Food and Fitness Policy

Penpych Community Primary School
Ysgol Gynradd Gymunedol Penpych

Policy Leader	**: Mr N Evans**
Head teacher	**: Mr T Lewis**
Chair of Governors	**: Mr M Cude**

Policy applies to Academic Year 2026 -27

Signed HT: **Date: September 2026**

Signed CoG: **Date: September 2026**

This plan is a:	**School Plan using LA & WG guidelines**
This plan is a:	**Statutory Document**
Policy / Document Leader:	**Mr N Evans**
Link Governor:	**Mr W jones**
Key Personnel in Plan	**Headteacher, Staff member in charge of healthy eating**
Published / located:	**Website/ School Administration Office**
Aims of Plan: • **To outline the policy and provision for healthy eating at the school**	
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Reviewed by	**Policy committee**

Introduction

A poor diet and lack of physical activity are major contributing factors to increasing levels of childhood obesity and associated health problems. In response to these concerns, the Welsh Government has produced The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) 2013 Regulations (which legislates previous Appetite for Life guidance). This sets out to improve the nutritional standards of food and drink provided in schools in Wales, whilst ***'Creating an active Wales'***, the Welsh Government Strategy for Sport and Active Recreation outlines ways to increase physical activity levels.

A recent report from the Chief Medical Officers ***'Start Active, Stay Active'*** states that all children and young people should engage in moderate to vigorous intensity physical activity for at least 60 minutes and up to several hours **every** day.

At Penpych Community Primary School we are committed to encouraging our pupils to lead active and healthy lifestyles. We believe that healthy children will be able to take full advantage of the educational opportunities that the school provides.

We encourage a whole school community approach to food and fitness. The head teacher, staff and governing body will ensure that food provided in the school and advice given to pupils promotes a healthy and active lifestyle. Additionally, our schools use non-food rewards such as praise, stickers, games and star charts rather than confectionery.

We are committed to providing high quality PE lessons and health related exercise and work in partnership with other Community Sports organisations.

Aims:

To improve the health of the whole school community by equipping pupils with the knowledge and skills to establish and maintain life-long active life-styles and healthy eating habits

To ensure that food and nutrition and physical activity become integral to the overall value system of the school and a common thread of best practice runs through the curriculum, the school environment and links with the wider community

To develop a whole school food and fitness policy, which reflects a shared vision, coherence in planning, and consistency in the delivery of services, curriculum messages and the supporting environment.

To ensure that pupils, teachers, parents, governors and all members of the wider school community are stakeholders and contribute to the aims and objectives of this policy.

Objectives:

To promote pupil participation and decision making in all aspects of food and fitness activities.

To ensure that activities related to food and fitness provided for pupils throughout the day are consistent with curriculum guidance and Welsh Government regulations.

To work in partnership with School Meal Providers to ensure that consistent messages about nutritional standards and healthy lifestyles are given to our pupils.

To offer a broad range of safe, stimulating indoor and outdoor sports, play and recreational activities.

Implementation and Monitoring:

The School Council / Eco Committee are actively involved with the implementation of the Food and Fitness policy.

The Senior Management Team will ensure that there is adequate training and resources for staff involved in the delivery of the aims and objectives of the school's Food and Fitness Policy.

The Senior Management Team and governors will monitor progress.

Updates on school food and fitness actions will be included in the Annual Report to Parents.

Pupil Involvement

Representatives of the Pupil Voice Committee are given opportunities to give their opinions and ideas regularly throughout the year on such things such as break times, lunchtimes etc.

Their opinions are taken into account and noted within the Policy. These include:

'Squash isn't actually healthy. Water keeps your teeth healthy'. 'People get healthy when they eat fruit it stops people from bringing chocolate'. 'We know how to keep fit'. 'Gardening is good because it teaches you how to grow vegetables and fruit'

Physical Activity within the Curriculum

The school is committed to providing sessions of timetabled, quality physical activity per week for every pupil.

Opportunities for cross curricular links are explored and developed: Science / PSE – Highlighting the health benefits of regular exercise

Opportunities of developing outdoor and adventurous education with a physical component are actively promoted

Extra-Curricular Physical Activity / Active Play

There is a range of after school clubs appropriate to pupils across the entire age range
Lunchtime supervisors have received training to encourage physical activity during lunch times.
Steps are taken to actively encourage physical activity during lunch/break-times. Specific equipment is made available to pupils to stimulate physical activity
The playground is 'zoned' into different activity areas to encourage all pupils to participate in activity during break and lunchtimes.

Outdoor Education

As part of the curriculum, pupils are encouraged to actively participate in learning activities in the school grounds.
The school aims to promote seasonal food produce.
The school promotes environmental and sustainable initiatives such as Eco Schools.

School Travel Plan

The school has cycle racks available for children and staff to use
Cycle skills training are available for Pupils in Year 6 as part of the proficiency scheme.

Free School Meals

This school considers free school meals as an important part of the social inclusion/child poverty agenda
Parents are sent regular reminders to ensure that they are made aware of their potential eligibility, and reassured about how the system works at school (pupils who are eligible for free meals are not prevented from sitting with their friends who may bring sandwiches from home.)
The uptake of free school meals is considered a key indicator for school performance
Steps are taken to protect the identity of pupils receiving Free School Meals

Food and Nutrition in the Curriculum

Pupils are taught to understand the relationship between food, physical activity and short and long term health benefits
The Food Competencies include the themes of: Diet and Health, Consumer Awareness, Cooking and Food Safety. They apply to young people aged between 5-16+ years

School Meals

All school meals comply with The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013
School Menus are clearly displayed around the school and canteen
The school has developed welcoming aspects of the dining room environment including displays of food, promoting healthy eating, availability of free water, appropriate queuing arrangements
Healthy options are promoted which gives pupils the opportunity to try new foods*

Healthy Breakfast Club

The school has a Welsh Government Free Breakfast Club (Primary Schools) running in the school providing nutritionally balanced food

Vulnerable pupils who arrive at school hungry are given breakfast, if required, by an appropriate member of staff. This Breakfast complies with Welsh Government Statutory Guidance.

Healthy Lunchboxes

WG Information is provided for parents on nutritionally balanced packed lunches at the start of each new pupil intake*

Children are educated on the content of a healthy packed lunch

A Healthy Packed Lunch is actively promoted amongst pupils. Sweets, chocolate and sugary drinks are not allowed.

We discourage nuts in packed lunch due to Pupil allergies.

School Milk

Free milk is offered to all Foundation Phase pupils each day

Refrigerators are cleaned regularly and temperatures are recorded for safety

Drinking Water

Children have access to fresh, clean water at school throughout the school day The school provides water free of charge for pupils and staff

The school promotes 'Water Bottles in Class'

Water bottles can be purchased by pupils from the school

Oral Health

The school actively promotes oral health messages for example, tooth-brushing, limit sugary food, healthy snacks, fruit, milk and water at break times.

The school actively participates in Designed to Smile programmes and facilitates oral health promotion.

The school advises its pupils and parents to visit a dentist on a regular basis

The school will include oral health promotion in any health events in the school and parents meetings.

