



### **Food provided in schools**

The current standards for school food in England were reviewed by the Department for Education in January 2015.

The DfE allocates the budgets for school food to local authorities.

Responsibility for the provision of school food lies with the local authority or directly with the school governors if the school meals budget has been delegated, (as is the case for all secondary schools and the majority of primary schools in England). This includes ensuring that planned food and drink provision meets the school food standards.

Departmental advice explaining how legislation applies to school food in England, and the role of local authorities and school governing bodies is available from the DfE website.

### **Local authorities, schools and governors**

Various legislation, including the Education Acts of 1996, 1998, 2002 and 2006, and the School Standards and Framework Act 1998, outline the duties of school governors and local authorities in the provision of school food. In summary, the responsibility for the provision of school meals lies with local authorities or directly with schools if the local authority has delegated the school meals budget. This includes ensuring that the planned food provision meets the school food standards. In practice this involves deciding what dishes can be served, what ingredients to use, where water should be made available and setting any necessary snacking policies.

Departmental advice explaining how legislation applies to school food in England, and the role of local authorities and school governing bodies is available from the Department for Education website.

### **Ofsted**

It is the responsibility of the governing body to ensure that the school meets its statutory obligations, including those related to school food. Ofsted school inspections focus on teaching quality, pupils' achievement, the quality of leadership and pupils' behaviour and safety. The inspection model is not primarily compliance based and inspectors are not required to specifically assess a school's adherence to the school food standards during their routine visits. If however, inspectors become aware of concerns, these can be taken into account as part of the inspection.

## **The Children's Food Trust**

Formerly known as the School Food Trust, we started our work in 2005 and became a registered charity in 2006. They were tasked with helping schools to implement and maintain some of the world's toughest national standards for school food, and with tackling the issues involved with giving children a great experience at lunchtime.

Through ensuring a balanced diet in their early years and at school, together with better family cooking skills, lifestyle and food education, the Trust exists to help protect every child's right to eat better – and so, to do better. They provide specialist advice, training and support to anyone who provides food for children.

## **The standards for food provided in schools at times other than lunch**

Since September 2007, food and drink provided at times other than lunch has been required to meet the food-based standards for all school food other than lunches

The food-based standards for all school food other than lunches apply to all food and drink provided by local authorities or school governing bodies to pupils on and off school premises, during an extended school day (up to 6pm).

- Breakfast clubs
- Mid-morning break services
- Tuck shops
- After school snacks and meals

### **The standards**

Food provided at times other than lunch must comply with the following standards:

More of these healthier items:

1. Fruit and vegetables must be provided in all school food outlets. These can include fresh, dried, frozen, canned and juiced varieties
2. Free, fresh drinking water should be provided at all times
3. Only healthier drinks are permitted throughout the school day. There are more details about permitted drinks [here](#).

Restricted or no longer allowed:

1. Confectionery such as chocolate bars, chocolate coated or flavoured biscuits, sweets and cereal bars must not be provided

2. Salt must not be provided at tables or service counters
3. Condiments such as ketchup and mayonnaise must only be available in sachets or individual portion of not more than 10g or 1 teaspoonful
4. Snacks such as crisps must not be provided. Nuts, seeds, vegetables and fruits with no added salt, sugar or fat are permitted
5. Cakes and biscuits must not be provided at times other than lunch
6. No more than two deep-fried food items such as chips and batter coated products can be provided in a single week across the school day
7. Starchy food cooked in fat or oil must not be provided more than three times a week across the school day
8. Meat products (manufactured or homemade) are divided into four groups. A meat product from each of the four groups may be provided no more than once per fortnight across the school day.

### **What will our children be eating?**

At William Stockton we offer a breakfast and after school club. The children are offered food within this provision. In our Early Years we have Nursery and Reception classes and these children are offered a snack as part of their day.

Since September 2007, schools have been required to comply with the new food-based standards for school food other than lunches. This means that cakes and biscuits can only be provided at lunch time, and can no longer be provided at other times of the day. In the Appendix are some suggestions for other items that can be provided as snacks at our Out Of School Club and in our EYFS.

## **Appendix i**

*Taken from:*

*School Food Trust: A guide to introducing the Government's new food based standards for school food other than lunches*

### **Examples of food and drinks meeting the new standards**

#### **Fruit and vegetable items**

- Whole/pieces of fresh fruit e.g. banana, apple, pear, satsuma, grapes
- Fruit pots of sliced/chopped fresh fruit e.g. melon, berries, apple
- Canned fruit in natural juice e.g. peaches, pears, pineapple, mandarins
- Dried fruit without added fat, sugar or salt e.g. apricots, sultanas, raisins, dates
- Salad pots
- Crudités, vegetable sticks with dips
- Vegetable accompaniments: tomatoes (tinned or fresh), raw vegetables such as carrots, peppers, cucumber and celery
- No restrictions on the amount or type of fruit and vegetables served

