

Lincolnshire Healthy Schools

NEW DfES SCHOOL FOOD STANDARDS UPDATE FOR SCHOOLS

Food Standards – School Lunches

(Interim arrangements until nutritional standards are published in 2008-09)
From September 2006...

- Two portions of fruits and vegetables to be served with every meal
- Confectionary banned
- No fizzy drinks
- Oily fish to be available at least once every three weeks
- Low quality meats products banned
- Deep fried items available only twice a week
- Bread available throughout lunch
- Free, fresh water to be easily accessible all day
- No table salt

Food Standards – Food Other Than Lunch

Covers breakfast, mid morning snacks, vending, tuck shops, after school snacks and meals

(Standard to be implemented and inspected from September 2006 but not law until September 2007)

- No fizzy drinks available. Water, milk drinks (less than 5% added sugar), pure fruit juices, yoghurt drinks, low calorie hot chocolate, tea and coffee allowed
- No confectionary
- Only unsweetened/unsalted nuts, seeds, fruit and vegetables allowed as snacks

Nutritional Standards – School Lunches

(Published in May 2006. To be in place by September 2008 in Primary Schools and September 2009 for Secondary Schools)

- State what proportion of nutrients such as energy, protein, carbohydrates, fat, fibre and vitamins should receive from an average school lunch, over five consecutive days
- Food standards run alongside these

Other recommendations

- Children and Young People should be able to choose a healthy meal until the end of lunch service (availability)
- Schools and Caterers should carry out a needs analysis of their school meals provision
- Schools should develop a whole school food policy
- PFI contracts should support the standards' aims

Other information

- Guidance on packed lunches from the School Food Trust (SFT) and the Food Standards Agency (FSA) to come out in the Autumn

- All schools should be offering hot meals by September 2008. “Bringing Back Hot Dinners” group has been established and national targeted support has gone into that. This group is looking at how areas like Lincolnshire, who have no hot meals in primary schools, can get them back. Lincolnshire representatives attending these meetings.

Useful Contacts:

- Standards are available at www.dfes.gov.uk
- General enquiries about the standards 0800 0895001
- SFT (website coming soon!) www.schoolfoodtrust.org.uk
- FSA voluntary nutrient guidance www.good.gov.uk

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