**Due to health and safety precautions, pupils are not able to bring in grapes as a snack due to the choking hazard that this can present.*

Useful Links:

Welsh network of Healthy School Schemes – www.wales.gov.uk/topics/health/improvement/schools/schemes

Physical Activity

30, 40, 50 Club – http://www.welshathletics.org/schools.aspx

Climbing Higher – http://wales.gov.uk/topics/cultureandsport/sportandactiverecreation/climbing

Dragon sport – www.sportwales.org.uk

Eco-schools – www.eco-schools.org

In Perspective Food and Fitness – http://wales.gov.uk/topics/health/improvement/index/perspective/?lang=en

In The Zone – http://www.getinthezone.org.uk/

PE and School Sport (PESS) – http://www.sportwales.org.uk/community-sport/education/pe--school-sport.aspx

Physical activity and Nutrition Network for Wales – www.physicalactivityandnutritionwales.org.uk Safe

Routes to School – www.saferoutestoschools.org.uk

The Class Moves! – www.wales.gov.uk/topics/health/improvement/index/class

The Health Promoting Playground – www.wales.gov.uk/topics/health/improvement/index/playground

Nutrition:

Appetite for Life – www.wales.gov.uk/topics/educationandskills/schoolshome/foodanddrink

Healthy Eating in Schools (Wales) Measure 2009

www.legislation.gov.uk/mwa/2009/3/contents

British Nutrition Foundation – www.nutrition.org.uk

Cooking Bus – www.wales.gov.uk/topics/health/improvement/schools/cooking

Farmhouse Breakfast Week – www.hgca.com/breakfast

Food in the School Curriculum in Wales – http://wales.gov.uk/topics/educationandskills/schoolshome/curriculuminwales/guidanceresources/foodandfitness

Fruity Friday – www.fruityfriday.org

Primary School Free Breakfast Initiative – www.wales.gov.uk/topics/educationandskills/schoolshome/foodanddrink/breakfast

Think Healthy Vending – www.wales.gov.uk/topics/health/improvement/index/vending

Think Water – www.wales.gov.uk/topics/health/improvement/index/water

Food Competencies – www.food.gov.uk/scotland/scotnut/scotteachtools/competencies/

Eatwell Plate – www.nhs.uk/livewell/goodfood/documents/eatwellplate.pdf

Food & Fitness:

British Heart Foundation – www.bhf.org.uk

Food and Fitness – promoting healthy eating and physical activity for children and young people in Wales. Five Year Implementation plan – http://wales.gov.uk/topics/health/improvement/index/plan

Health Challenge Wales – http://wales.gov.uk/hcwsubsite/healthchallenge

Mend, a Weight Management programme for children- www.mendprogramme.org

Change For life – www.change4lifewales.org.uk

Rural regeneration Unit – www.ruralregeneration.org.uk

Llywodraeth Cymru
Welsh Government

www.cymru.gov.uk

Healthy eating in maintained schools

Statutory guidance for local authorities and governing bodies

Guidance

Guidance document no: 146/2014
Date of issue: June 2014

Healthy eating in maintained schools

Audience	Everyone who is involved with the provision of school food and drink in maintained schools. This includes local authorities and governing bodies of maintained schools (including maintained nursery schools), those working in schools, e.g. headteachers and teachers, parents/carers, learners, private/in-house catering providers and other stakeholders, e.g. health professionals, dietitians, healthy schools coordinators, etc.
Overview	This document provides guidance for local authorities and governing bodies of maintained schools (including nursery schools and pupil referral units) on complying with the provisions in the Healthy Eating in Schools (Wales) Measure 2009 and regulations made under it.
Action required	Local authorities and governing bodies of maintained schools must have regard to this statutory guidance.
Further information	Enquiries about this document should be directed to: Pupil Wellbeing Branch Support for Learners Division Department for Education and Skills Welsh Government Cathays Park Cardiff CF10 3NQ e-mail: Breakfastinfo@wales.gsi.gov.uk
Additional copies	This document can be accessed from the Welsh Government's website at learning.wales.gov.uk
Related documents	Healthy Eating in Schools (Wales) Measure 2009 www.legislation.gov.uk/mwa/2009/3/contents The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013 www.legislation.gov.uk/wsi/2013/1984/contents/made School Standards and Organisation (Wales) Act 2013 www.legislation.gov.uk/anaw/2013/1/part/5/crossheading/free-breakfasts-in-primary-schools/enacted *Free breakfast in primary schools – Statutory guidance for local authorities and governing bodies* www.learning.wales.gov.uk/resources/free-breakfast-in-primary-schools/?lang=en

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Introduction

Status of this guidance

This statutory guidance is issued under sections 1, 5 and 7 of the *Healthy Eating in Schools (Wales) Measure 2009* [1] ('the Measure') which provides that local authorities and governing bodies of maintained schools must have regard to it. This means that local authorities and governing bodies must take account of the guidance and, if they decide to depart from it, have clear and justifiable reasons for doing so.

This statutory guidance replaces the Welsh Government's *Appetite for Life* guidelines.

Healthy Eating in Schools (Wales) Measure 2009 http://www.legislation.gov.uk/mwa/2009/3/contents

Background

There have been long-standing concerns about the number of children who are overweight or obese, and the impact this has on health and well-being, especially in relation to reducing health inequalities. Poor diet is a major contributing factor. The food and drink provided in schools can make a positive contribution towards giving children and young people a healthy balanced diet and encouraging them to develop good eating habits. To address these concerns the Measure was passed by the National Assembly for Wales on 8 July 2009 and received Royal Approval on 15 October 2009.

The Measure places, amongst other matters, new duties on local authorities and governing bodies to promote healthy eating by pupils in maintained schools. To monitor compliance, governing bodies are required to provide information in their annual report on the action taken to promote healthy eating and drinking by pupils at their schools and Estyn is required to report to the Welsh Ministers on the action taken by schools. The Measure also gives the Welsh Ministers the power to regulate food and drink provided to pupils of maintained schools and to other persons on school premises.

The table below sets out the provisions in the Measure.

Section	**Provision of the Measure**
Section 1	Duty on a local authority and a governing body of a maintained school to take action to promote healthy eating and drinking among registered pupils.
Section 2	Duty on the governing body of a maintained school to include in their annual report information on the action taken to promote healthy eating and drinking by pupils of the school.
Section 3	Duty on the Chief Inspector of Education and Training in Wales to keep the Welsh Ministers informed about actions taken at maintained schools to promote healthy eating and drinking.
Section 4	Gives the Welsh Ministers the power to make regulations about food and drink provided by local authorities or governing bodies to pupils of maintained schools, whether they are on school premises or not, and to other persons on school premises. *The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013* were made under this power and also came into force on 2 September 2013 (see Chapter 2 of this guidance document).
Section 5	Duty on a local authority to ensure that drinking water is available, free of charge, on the premises of any maintained school.
Section 6	Duty on a local authority, or the governing body of a maintained school which provides school meals or milk, to encourage the take-up of school meals or milk, and to take reasonable steps to ensure that every pupil who is entitled to receive free school lunches and free school milk receives them.
Section 7	Duty on a local authority or governing body to take reasonable steps to ensure that a pupil cannot be identified by any person,

	other than a person authorised under the legislation, as a pupil who receives a free school lunch or free school milk. Duty on a local authority or governing body to take reasonable steps to ensure that teachers/employees/volunteers at the school do not make disclosures, other than to a person authorised under the legislation, about the fact that a pupil receives free school lunches or free school milk.

Chapter 1: The Healthy Eating in Schools (Wales) Measure 2009

Section 1 – Promoting healthy eating and drinking by pupils in maintained schools

The Measure requires local authorities and governing bodies to take action to promote healthy eating and drinking by pupils in maintained schools. In discharging this duty, local authorities and governing bodies must have regard to this guidance.

