in nutrition, and are not best placed to make a judgement on how well schools are adhering to the food standards. However, the revised subsidiary guidance published by Ofsted in September 2013 supporting the inspection of maintained schools and academies includes the following guidance relating to school food:

“Inspectors should consider the food on offer at the school and atmosphere of the school canteen. They should:

- consider how lunch time and the dining space contribute to good behaviour and the culture in the school, including by spending time in the lunch hall, and
- ask school leaders how they help to ensure a healthy lifestyle for their children and, specifically, whether their dietary needs have been considered.”

⁸ Any academy wishing to sign up to the standards can do so here <http://www.schoolfoodplan.com/school-food-standards/>

Annex A – Consultation summary

Overview

The online consultation attracted 220 responses. Just over half of all respondents (111) described themselves as representatives from the main teacher unions or national organisations and charities working in school food. 38 responses were from parents/carers, a number of whom had concerns about how the standards would affect their child (particularly where the child had specific dietary needs or suffered from a food allergy).

A summary of responses is shown below. This summary does not take into account the campaign by Cool Milk, which received support from 9,606 schools and individual parents. The campaign's main concern was that under the revised standards, schools must make milk available at lunchtime. More specifically:

- encouraging the drinking of milk during lunchtime may be wasteful, since milk is generally not served with hot meals;
- milk can increase satiety, and therefore offering it with food at lunchtime is likely to fill children up, leaving them unable to consume their meal;
- serving milk at both lunchtime and mid-morning break could decrease milk drinking overall; and
- milk is often provided in schools as a mid-morning snack – if it is required to be provided at lunch this could lead to schools no longer offering it at the mid-morning break, with the overall outcome that fewer children end up drinking milk, and so miss out on the calcium and other benefits which it provides.

The consultation also received 535 responses linked to a campaign launched by Sustain, the alliance for better food and farming. This called for improved food across the public sector including hospitals and schools, and emphasised the importance of obtaining food from sustainable sources and the monitoring of the new standards in schools. Responses linked to this campaign are not included in the following summary.

I. Respondent information questions

There were 220 responses to this question.

Options	Responses	
	Other	111
Parent/carer	38	17%
Local authority	23	11%
Catering manager	19	9%
Food manufacturer/supplier	10	5%
Governor	5	2%
School cook	3	1%
Primary head teacher	3	1%
Secondary teacher	3	1%
Primary teacher	2	1%
Secondary head teacher	2	1%
Young person	1	<1%

II. Consultation questions

Question 1a: Do you think the revised school food standards are clear?

There were 189 responses to this question.

Options	Responses to this question		Of all respondents
	Yes	108	
No	48	25%	22%
Not sure	33	17%	15%

Respondents were generally happy that the standards were clear, although some (6.9%) felt that the one-page summary which accompanied the draft regulations required some amendments. The areas in which respondents required more guidance were individual portion sizes (4.2%), and volumes of combination drinks where there appears to be a limit on the water content (3.7%). Eight respondents (4.2%) raised the question of how the standards would relate to boarding schools, some of which serve an evening meal

before 18.00 and might therefore be limited in the frequency with which they could serve certain food types.

Question 1b: Are there any parts of the standards you think we should clarify further? If yes, please specify below.

There were 182 responses to this question.

Options	Responses		Across Consultation
Yes	129	71%	59%
No	36	20%	16%
Not sure	17	9%	8%

Respondents to this question asked for clarification on portion sizes (21%), especially in relation to primary / secondary aged pupils, and in some cases under-fives where the school caters for this age group. 28% requested clarification on drinks volumes, with 23% asking for clearer guidance on fatty foods, and 15% on meat and poultry. 9% pointed out that the inclusion of home-made meat products could prove problematic in restricting the number of times such food items can be served in a week. Respondents also requested more information on permitted levels of sugar (11%) and salt (9%).

Question 2: Is there additional support we can provide for schools?

There were 184 responses to this question

Options	Responses		Across Consultation
Yes	101	55%	46%
No	53	29%	24%
Not sure	30	16%	14%

Over half of all respondents to this question thought that additional support should be provided, in terms of clear guidance and examples of menus. 10.3% felt that school caterers should be provided with training and guidance on catering for dietary needs, in particular vegetarian and vegan diets.

Question 3: Do you foresee any significant practical difficulties in implementing the revised school food standards? What could be done to overcome these issues?