#### **Cold items**

- Breakfast cereals with milk or yoghurt
- Yoghurt or fromage frais (plain or fruit)
- English muffins
- Plain currant/raisin bread
- Sandwiches
- Bagels with fillings
- Baguettes with fillings
- Filled pitta bread or rolls
- Wraps e.g. Mexican bean
- Pasta salads
- Fillings/toppings: cheese, hard boiled egg, peanut butter, houmous, tahini, sliced meat, bacon, meat or fish paste, tinned fish
- Combinations of nuts and seeds without added fat, sugar or salt

#### **Hot items**

- Porridge
- Toast, bread rolls with spread, jam, marmalade, peanut butter
- Toasted bagels, crumpets
- Toasted sandwiches
- Bacon sandwiches
- Warm pitta bread with filling
- Paninis
- Tortillas, fajita, burrito, quesadillas, enchiladas
- Toast with baked beans, cheese, eggs (boiled, scrambled or poached)
- Omelette
- Pizza slice with toppings e.g. vegetables, cheese
- Slice of quiche
- Jacket potato with toppings e.g. cheese, coleslaw, baked beans, tuna
- Bowls of noodles with vegetables and/or meat
- Vegetable pasties

- Fishcakes
- Soup

### **Drinks**

- Plain water (still or sparkling)
- Skimmed or semi-skimmed milk\*
- Fruit juice or vegetable juice
- Plain yoghurt drinks
- Plain soya, rice or oat drinks enriched with calcium
- Combination drinks: water (still or sparkling) combined with fruit or vegetable juice.  
Examples: fruit and/or vegetable smoothies: pureed fresh fruit and vegetables
- Milk (skimmed or semi-skimmed) and/or plain yoghurt combined with fruit or vegetable juice. Examples: Dairy-based smoothies, pureed fruit with plain yoghurt
- Plain soya, rice or oat drinks enriched with calcium combined with fruit or vegetable juice
- Tea or coffee

\*Whole milk may be provided to pupils until the end of the school year in which they reach five years of age

## **Appendix ii**

*Taken from:*

*School Food Trust website: Innovative Snacks*

### *Bread-based alternatives*

One idea is adding extra ingredients or toppings to bread-based products to make them more interesting and appealing to children. Try adding just one or two things at first and see how popular they are. As the base product you could use plain bread, bagels, savoury buns, English muffins or teacakes. You could add ingredients to the dough during mixing, use them as a topping, or make wheels by putting them on top of rolled out dough, rolling it up and cutting into slices. Take your pick from a variety of extra ingredients or toppings:

- Fresh, dried, canned or frozen fruit – apples, apricots, bananas, cherries, coconut, kiwi, nectarines, peaches, pear, plum, raisins, currants, sultanas, raspberries, blackberries, strawberries, citrus peel
- Fresh, dried or canned vegetables – sun dried peppers, sun dried tomatoes, fresh tomatoes, olives, leeks, onions
- Nuts† – hazelnuts, pecan nuts, walnuts, pine nuts, peanuts
- Seeds – pumpkin, sunflower, poppy
- Herbs and spices – mixed herbs, cinnamon, paprika, rosemary, basil, coriander, ginger, turmeric.
- Other sweet – cocoa powder, honey
- Other savoury – cheese, marmite
- Yoghurt, fromage frais or soya milk
- Use different types of flour or combinations e.g. wholemeal, rye, white

### *Other snack ideas*

- Muffin pizzas – English muffin topped with tomato sauce, cheese and vegetables or ham
- Slices of malt loaf
- Porridge with added fruit, nuts or seeds
- Fruit bars – these must be dried compacted fruit only
- A yoghurt, fruit and cereal selection – maybe have a self-serve section or the food could be prepared in advance in small packs/tubs
- Fruit smoothies – add oats or muesli to make them more filling

The above suggestions will be used to enhance mid morning and afternoon snacks in the EYFS provision, breakfast club, and after school club.

## Appendix ii

An example of the food provided outside lunch at William Stockton Primary School:

<b>Day</b>	<b>Breakfast club</b>	<b>EYFS An alternative to Fruit from the Free Fruit Scheme</b>	<b>After School Club</b>
Monday	Selection of sugar free cereals e.g. Rice Krispies, Weetabix, Corn Flakes  Toast with spread and jam  Fruit juice Water	Crumpets with spread and jam  Fruit  Water Milk	Slice of Quiche  Water Fruit juice
Tuesday	Yogurt Drinks  Crumpets  Water	Raisin Bread  Fruit  Water Milk	Crudités, pitta bread, dip  Water Fruit juice
Wednesday	Bagels  Fruit or Vegetable juice Milk	Malt loaf  Fruit  Water Milk	Baguette and fillings – sliced meat, cheese, tinned fish  Water Fruit juice
Thursday	Yoghurt  Toasted English muffin  Fruit Juice Water	Yogurt / Fromage frais  Fruit  Water Milk	Crumpets with spread and jam  Water Fruit juice
Friday	Fruit pot  Raisin Bread  Water Milk	Crudités, pitta bread, dip  Fruit  Water Milk	Tortilla wraps and fillings  Water Fruit juice

*Sometimes children will be given opportunities to cook and prepare their own homemade snacks. These might include: Fruit pots, Smoothies, Mini salads, Pizza slices, Quiche, Soup, Bread rolls.*