This guidance provides advice on:

- what constitutes healthy eating and drinking
- appropriate action to promote healthy eating and drinking
- how sustainable development applies in relation to the promotion of healthy eating and drinking.

What constitutes healthy eating and drinking?

Healthy eating is about consuming a varied diet to get the right amount of nutrients to promote growth and good health. Legislation made under the Measure regulates healthy eating and drinking to ensure that food and drink in schools provide essential nutrients, and that saturated fat, sugar and salt are restricted (see Chapter 2 of this guidance).

What is considered appropriate action to promote healthy eating and drinking?

Promoting the take-up of school meals is an important part of the whole school approach to healthy eating. School meals that comply with the regulations made under the Measure can provide a balanced meal which meets approximately one third of recommended daily nutrient requirements, making school meals a healthy choice for children and young people.

In promoting healthy eating and drinking, schools should consider:

- how children and young people can be encouraged to enjoy healthy options
- how to persuade children and young people to eat lunch at lunchtime instead of during breaks
- how to encourage and support the take up of school meals, for example, by holding taster sessions to market school meals to both parents/carers and young people
- how to promote school meals positively by educating children, young people and their parents/carers on the content of school meals, for example, through caterers attending parents evenings
- creating healthy eating posters, displays and holding competitions

having a greater emphasis on health and well-being throughout the whole school curriculum to educate children on healthy eating and the benefits of it, with the aim of improving children's decision making around food choices
work in detail on the food and fitness section of the Welsh Network of Healthy School Schemes[2] (WNHSS) – health improvement work in schools in Wales is taken forward via local healthy school schemes, working as part of the WNHSS. Such work incorporates a whole-school approach, which encourages participation from all school staff, pupils and the wider community. It takes account of curriculum, ethos and environment, family and community involvement, and demonstrates good leadership and communication
lunchtime time allocation and social interaction of eating a meal
involving and informing school governors of the importance of school meal contribution
how to involve pupils in decision making about food choices and meals
evidence to demonstrate compliance with regulations made under the Measure
a whole-school approach to healthy eating which could include a school food policy around food/drink brought into schools, for example, lunchboxes, etc promoting consistent messages about healthy eating throughout the whole school day, and linking healthy eating to the food and drink provision within school.

How sustainable development applies in relation to the promotion of healthy eating and drinking?

Sustainable development is about enhancing the economic, social and environmental wellbeing of people and communities, achieving a better quality of life for our own and future generations.

In practice this means making decisions which will have benefits in the long term as well as the short-term, and which prevent problems from occurring in the long-term. An emphasis on healthy eating in schools is an example of a sustainable approach in practice, by helping to reduce future health problems such as obesity. Moreover, since behaviour is passed down through families, successful intervention is essential to safeguard the health of future generations[3]. Evidence suggests that supporting healthy decisions at an early age can lead to better outcomes in the long term. Encouraging children to eat a healthy diet is likely to improve their quality of life.

Enhancing understanding of food at an early age can also provide opportunities for learning about a range of economic, social and environmental issues. These include the importance of personal responsibility for health and the environmental issues associated with local and global food production and consumption.

Welsh Network of Healthy School Schemes
http://wales.gov.uk/topics/health/improvement/schools/schemes/?lang=en
Chief Medical Officer for Wales Annual Report 2012-13: Healthier, Happier, Fairer
http://wales.gov.uk/topics/health/cmo/publications/annual/report-2013/?lang=en

Section 2 – Governors' reports

This section of the Measure requires governing bodies of maintained schools to include in their annual report, information about the action taken to promote healthy eating and drinking by pupils at the school. This information will feed into Estyn's reporting cycle and be available to parents and carers of pupils.

The Welsh Government document *The Governors' Guide to the law*[4] has been updated to reflect this new duty; please see the latest version of this document for further information.

In promoting healthy eating and drinking school governing bodies should consider the bullet points referenced in Section 3 (pages 6 and 7) and include any action taken in their annual report. Some of these bullet points will also assist school governing bodies comply with their duty to encourage the take up of school meals.

As information included in the governors' annual reports, school governing bodies should consider the bullet points in Section 3 (pages 6 and 7) that Estyn will be considering on any inspections with regards to the Measure and regulations made under it.

Section 3 – Functions of the Chief Inspector of Education and Training in Wales

This section of the Measure relates to the functions of the Chief Inspector of Education and Training in Wales ('Estyn). It places a duty on the Chief Inspector to keep the Welsh Ministers informed about the actions taken by school governing bodies to promote healthy eating and drinking at maintained schools.

Estyn has produced supplementary guidance on healthy living[5] in which healthy eating and drinking is captured.

Estyn inspectors may, amongst other matters:

- check that school governors include information about their arrangements for promoting healthy eating and drinking in their annual report to parents/carers
- ask pupils about whether the school encourages them to eat healthily
- note any obvious breaches of the regulations made under the Measure.

The Governors' Guide to the law
http://wales.gov.uk/topics/educationandskills/schoolshome/schoolfundingandplanning/schoolgov/schoolgovguide/?lang=en

Supplementary guidance: healthy living September 2013
http://www.estyn.gov.uk/english/ inspection/supplementary-guidance/

Estyn **will** report on the arrangements made to promote healthy eating and drinking. Estyn **will not** report on the quality of food provision.

Estyn inspectors may also consider the following as part of wider healthy living.

- Are pupils given the opportunity to develop their awareness and understanding of healthy living through the curriculum and extra-curricular work and projects?
- Do teachers exploit opportunities to develop pupils' understanding of healthy living?
- Is the school effectively promoting healthy lifestyles?
- Does the school ensure that any out-of-school-hours provision support its work on healthy living?
- Does the school environment, including dining areas, sport facilities and public areas promote healthy living?
- Does the school have good facilities for healthy eating and physical activity?
- How well does the school communicate its promotion of healthy living to the pupils, parents/carers and the wider community?

This list is not exhaustive; please see Estyn's supplementary guidance for further information.

Section 4 – Requirements for food and drink provided on school premises

This section of the Measure provides Welsh Ministers with the power to make regulations setting out requirements for food and drink provided to by local authorities or governing bodies, on the premises of a maintained school or at a place other than the school premises. *The Healthy Eating in Schools (Nutritional Standards and Requirement) Regulations 2013* ('the Healthy Eating Regulations') were made under this power[6].

The Healthy Eating Regulations set out the types of food and drink that can and cannot be provided during the school day; and defines the nutrient content of school lunches. This section of the guidance aims to support local authorities and governing bodies to understand the standards within the Healthy Eating Regulations, and provide support in implementing these within schools.

Please refer to Chapter 2 (page 13) for further detail on the standards for food and drink under the Healthy Eating Regulations.

The Healthy Eating in Schools (Nutritional Standards and Requirement) Regulations 2013 http://www.assemblywales.org/bus-home/bus-business-fourth-assembly-laid-docs.htm?act=dis&id=248994&ds=8/2013

Section 5 – Drinking water in schools

This section of the Measure requires a local authority to ensure that a supply of drinking water is available, free of charge, on the premises of any maintained school.

Pupils **must** have easy access at all times to free, fresh drinking water, especially during breakfast sessions and lunchtimes. Mineral water, still and carbonated is permitted under the Healthy Eating Regulations. However, water containing sweeteners, sugars, honey, colouring or flavouring **is not** permitted.

