

# Healthy Eating in Schools: Secondary School Food Requirements

## Lunch

Lunch must provide the following foods **regularly**:

- At least one portion of **fruit** each day
- At least two portions of **vegetable** or **salad** each day
- **Fruit based desserts** at least twice each week
- **Fish** at least twice each week
- **Oily fish** at least twice in four weeks
- **Meat cuts** at least three times each week

## School Day

The following foods are not allowed **before 6pm**:

- Additional **salt**
- **Confectionery**
- **Savoury snacks**

Where food is provided **after breakfast & before 6pm**:

- **Fruit & vegetables** must also be available
- **Condiments** must be 10ml or smaller
- **Cakes & biscuits** can only be provided if they are included in the nutritional analysis of the lunch provision
- **Potato & potato products** cooked in **fat** or **oil** not more than twice each week
- **Deep fried** or **flash fried** food not more than twice each week
- **Meat products** not more than twice each week

For full details about the secondary school food requirements & information about the nutritional standards for lunch refer to the Healthy Eating in Maintained Schools: Statutory Guidance for Local Authorities & Governing Bodies.

April 2015



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# Healthy Eating in Schools: Primary School Food Requirements

## Lunch

Lunch must provide the following foods **regularly**:

- At least one portion of **fruit** each day
- At least one portion of **vegetable** or **salad** each day
- **Fruit based desserts** at least twice each week
- **Fish** at least once each week
- **Oily fish** at least twice in four weeks
- **Meat cuts** at least twice each week

## School Day

The following foods are not allowed **before 6pm**:

- Additional **salt**
- **Confectionery**
- **Savoury snacks**

Where food is provided **after breakfast & before 6pm**:

- **Fruit & vegetables** must also be available
- **Break** time snacks should be **fruit & vegetables** only
- **Condiments** must be 10ml or smaller
- **Cakes & biscuits** with lunch only
- **Potato & potato products** cooked in **fat** or **oil** not more than twice each week
- **Deep fried** or **flash fried** food not more than twice each week
- **Meat products** not more than twice each week

For full details about the primary school food requirements & information about the nutritional standards for lunch refer to the Healthy Eating in Maintained Schools: Statutory Guidance for Local Authorities & Governing Bodies.

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# Healthy Eating in Schools: Nursery School Food Requirements

## Lunch

Lunch must provide **each** of the following foods or achieve the primary school food requirements & nutritional standards:

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- **Fruit & vegetables**

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- Meat, fish or other non dairy sources of **protein**

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- **Starchy** foods

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- **Dairy** foods & milk

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## School Day

The following foods are not allowed **before 6pm**:

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- Additional **salt**

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  - **Condiments**

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  - **Confectionery**

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  - **Savoury snacks**

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Where food is provided **after breakfast & before 6pm**:

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- **Fruit & vegetables** must also be available

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  - Snacks should consist of **fruit, vegetables, salad, bread** products, **dairy** products & non dairy sources of **protein**

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  - **Cakes & biscuits** with lunch only

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  - **Potato & potato products** cooked in **fat** or **oil** not more than twice each week & with lunch only

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  - **Deep fried** or **flash fried** food not more than twice each week & with lunch only

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  - **Meat products** not more than twice each week & with lunch only

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For full details about the nursery school food requirements & information about the nutritional standards for lunch refer to the Healthy Eating in Maintained Schools: Statutory Guidance for Local Authorities & Governing Bodies.

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# Healthy Eating in Schools: Secondary School Drink Requirements

Only the following drinks  
are allowed to be provided  
**before 6pm:**

- Plain **water** (still or carbonated)
- Plain **milk** (semi skimmed or skimmed)
- Plain **soya, rice** or **oat** drinks
- **Fruit** or **vegetable juice** (still or carbonated)
- **Fruit** or **vegetable juice** (still or carbonated) combined with **water** (at least 50% juice)
- **Fruit** or **vegetable juice** combined with **milk, yoghurt, soya, rice** or **oat** drinks (at least 50% milk, yoghurt, soya, rice or oat drink)
- **Fruit** or **vegetable blends**
- **Flavoured milk, yoghurt, soya, rice** or **oat** drinks
- **Tea & coffee**
- **Hot chocolate** (250ml or less)

For full details about the secondary school drink requirements & information about the nutritional standards for lunch refer to the Healthy Eating in Maintained Schools: Statutory Guidance for Local Authorities & Governing Bodies.



# Healthy Eating in Schools: Nursery School Drink Requirements

## Breakfast & Lunch

Only the following drinks are allowed to be provided at **breakfast & lunch**:

- Plain **water** (still or carbonated)
- Plain **milk** (whole or semi skimmed)
- Plain **soya** or **oat** drinks
- **Fruit** or **vegetable juice** (still or carbonated)
- **Fruit** or **vegetable juice** (still or carbonated) combined with **water** (at least 50% juice)
- **Fruit** or **vegetable blends**

## School Day

Only the following drinks are allowed to be provided at other times during the school day **before 6pm**:

- Plain **water** (still or carbonated)
- Plain **milk** (whole or semi skimmed)
- Plain **soya** or **oat** drinks

For full details about the nursery school drink requirements & information about the nutritional standards for lunch refer to the Healthy Eating in Maintained Schools: Statutory Guidance for Local Authorities & Governing Bodies.



# Healthy Eating in Schools: Primary School Drink Requirements

## Breakfast & Lunch

Only the following drinks are allowed to be provided at **breakfast & lunch**:

- Plain **water** (still or carbonated)
- Plain **milk** (semi skimmed or skimmed)
- Plain **soya, rice or oat** drinks
- **Fruit or vegetable juice** (still or carbonated)
- **Fruit or vegetable juice** (still or carbonated) combined with **water** (at least 50% juice)
- **Fruit or vegetable blends**

## School Day

Only the following drinks are allowed to be provided at other times during the school day **before 6pm**:

- Plain **water** (still or carbonated)
- Plain **milk** (semi skimmed or skimmed)
- Plain **soya, rice or oat** drinks

For full details about the primary school drink requirements & information about the nutritional standards for lunch refer to the Healthy Eating in Maintained Schools: Statutory Guidance for Local Authorities & Governing Bodies.

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# Healthy Eating in Schools: Breakfast Requirements

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Breakfast means food provided **before the start of the morning school session.**

**Only** the following foods must be **available** at breakfast:

- **Milk** based drinks or **yoghurts**
- **Cereals** that are not coated or flavoured with sugar, chocolate or cocoa powder
- **Fruit & vegetables**
- **Breads & toppings**

For full details about the breakfast requirements refer to the Healthy Eating in Maintained Schools: Statutory Guidance for Local Authorities & Governing Bodies.