There were 179 responses to this question.

Options	Responses		Across Consultation
Yes	104	58%	47%
No	41	23%	19%
Not sure	34	19%	15%

The most commonly-mentioned practical difficulties concerned the potential lack of buy-in from school heads and caterers: 14.5% raised this as an issue, with some expressing a fear that the new standards were so flexible as to allow less experienced or conscientious caterers to provide unimaginative meals or “get away with” the bare minimum in terms of meeting the standards. 7.3% of respondents also raised a potential problem related to the storage of milk if schools are required to make it available at lunchtime, an issue also highlighted by the Cool Milk campaign.

Question 4a: Would you find it helpful to have access to practical guidance on implementing the revised standards?

There were 169 responses to this question.

Options	Responses		Across Consultation
Yes	133	79%	60%
No	27	16%	12%
Not sure	9	5%	4%

The majority of those who answered this question (79%) felt they would like practical guidance: of those, 10.7% asked for training programmes to be made available, and 13.6% said they would welcome recipe ideas and sample menus. A small number of respondents pointed out that clear, easy to access guidance would be essential for busy catering staff.

Question 4b: Are there any issues you would like to see covered in the guidance?

There were 171 responses to this question.

Options	Responses		Across consultation
Yes	138	81%	63%
No	18	11%	8%
Not sure	15	9%	7%

A number of responses to this question reiterated the need for guidance on food portion sizes (9.9%), levels of salt (4.7%) and sugar (3.5%), clarification around fatty foods (4.7%), and volumes of drinks (4.7%). 15.2% raised again the importance of catering for dietary needs (vegetarian/vegan). 7% felt that more guidance was needed on catering for children with allergies, and specifically that the restrictions on snacks could have serious consequences for children with a nut intolerance. In addition, 6.4% of respondents felt that a robust monitoring system should be introduced to hold schools to account for adhering to the standards, possibly as part of Ofsted inspections.

Question 5: Have you any further comments?

There were 104 responses to this question.

A number of respondents used this question to repeat specific concerns raised elsewhere in the consultation. 26% felt that vegetarian options should be offered to all pupils, with 10.6% stating that fruit and vegetables should feature more prominently in the revised standards. 17.3% reiterated that the limit on drinks volume could cause difficulties, especially for drinks manufacturers which currently supply larger cans or bottles. 22.1% of respondents felt that the standards were too flexible and did not go far enough in ensuring pupils were offered a healthy and nutritious menu. Finally, 10.6% felt that all academies and free schools should be required to comply with the revised standards.

Annex B – Comparison of existing and revised standards

2007 standard	Revised standard	Comments
Starchy Food		
No standard	One or more portions of starchy food must be provided every day	These revisions have been proposed to increase variety and ensure adequate provision of energy, carbohydrate, and fibre whilst limiting the amount of fat
No standard	Three or more different starchy foods must be provided each week	
No standard	One or more wholegrain varieties of starchy food must be provided each week	
Starchy food cooked in fat or oil must not be provided more than three times a week across the school day	Starchy food cooked in fat or oil must not be provided more than two days each week across the school day	
Bread with no added fat or oil must be provided every day	Bread with no added fat or oil must be available every day	
Fruit and vegetables		
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	One or more portions of vegetables must be provided <u>as an accompaniment</u> every day One or more portions of fruit must be provided every day	These revisions have been proposed to increase the overall provision by ensuring vegetables are available alongside a main dish as well as sometimes within it and to emphasis 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
No standard	A fruit-based dessert with a content of at least 50% fruit must be provided two or more times each week	
No standard	At least three different vegetables and three different fruits must be provided each week	
Meat, fish, eggs, beans and other non-dairy sources of protein		
No standard	A portion of meat, fish, eggs, beans and other non-dairy sources of protein must be provided every day	These revisions have been proposed to ensure adequate provision of protein, iron and zinc to help meet the minimum levels of these nutrients currently
No standard	A portion of meat or poultry must be	

	provided on three or more days each week	specified in the nutrient-based standards and to increase the variety of different foods offered.
Oily fish must be provided one or more every three weeks	Oily fish must be provided once or more every three weeks	
No standard	A portion of non-dairy sources of protein must be available three or more days each week for vegetarians	
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	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	These revisions have been proposed to simplify the previous standard and to limit availability to control for fat, saturated fat, and salt to help avoid any increase in these nutrients over those currently specified in the nutrient-based standards
Milk and dairy		
No standard	A portion of dairy food must be provided every day	These revisions have been proposed to ensure adequate provision of protein, calcium and zinc and to help address the low consumption of drinking milk especially amongst secondary-aged pupils.
No standard	Milk must be available for drinking every day during school sessions (so not including breakfast and after school clubs)	