Why is having water freely available important?

Water quenches thirst and does not damage teeth.
To help children choose drinking water with meals instead of sweetened soft drinks.
Water promotes hydration and has no calories.
Drinking water can help to prevent a range of short- and long-term health problems such as headaches, bladder and bowel problems.
To promote water availability in schools children do not have to pay for tap water as it is a drink which is equally accessible to all.

Schools should:

signpost water stations throughout the school
provide younger children with a cup or glass of water or let them carry water bottles. Where water bottles are used schools should adhere to the cleaning advice provided within the Welsh Government's *Think Water* guidance[7]
ensure dining room supervisors direct children to available water sources at lunchtime
promote water availability throughout the school
make pupils aware that taps in toilet areas are not an appropriate source of drinking water
allow pupils to drink water freely throughout the day by promoting water on desks – schools working as part of the WNHSS are encouraged to allow water on desks and 87 per cent of schools now do this.

Practical information for schools

Water can be chilled, but this is not a requirement.
Schools could provide jugs of freshly poured tap water together with cups/ glasses on tables and at the serving counter in the dining room.
Schools could consider installing a point of use water cooler which uses mains drinking water. Where water coolers are used schools should

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Think Water: Guidance on water in schools
http://wales.gov.uk/topics/health/improvement/index/water/?lang=en

adhere to the cleaning advice provided within the Welsh Government's Think Water guidance.

Section 6 – Promotion of meals in schools and other educational establishments

This section of the Measure requires local authorities and governing bodies that provide school meals or milk to encourage take-up, and take reasonable steps to ensure every pupil entitled to receive school meals and milk free of charge does receive them.

School milk scheme

Milk contains a number of useful nutrients that contribute positively to the diets of children and young people.

Milk is provided free of charge to Nursery and Foundation Phase pupils in maintained schools and milk is subsidised for Key Stage 2 pupils, providing they are participating in the Nursery Milk Scheme[8] and the School Milk Scheme[9].

Take-up of school meals

School governing bodies should encourage the take-up of school meals in general, particularly the take-up of free school meals (FSM), and encourage pupils who are registered for FSM to take up their entitlement.

The Welsh Government and the Welsh Local Government Association (WLGA) have worked in partnership to produce the *Free school meals case studies report*[10]. This report sought to understand the range of factors which may impact on the uptake of school meals in general and FSM in particular. Work undertaken with eight secondary schools allowed the underlying issues to be identified and understood. In particular, pupils were concerned about the queues, the food (sometimes deemed 'too healthy', other times not healthy enough, the availability and variety on offer) and the cost of the food. The report includes various strategies to encourage more take-up; this will undoubtedly help schools and local authorities to comply with this new duty.

Other research commissioned by the Welsh Government, the *Appetite for Life Action Research Project 2008–2010*[11] has shown that pupils can find the dining room/canteen area a stressful place to be due to issues with queuing,

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Nursery School Milk Scheme: http://www.nurserymilk.co.uk/index.html
Welsh Government - School Milk Scheme: http://wales.gov.uk/topics/educationandskills/schoolshome/foodanddrink/milkforprimaryschoolchildren/?lang=en
Free school meals case studies report: http://wales.gov.uk/topics/educationandskills/schoolshome/foodanddrink/freeschoolmeals/free-school-meals-case-studies-report/?lang=en
Appetite for Life Action Research Project 2008-2010: http://wales.gov.uk/statistics-and-research/appetite-life-action-research-project/?lang=en

small spaces, lack of seating, noise and behaviour of other pupils, menus and prices not being displayed, lack of choices available near the end of the sitting and not having enough time to eat their food.

The recent *School Food Plan*[12] in England reported that increasing the take-up of school meals requires a cultural change within the school. It means cooking food that is both appetising and nutritious; making the dining hall a welcoming place; keeping queues down; getting the price right; allowing children to eat with their friends; and getting children interested in cooking and growing food. The plan identifies that the only person with the power to orchestrate all this is the headteacher, who will need support from their governing bodies.

As part of the Welsh Government's wider school meals agenda in Wales, local authorities and governing bodies have the power to operate flexible charging for school meals[13]. This means that offers and promotions can be used to make school meals more attractive by lowering prices or offering discounts for time limited periods. Detailed guidance on how to use this power is available should you require further information[14].

Think about:

- changing the dining room/canteen area to make the environment more conducive to healthy eating
- making the best use of small dining spaces with thoughtful and well spaced seating
- reducing noise
- ways to shorten queues
- making queues and routines associated with queuing less stressful
- ensuring children and young people have enough time to sit and eat at lunch times
- encouraging the uptake of healthy choices with the use of teacher and/or peer role modelling
- signage of menus and prices in prominent places, e.g. in the queuing areas
- improving behaviour of children and young people at lunch times
- having teaching staff as role models who supervise pupils as well as sitting and eating school food in the dining room/canteen area
- having pre-ordering systems operating at break times to help reduce queues

12 By Henry Dimbleby and John Vincent, July 2013 The School Food Plan: http://www.schoolfoodplan.com/

13 Sections 512ZA and 533 of the Education Act 1996 http://www.legislation.gov.uk/ukpga/1996/56/contents (as amended by section 91 of the School Standards and Organisation (Wales) Act 2013 http://www.legislation.gov.uk/anaw/2013/1/contents/enacted).

14 Charging for food and drink provided in maintained schools: http://wales.gov.uk/topics/educationandskills/schoolshome/foodanddrink/charging-for-food-and-drink-provided-in-maintained-schools/?lang=en

- allowing primary pupils to sit with their peers regardless of whether they have school meals or packed lunches
- staggering the food choices throughout the sitting to ensure those that come for lunch later in the service still have a range of foods to choose from
- distributing surveys to staff, pupils and parents/carers to gather information for making improvements.

Section 7 – Protection of the identity of pupils receiving free school lunches or milk

This section of the Measure requires local authorities and governing bodies to take reasonable steps to protect the identity of pupils receiving free school lunches or milk. Schools must ensure that; teachers, any other person employed in the school, any person working in the school on an unpaid basis or any other person employed by the local authority or governing body, do not make disclosures about the fact that a pupil receives lunches or milk free of charge to anyone other than an 'authorised person'.

For the purposes of the Measure, an 'authorised person' is:

(i) a parent of the pupil; or
(ii) a teacher at the school, any other person employed in the school, any person working in the school on an unpaid basis or any other person employed by the local authority or governing body who is authorised by the local authority or governing body to have access to information about the pupil's entitlement to receive school lunches free of charge.

The opportunity to receive a FSM is extremely important to a substantial number of children from low income families, for whom a school lunch may be the only balanced meal they will eat in a day. Therefore, schools and local authorities must consider the system they use locally to distribute free school meals to eligible children and young people to ensure such pupils cannot be identified. There should be no reason for children entitled to free school meals not to claim them.

The FSM case studies report, referred to in Section 6 above, also reviewed the systems that secondary schools operated or planned to operate, for payment of school meals, and how this affected, or might affect, pupils accessing their free school meal entitlement.

Schools should:

- not require FSM-entitled pupils to undertake any action, or lack of action, that allows, or may allow, them to be identified, e.g. queuing for dinner tickets
- consider employing cashless systems in canteens, these are also helpful in reducing queues

- be proactive in keeping parents/carers regularly informed about the process of applying for FSM; the eligibility criteria and the way FSM works within the school canteen, etc
- promote the benefits of and encourage the take-up of school meals in general to drive up the take-up of FSM at the same time. For strategies on improving take-up please refer to the points for consideration in Section 6 (page 9).
- ensure all pupils have the same options with regards to meal choices
- consider offering incentives for pupils who take school meals such as promotions and discounts using flexible charging[15]
- support their school meal provider in improving the quality of their school meals.

