

What do the Nutritional Standards look like?

	At lunchtime	At other times (including breakfast, mid- morning break)	Why have the School Food Trust introduced these standards
More fruit and vegetables	At least one portion of fruit and vegetables available every day	A variety available in all outlets	To increase children's fruit and vegetable intake – currently many eat less than half the recommended '5 a day' Fruit and vegetables are vital sources of vitamins, minerals, antioxidants and fibre; they also replace less nutritious foods
More oily fish	Available once every 3 weeks		To increase the intake of beneficial omega 3 fatty acids
Bread	Available every day as an extra		So children can fill up on starchy food which is a healthier source of calories than fat or sugar
Drinking water	Free fresh water to be available at all times		To help children to switch to drinking water instead of less healthy sugary or sweetened soft drinks Water promotes hydration and has no calories To promote water availability in schools so children do not have to rely on taps in toilets for a drink Children do not have to pay for tap water, so it is a drink which is equally accessible to all
Healthier drinks	Only plain water (still or sparkling), skimmed or semi-skimmed milk, fruit or vegetable juices, soya drinks enriched with calcium, yoghurt or milk with artificial sweeteners or less than 5% added sugar, or combinations of these (artificial sweeteners or less than 5% added sugar permitted only in combinations containing at least 50% milk or yoghurt). Also tea, coffee, low calorie hot chocolate		To remove sugary or sweetened drinks which have limited nutritional value and can cause tooth decay
No confectionery	No sweets, chocolate, cereal bars, processed fruit bars		These products tend to be high in sugar and calories. Many are high in fat. They are not nutritionally valuable Children tend to choose sweet things in preference to more nutritious food – some even swap a balanced meal for sweets or chocolate at lunchtime
No savoury snacks	No packets of crisps or crisp-like products Nuts and seeds with no added salt, sugar or fat are allowed		To remove products, such as packets of crisps, which tend to be high in fat and salt. These types of snack products, like confectionery, displace more nourishing foods To encourage children to eat a balanced meal at lunchtimes
No salt; condiments restricted	No salt on tables or at the counter; condiments e.g. ketchup and mayonnaise, in small portions only		To reduce the amount of salt children eat – most consume more than they need High salt intake increases the risk of high blood pressure, which can lead to heart disease
Deep-fried foods restricted	No more than twice a week across all school food services		To cut down on the number of times that deep fried food is served in order to reduce the amount of fat children eat. This will help to control calorie intake as fat is a very concentrated source of calories
Meat products restricted	Food such as burgers and sausage rolls can only be served infrequently at lunch and infrequently at other times, and must meet standards for minimum meat content		To improve the quality of meat and poultry products in schools To cut down on how often they are served, as many tend to be high in salt and fat
Cakes and biscuits restricted	Available as part of a meal; can be bought in or homemade	Not available	These products tend to be high in fat, sugar and calories – often as high as confectionery – and so they are best eaten as part of a balanced meal