Foods high in fat, sugar and salt		
No more than two deep fried items in a single week across the school day	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	These revisions have been proposed to limit the provision of fat, saturated fat, sugar and salt.
No standard	No more than two portions of food which includes pastry may be provided each week, across the school day	
Cakes and biscuits can be provided at lunchtime only	Cakes and biscuits can be provided at lunchtime only	
No standard	Desserts are allowed at lunchtime only except for yoghurt or fruit-based desserts with a content of at least 50% fruit are permitted at any time of the day	
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 the cooking process is complete	
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	
Healthier drinks		
Free, fresh drinking water should be provided at all times	Free, fresh drinking water should be provided at all times	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
The only drinks permitted during the school day are plain water (still or	The only drinks permitted during the school day are:	

<p>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><input type="checkbox"/> Plain water (still or carbonated); milk or lactose reduced milk; fruit juice; vegetable juice;</p> <p><input type="checkbox"/> Plain soya, rice or oat drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks;</p> <p><input type="checkbox"/> Unsweetened combinations of fruit or vegetable juice with plain water (still or carbonated) Combinations of fruit juice and low fat milk or plain yoghurt, plain soya, rice or oat drinks enriched with calcium; cocoa and low fat milk; flavoured low fat milk.</p> <p><input type="checkbox"/> Tea, coffee, hot chocolate.</p> <p><input type="checkbox"/> Combination drinks are limited to a portion size of 330ml. They may contain added vitamins or minerals but should not exceed 5% added sugars or honey. The fruit juice content of any drink must be no more than 150ml. Fruit juice combination drinks must be at least 45% fruit juice by volume.</p>	<p>juice to 150ml is in line with Public Health England recommendations on portion size for fruit juice and will help to control the amount of sugar in the average school lunch.</p>
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Food provided other than at lunch

<p>Fruit and/or vegetables must be provided at all school food outlets</p>	<p>Fruit and/or vegetables must be available in all school food outlets</p>	<p>These revisions will limit the provision of fat, saturated fat, sugar and salt</p>
<p>Starchy food cooked in fat or oil must not be provided more than three times each week across the school day</p>	<p>Starchy food cooked in fat or oil must not be provided more than two days each week across the school day</p>	
<p>No more than two deep fried items, in a single week across the school day</p>	<p>No more than two portions of food that has been deep-fried, batter-coated,</p>	

	breadcrumb-coated may be provided each week, across the school day	
No standard	No more than two portions of food which includes pastry may be provided each week, across the school day	
Cakes and biscuits must not be provided	Cakes and biscuits must not be provided	
No standard	Desserts must not be provided , except for yoghurt or fruit-based desserts with a content of at least 50% fruit, 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	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 only, 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 the cooking process is complete	
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 portion of more than 10 grams or one teaspoon	
Healthier drinks (see above)	Healthier drinks - capped portion sizes of fruit juice (150ml) and combination drinks (330ml)	

Annex C – Membership of the Standards Panel

Professor Ashley Adamson, Newcastle University

Simon Barber, Head teacher at Carshalton Boys Sports College

Carrienne Bishop, Chair-elect of Lead Association for Catering in Education

Myles Bremner, Director for the School Food Plan

Anne Bull, Chair of Lead Association for Catering in Education

Henry Dimbleby, Co-Author of the School Food Plan (Chair)

Professor Susan Jebb, Nuffield Department of Primary Care Health Sciences, University of Oxford (Project Manager)

Tony Mulgrew, Catering Manager at Ravenscliffe High School

Dr Michael Nelson, Public Health Nutrition Research

Jeanette Orrey, Food for Life Partnership

Sarah Owen, School Cook at Stoke Newington School

Amy Roberts, Nutritionist at Compass Group

The Standards Panel commissioned the **Children's Food Trust** to undertake the testing and provide support in the production of the guidance.



Department
for Education

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