15 Welsh Government - Charging for food and drink provided in maintained schools: http://wales.gov.uk/topics/educationandskills/schoolshome/foodanddrink/charging-for-food-and-drink-provided-in-maintained-schools/?lang=en

Chapter 2: The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013

The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013 [16] ('the Healthy Eating Regulations') made under Section 4 of the Measure, came into force on 2 September 2013.

Who do the Healthy Eating Regulations apply to?

The Healthy Eating Regulations apply to a local authority or governing body of a maintained school that provides food or drink on a school day to pupils on school premises before 6pm; at a place other than school premises before 6pm (i.e. school trip); and to any other person on the school premises before 6pm for example, visitors, parents/carers, staff, etc.

Food covered under the Healthy Eating Regulations

The Healthy Eating Regulations impose requirements and standards about the following.

Regulation 4 and Schedule 1	**Breakfast in maintained schools** sets out the four food categories permitted to be served in all maintained schools as part of breakfast provision. The requirement applies regardless of whether or not a charge is made for the breakfast. Information on Free Breakfast in Primary Schools (FBIPS) can be found in the statutory guidance[17].
Regulation 5 and Schedule 2	**Lunch in maintained nursery schools** sets out the food types that must form part of the school lunch.
Regulation 6 and Schedule 3	**Lunch in maintained primary and secondary schools** states what foods can and cannot be served as part of school lunch and specifies the frequency that particular foods can be served as part of a school lunch.
Regulation 6 and Schedule 4	**Nutritional standards for lunch in maintained primary and secondary schools** sets out the proportion of nutrients that a pupil should obtain from an average days school lunch, analysed across five days.

16 The Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013 http://www.legislation.gov.uk/wsi/2013/1984/contents/made

17 Free Breakfast in Primary Schools - Statutory guidance to local authorities and governing bodies: http://learning.gov.wales/resources/free-breakfast-in-primary-schools/?lang=en

Regulation 7 and Schedule 5	**Drinks provided in maintained schools** specifies what drinks can and cannot be provided across the entire school day for each maintained setting.
Regulation 8 and Schedule 6	**Other food provided in maintained schools** sets out the requirements that apply to food provided outside of breakfast and lunch provision; and specifies the type and frequency of certain food that can and cannot be offered in each maintained setting served at mid-morning break, afterschool clubs, etc. This includes food/drinks served in any outlet: tuck-shops, vending machines, on-site coffee shops, etc.

Who is responsible for ensuring compliance?

Local authorities and governing bodies must comply with the Healthy Eating Regulations. Anyone else who is involved in providing food and drink in maintained schools in Wales should be aware of the statutory requirements if they plan menus, purchase and procure food and prepare food and drink for/in schools.

This includes those working in schools, e.g. headteachers and teachers, parents/carers, pupils, private/in-house catering providers and other stakeholders, e.g. health professionals, dietitians, healthy schools coordinators, etc.

Throughout this guidance, the term ‘school meal providers’ is used to describe all those that provide food and drinks in schools, e.g. local authority catering, private, and school ‘in-house’ catering, etc.

What food and drink do the Healthy Eating Regulations apply to?

The Healthy Eating Regulations apply to all food and drink served to pupils at breakfast, break times, lunchtimes, afternoon break and after-school-clubs across the whole school day in all maintained schools; whether such food/drink is provided by the local authority, in-house by the school or by a contract caterer.

The Healthy Eating Regulations also apply to food and drink served at any outlet on school premises throughout the school day, e.g. school tuck shop, vending machine, outside serving area, canteen, sixth form café, etc.

Exemptions

The Healthy Eating Regulations **do not** apply to food and drink in the following list. However, it is recommended that those organising any events still encourage and promote healthier options in keeping with the standards under the Regulations and as part of a whole-school ethos towards healthy eating. Therefore, such food and drink can still be subject to restrictions at the discretion of the local authority or governing body of a school.

- At any school social event or school recreational event to mark any religious or cultural occasion.
- At fund-raising events.
- As rewards for achievement, good behaviour or effort. Good practice should ensure that non-food rewards (such as sticker/star scheme) are encouraged to recognise achievement/good behaviour.
- For use in teaching food preparation and cookery skills, provided that any food prepared is not served to pupils as part of a school breakfast or lunch. However, it is recommended that the food and drink chosen for such activities reflect, as far as possible, the ethos of the health promoting school.
- By parents/carers, pupils or others for their own consumption on school premises, e.g. packed lunches or food/drink bought from a shop outside the school premises and brought into school.
- As part of any medically prescribed dietary requirements.
- On or after 6pm on a school day for example as an evening meal served in a local authority boarding school.

Food brought into school by pupils/parents/carers to celebrate birthdays, etc.

It is recommended that schools develop policies for restricting birthday foods in line with the ethos of the standards under the Healthy Eating Regulation, for example, advising parents/carers that the food will be given to the pupils to take home with them at the end of the school day. Schools and governing bodies should consider whether allowing children to bring birthday cake into school is in accordance with the duty to promote healthy eating and drinking.

Regulation 4 and Schedule 1 – Breakfast in maintained schools

Breakfast

A local authority or governing body that provides a breakfast service has the flexibility to decide the form of the breakfast content subject to compliance with the *Healthy Eating in Schools (Nutritional Standards and Requirements) (Wales) Regulations 2013* ('the Healthy Eating Regulations').

Breakfast in school is dealt with in Regulation 4 of, and Schedule 1 to, the Healthy Eating Regulations. Schedule 1 (as indicated below with suggested standard items) specifies four permitted food categories. Only foods from these categories must be available during breakfast on each school day.

Food categories	Suggested standard items
Milk-based drinks or yoghurts*	Semi-skimmed or skimmed milk (whole milk permitted in nursery) **Rice milk is not recommended for pupils under five years old*
Cereals – not coated or flavoured either alone or in combination with sugar or chocolate or cocoa powder*	Whole-wheat biscuit cereal Cornflakes Rice-based cereal Shredded wholegrain wheat biscuit cereal Malted wheat squares Bran flakes Porridge **To avoid adding sugar, children should be encouraged to use fresh fruit and dried fruit as sweeteners*
Fruit and vegetables*	A selection of chopped fresh fruit or dried fruit to add to the cereals Fruit canned in natural fruit juice Unsweetened fruit/vegetable juices Baked beans in tomato sauce Tomatoes tinned in juice **Vegetables must not be fried*
Breads and toppings	A variety of breads can be offered Toppings include: Polyunsaturated/monounsaturated margarine, jam, marmalade and honey (thinly spread)

Each child or person attending the breakfast session must be given the option to choose one item from each of the four food categories. Schools must use appropriate portion sizes, as pupils in Reception and Year 1 will require a much smaller portion than those in Year 6.

Nursery schools

Milk served in nursery school must not be skimmed milk.

Primary schools

In addition to the breakfast standards under the Healthy Eating Regulations, any maintained primary school providing free breakfast to pupils is also required to adhere to the statutory guidance for *Free breakfast in primary schools* (FBIPS).

Secondary schools

In addition to the breakfast standards under the Healthy Eating Regulations, it is recommended that any maintained secondary school providing breakfast provision also adhere to the statutory guidance for FBIPS.

Regulation 5 and Schedule 2 – Lunch in maintained nursery schools

Lunch in maintained nursery schools is dealt with in Regulation 5 and Schedule 2 of the Healthy Eating Regulations. Schedule 2 prescribes four food categories (as outlined below with suggested standard items). Food from each category must form part of the school lunch provided on each school day.

Food category	Food included in category
Fruit and vegetables	Fruit and vegetables in all forms whether fresh, frozen, dried or in the form of juice but excluding fruit canned in syrup.
Meat, fish and other non-dairy sources of protein	Meat (including poultry) and fish in all forms whether fresh, frozen, canned or dried including meat or fish products, eggs, nuts, pulses and beans, other than green beans.
Starchy foods	Bread, chapatis, pasta, noodles, rice, potatoes, sweet potatoes, yams, millet and cornmeal.
Dairy foods and milk*	Milk, yoghurt (including frozen yoghurt and drinking yoghurt), fromage frais, custard and cheese, but excluding butter and cream.

The examples of foods above are not exhaustive.

* Milk served in nursery schools must not be skimmed milk.
* Rice milk is not recommended for pupils under five years old.

A nursery school that complies with the requirements and standards in Schedules 3 and 4 does not have to comply with the requirements in Schedule 2. For example, pupils attending a nursery unit that is attached to a primary school may have the same lunches as the pupils in the primary school.

Regulation 6 and Schedule 3 – Lunch in maintained primary and secondary schools

A basic overview of the food standards for school lunches maintained in primary and secondary schools, under the Healthy Eating Regulations, is provided in the table below.

Food category	Primary	Secondary
Unrestricted food categories		
Vegetables	At least one portion of vegetables/salad must be provided each day. *'*vegetables' excludes potatoes*	At least two portions of vegetables/salad must be provided each day. *'*vegetables' excludes potatoes*
Fruit	At least one portion of fruit, fruit salad or fruit juice must be provided each day. A fruit-based dessert must be provided at least twice each week – must contain fruit content of at least 40g per portion measured by the weight of raw ingredients.	At least one portion of fruit, fruit salad or fruit juice must be provided each day. A fruit-based dessert must be provided at least twice each week – must contain fruit content of at least 60g per portion measured by the weight of raw ingredients.
Fish	Fish must be provided at least once each week. Oily fish must be provided at least twice during any four week period.	Fish must be provided at least twice each week. Oily fish must be provided at least twice during any four week period.
Meat	Meat cuts must be provided on at least two days each week.	Meat cuts must be provided on at least three days each week.
Restricted food categories		
Potato and potato products	Potato/potato products which are cooked in fat/oil must not be provided more than twice each week.	Potato/potato products which are cooked in fat/oil must not be provided more than twice each week.

		On each day that a portion of potato or potato product cooked in fat/oil is provided, an alternative starchy food that is not cooked in fat/oil must also be provided.
Deep-fried or flash-fried food	Food that has been deep-fried or flash-fried must not be provided more than twice a week.	Food that has been deep-fried or flash-fried must not be provided more than twice a week.
Meat products	No more than two meat products are to be provided each week. Any one meat product provided must not be served more than twice each week.	No more than two meat products are to be provided each week. Any one meat product provided must not be served more than twice each week.
Cakes and biscuits	Permitted for lunch time provision only. Must not contain any confectionery.	Permitted for lunch time provision only. Must not contain any confectionery.
Salt (in cooking)	Salt should be restricted or removed from recipes (where possible) and replaced with appropriate and acceptable herbs and spices.	Salt should be restricted or removed from recipes (where possible) and replace with appropriate and acceptable herbs and spices.
Condiments	The portion of any condiment made available to pupils must not exceed 10ml.	The portion of any condiment made available to pupils must not exceed 10ml.
Non-permitted food categories		
Confectionery and savoury snacks	Not permitted.	Not permitted.
Salt	Salt must not be added to food after the cooking process is complete, or be available to pupils to add to foods.	Salt must not be added to food after the cooking process is complete, or be available to pupils to add to foods.

It is recommended that bread (without spread) is available throughout lunch.

More detailed guidance on the food standards under the Healthy Eating Regulations is provided in the following section.

Unrestricted food categories

Vegetables

Primary schools
At least one portion of vegetables/salad must be provided each day.

Secondary schools
At least two portions of vegetables/salad must be provided each day.

Vegetables must be available and visible at any outlet across the whole school day where food is served and/or sold. All pupils should be able to have a portion of vegetables if requested.

What this food category includes

Vegetables in all forms including fresh, frozen, tinned (with no added salt/sugar) or juiced.

Vegetable portions can include a variety taken from the list below.

- Fresh, frozen and tinned varieties whether offered as a salad, cooked vegetables or as part of a dish (for example, broccoli quiche, vegetable curry, stir fry, etc.).
- Pulses such as baked beans, kidney beans, lentils and chick peas are included in the vegetables food category. (Pulses count towards one portion of vegetables under this food standard).
- Foods such as tomatoes and cucumbers are classed as vegetables within the food standards.
- Schools should offer hot vegetables with the main meal as well as a salad bar.

What this food category does not include

Potatoes, spaghetti hoops and other canned pasta in tomato sauce must **not** be served as a vegetable as they are part of the starchy carbohydrate food group.

Combination vegetable drinks **do not** count towards the vegetables food standard.

What is a portion?

Vegetables within a recipe must contain the appropriate portion size (see following portion size table) to count towards this food standard in both primary and secondary schools.

The following table details suggested portion sizes for vegetables.

Food	Primary	Secondary
Vegetables		
Cooked vegetables	56g–70g	80g
Raw vegetables or mixed salad	42g–56g	80g
Baked beans in tomato sauce	70g–84g	140g
Coleslaw (at least 60 per cent vegetables)	70g	70g
Pulses (dried raw weight) e.g. red lentils, green lentils, kidney beans, chick peas	20–30g	25–35g
Vegetable-based soup	170g–220g	300g
Tomatoes tinned in juice	65g–130g	130g

It is recommended that a variety of seasonal vegetables are served each day.

Although baked beans are popular, it is important to offer a variety of vegetables on your menu, therefore it is recommended that schools **do not** serve baked beans daily as the only portion of vegetables.

Fruit

Primary schools
At least one portion of fruit, fruit salad or fruit juice must be provided each day.

Secondary schools
At least one portion of fruit, fruit salad or fruit juice must be provided each day.

Primary and secondary
In addition to a portion of fruit, a fruit-based dessert must be served **at least twice each week**; to count towards this standard, the amount of fruit within the dessert should follow the portion sizes stated in table below as portion sizes differ for primary and secondary schools.

Fruit, fruit salad or fruit juice must be available and visible at any outlet across the whole school day where food is served and/or sold. All pupils should be able to have a portion of fruit if requested.

What this food category includes

Fruit in all forms; fresh, frozen, fruit tinned in juice, dried fruit and fruit juice (fruit juice only as part of a meal in nursery and primary schools).

What this food category does not include

- Combination fruit drinks do not count towards the fruit food standard.
- Glace cherries, fruit flavoured yoghurts (e.g. strawberry yoghurt) or jam added to a dessert, do not count towards the fruit standard.

- Fruit juice must not be served daily as the only fruit option. Fruit must be offered in a variety of ways.
- Foods such as tomatoes and cucumbers are classed as vegetables within the Healthy Eating food standards; therefore recipes containing these items, e.g. salads, are not to be counted as meeting the fruit food standard.

It is recommended that a variety of seasonal fruit be served each day as it should taste better and provide better value. It is recommended that these are attractively displayed to encourage take-up.

What is a fruit-based dessert?

A fruit-based dessert is a dessert that either has a portion of fruit within the dessert, e.g. crumble, pie, tart, etc., or a portion of fruit served with an accompaniment, e.g. jelly, yoghurt, ice cream, custard, etc. The accompaniment should be an appropriate portion size for the dessert to ensure the overall dessert portion isn't too large.

It is recommended that school lunch menus contain fruit and fruit-based desserts as the main types of dessert in both primary and secondary schools each day. This is in order to encourage fruit to be eaten as a dessert in place of high fat/sugar foods.

What is a portion?

The following table details suggested portion sizes for different types of fruit.

Food	Primary	Secondary
Fruit served unaccompanied		
Pieces of fruit (medium size), e.g. apples, pears, bananas, peaches, oranges	Half to one fruit 50g–100g	One fruit 80–100g
Pieces of fruit (small size), e.g. satsumas, nectarines, plums, apricots, kiwis	One to two fruits 50g–100g	Two fruits 80–100g
Pieces of fruit (very small size), e.g. grapes, cherries, strawberries	50g–100g	80–100g
Fruit salad, fruit tinned in juice and stewed fruit (at least 80 per cent of weight should come from fruit)	65g–130g	130g
Dried fruit, e.g. raisins, sultanas, apricots	10g–20g	20g
Fruit juice	125ml	150ml
Fruit-based desserts		
Fruit within a dessert or served with an accompaniment	40g* minimum *measured as raw ingredients	60g* minimum *measured as raw ingredients

Fish

Primary schools
Fish must be provided at least once each week.

Secondary schools
Fish must be provided at least twice each week.

Primary and secondary schools
Oily fish must be provided at least twice during any four week period.

What this food category includes

Fish includes fresh, frozen and tinned white and oily fish.

What are oily fish?

An oily fish is one containing omega-3 fatty acids.

Oily fish includes: fresh and frozen tuna; fresh, frozen and canned salmon; anchovies; mackerel; sardines; pilchards; herring; trout; kippers; and whitebait.

What are not oily fish?

Canned tuna is cooked before it's canned and most of the oil is lost during the cooking process, therefore **does not** count as oily fish. In contrast, canned salmon and sardines are cooked whole in the can and as a result omega-3 levels are not affected[18].

Fortified fish products or other foods fortified with omega-3 **do not** count towards the oily fish standard.

It is recommended that small taster portions are offered to introduce pupils to fish dishes they may not have tried before. Research shows small tasters are a very good way of helping children to accept 'new' or 'unfamiliar' food[19].

It is recommended that a variety of dishes are offered over time to encourage children to keep eating oily fish.

Portion sizes

Annex 1, (see page 57), provides suggested portion sizes for primary and secondary schools.

18 NHS Choices: http://www.nhs.uk/Livewell/Goodfood/Pages/fish-shellfish.aspx#oily
19 The importance of exposure for healthy eating in childhood: a review: http://www.ncbi.nlm.nih.gov/pubmed/17635306

Meat

Primary schools
Meat cuts must be provided on at least two days each week.

Secondary schools
Meat cuts must be provided on at least three days each week.

What this food category includes

Examples of meat cuts include: chicken drumsticks; thighs; breast meat; joints, cooked sliced meat; bacon; mince meat; lamb/pork chops. This list is not exhaustive.

Portion sizes

Annex 1 (see page 57), provides suggested portion sizes for primary and secondary schools.

Restricted food categories

Potato and potato products (cooked in fat/oil)

Primary and secondary schools
Potato/potato products which are cooked in fat/oil must not be provided more than twice each week.

Secondary schools
On each day that a portion of potato or potato product cooked in fat/oil is provided, an alternative starchy food that is not cooked in fat/oil must also be provided.

What this food category includes

Any potato or potato products cooked in fat/oil either on the school premises or during the manufacturing process. For example; oven chips; potato waffles; potato wedges and pre-prepared battered or breaded products, e.g. potato shapes. This food category also includes home made roast potatoes, diced potatoes and potato wedges where any amount of fat/oil is added during the cooking process. This list is not exhaustive.

Check food labelling and/or food specifications to identify if the food has been cooked in fat/oil during manufacturing.

Any fat/oil added to potato recipes, such as mashed or baked potato, must be included the nutritional analysis software. However, they **do not** count toward this food standard under the Healthy Eating Regulations.

In secondary schools where potato/potato products cooked in fat/oil are on offer, an alternative starchy food not cooked in fat/oil must be provided. A variety of such foods could include; bread, potatoes, rice, pasta and noodles.

Portion sizes

Annex 1 (see page 57), provides suggested portion sizes for primary and secondary schools.

Deep-fried or flash-fried food

A portion of food, including prepared, coated, battered and breaded food products, deep-fried or flash-fried* on school premises, or during the manufacturing process, must not be provided more than twice each week.

* Deep-fried means to cook by immersing in a deep utensil of fat/oil and flash-fried means to cook quickly in hot oil.

What this food category includes

Any food item that has been deep-fried or flash -fried whether on the school premises or during the manufacturing process. For example chicken nuggets; fish fingers; samosas; spring rolls; battered onion rings; doughnuts and Yorkshire puddings. This list is not exhaustive.

What this food category does not include

This food category **does not** include potato and potato products cooked in fat/oil because these foods are captured by the specific restriction relating to potato and potato products cooked in fat/oil – see above.

The manufacturer's specifications must be checked for every product to ascertain whether the product has been deep-fried or flash-fried during manufacture.

Portion sizes

Annex 1 (see page 57) provides suggested portion sizes for primary and secondary schools.

Meat products

No more than two meat products are to be provided each week*.

* To clarify, where the same meat product served at break time is then served again at lunch time on the same day; this would be counted as one meat product. This would allow for another meat product to be served the same week, totalling two over the week.

What this food category includes

Meat products include: burger, hamburger, chopped meat*, corned meat, sausage (including frankfurter/hotdogs and pepperoni), sausage meat, sausage roll, meat balls and link chipolata. The food category also includes:

- individual meat pies
- meat puddings

- pork pies
- game pie
- Scotch pie
- pasty or pastie
- bridie and any other formed, shaped or coated (breaded/crumbed/ battered) meat product, e.g. nuggets.

This food category also includes home made varieties of these products.

* Chopped meat refers to finely chopped processed meat, e.g. canned chopped pork and ham. It **does not** refer to unprocessed meat cuts that are chopped up to prepare a dish.

What this food category does not include

Meat product **does not** include luncheon meat. However, meat products including luncheon meat must meet the minimum meat content levels set out in Schedule 2 to the Meat Products Regulations[20].

No meat product must be provided if it contains any carcase part listed in regulation 6(2) of the Meat Products Regulations, subject to the exception provided in those regulations.

No economy burgers as defined in Schedule 2 to the Meat Product Regulations must be provided.

Any shaped meat product consisting of a mixture of meat and other ingredients which is not included in the reserved descriptions specified in Schedule 2 to the Meat Products Regulations may only be provided if it complies with the meat content requirements for 'Burger' in that Schedule; economy burgers defined in the same Schedule must **not** be provided.

Portion sizes

Annex 1, (see page 57), provides suggested portion sizes for primary and secondary schools.

Cakes and biscuits

Cakes and biscuits **must not** contain confectionery. Any cakes and biscuits provided must be treated as though they form part of the lunchtime provision and included in the nutritional analysis for that day.

Cakes and biscuits sold other than at lunchtime, e.g. morning break in secondary schools, must comprise part of the lunch provision and therefore included in nutritional analysis.

20 Means the Meat Products (Wales) Regulations 2004; S.I.2004/1396 (W.141) amended by S.I. 2008/713 (W.74). www.opsi.gov.uk/legislation/wales/wsi2004/20041369.e.htm

All cakes and biscuits served must meet the food standards under the Healthy Eating Regulations, namely; confectionery, cooked in fat/oil, and deep-fried or flash-fried products (for doughnut type products).

What this food category includes

This food category includes all types of cakes and biscuits. For example, pancakes, scones, sponges, flapjacks, shortbread, cookies and brownies. This list is not exhaustive.

Provision of cakes and biscuits must be carefully considered and care should be taken to ensure that choices on offer do not undermine the uptake of healthy school lunches.

It is recommended that pupils be encouraged to eat cakes and biscuits as part of a dessert following a meal, and not instead of a main course.

Salt

Salt **must not** be added to food after the cooking process is complete, or be made available to pupils.

Salt should be removed or reduced from recipes (where possible) and replaced with appropriate and acceptable herbs and spices.

Nutritional analysis

Salt used in the cooking process must be included in nutritional analysis.

Condiments

The portion of any condiment made available to pupils must not exceed 10ml.

What condiments include

Condiments include: tomato ketchup, brown sauce, salad cream, mayonnaise, French dressing, tartare sauce, mustard, pickles and relishes. This list is not exhaustive.

What condiments does not include

Vinegar is **not** included in this food category.

It is recommended that condiments only be provided on request and they are not put on display.

Nutritional analysis

All condiments served or sold for consumption as part of the school meal must be included in the nutritional analysis.

Non-permitted food categories

Confectionery and savoury snacks

No confectionery or savoury snacks are permitted as part of school lunch, or at any point throughout the whole school day.

What the confectionery food category includes

Confectionery means:

- chewing gum including sugar free chewing gum
- cereal bars (whether chewy or crunchy)
- processed or extruded fruit bars
- other non-chocolate confectionery (whether or not containing sugar) including mints, e.g. sherbet, boiled sweets, marshmallows
- frostings or icings or decorative toppings made from icing sugar
- chocolate in any form, e.g. white, milk, plain, chocolate spread (except hot chocolate used for drinking)
- any product containing chocolate or wholly or partially coated with chocolate
- any chocolate flavoured substance (**except** cocoa powder used in cakes, biscuits and puddings or in a drink listed in the drinks section – see page 43).

What the savoury snack food category includes

Savoury snacks means pre-packaged items which:

- are ready to eat without further preparation (pre-packaged sandwiches, nuts and seeds are not classed as savoury snacks)
- consist of or include as a basic ingredient:
    - potato or root vegetables (such as crisps)
    - cereals (such as corn puff or corn snacks)
    - tortilla chips
    - pretzels
    - popcorn (whether plain, sweetened or salted)
    - prawn crackers
    - rice cakes (whether plain or flavoured)
    - Bombay mix.

Cream crackers, water biscuits and oatcakes are not classed as savoury snacks and are therefore permitted.

N.B. Be aware of nut allergies.

Recommendations

Bread (without spread)

Bread (with no added fat or oil) should be available on a daily basis at lunchtime to those pupils who want it. A variety of breads should be encouraged, which should include brown and wholemeal bread.

What this food category includes

- This includes brown; wholemeal; granary; high-fibre white and white breads; pittas; and rolls.
- The form of the bread does not matter, therefore sliced bread, homemade bread, baguettes, breadsticks and chapattis may all be used.
- Some bread has a lot of fat added to it and this makes it unsuitable to offer every day. These include naan, and garlic bread.

Why this food category is important

- Bread is a starchy food which provides energy, a range of vitamins and minerals and is a good source of fibre.
- Most breads are low in fat.
- Pupils who are hungry should be encouraged to fill up on extra bread. This should help satisfy larger appetites.
- Eating starchy foods is a key part of a healthy diet.

Practical advice

- Schools should promote wholemeal or brown bread varieties as they have more fibre than white bread.
- Schools should use a proportion of wholemeal flour when baking homemade bread.
- Schools could display a bread basket where pupils can help themselves. Bread should be easily seen by the pupils who can then pick up a piece if they wish.
- Bread is not required to be free of charge unless it is provided as part of free school breakfasts or free school meals.

Nutritional analysis

Bread must not be included within nutritional analysis calculations unless it is specifically provided as part of a meal, e.g. garlic bread served with spaghetti bolognaise in which case the bread must be analysed, along with all other components of the meal.

Regulation 6 and Schedule 4 – Nutritional standards for lunch in maintained primary and secondary schools

The nutritional standards in the Healthy Eating Regulations set out the proportion of nutrients that a pupil should get from an average day's school lunch, analysed across five days. They relate to overall provision rather than individual consumption.

How the values for the nutritional standards were derived

The nutritional standards for school lunches in the Healthy Eating Regulations are based on providing 30 per cent of an individual's daily nutrient requirement for macronutrients. This includes energy and 35 per cent of an individual's daily nutrient requirement for micronutrients (exception of iron, zinc and calcium which is set at 30 per cent of greatest need for secondary pupils).

Findings from the *Appetite for Life Action Research Project 2008-2010* [21] found that the 35 per cent requirement for three micronutrients; iron, zinc and calcium in secondary schools was very challenging to meet. The standard for these three micronutrients was therefore reduced to 30 per cent for secondary schools only. However, these are minimum standards and school caterers should strive towards achieving higher levels of these nutrients where possible as many children and young people are deficient in these nutrients.

The micronutrients standards are based on the greatest need in the school aged population. In addition to this, the standards for both primary and secondary schools were calculated using a percentage split of age ranges across both settings. Therefore the primary standards were calculated on the assumption that 60 per cent of those receiving school meals were aged four to six years and 40 per cent aged seven to ten years. While the secondary standards were based on the assumption that 70 per cent of those receiving school meals were aged 11 to 14 years and 30 per cent aged 15 to 18 years (School Census (2010) Welsh Government).

Nutritional standards

The table below outlines the daily nutrient intake that daily menus should supply for an average lunch over a period of five school days for groups of mixed gender children in primary schools and also includes single sex groups for secondary schools. This means that school meal providers must plan a five-day menu to ensure that an average lunch meets the daily nutrient based standards.

An average school lunch **must** provide:

- the amount of energy shown in the table below (within the five per cent tolerance)

[21] Appetite for Life Action Research Project 2008-2010 http://wales.gov.uk/statistics-and-research/appetite-life-action-research-project/?lang=en

- no more than the maximum amount for fat, saturated fat, non-milk extrinsic sugars (NMES) and sodium shown in the table below
- at least the minimum amount for carbohydrate, fibre, protein, iron, zinc, calcium, vitamin A, vitamin C, and folate shown in the table below.

Nutrient	Minimum or maximum	School lunch provided in primary schools	School lunch provided in secondary schools		
			Co-educational	Single sex girls'	Single sex boys'
Energy (kilo calories)	+/- 5%	530	646	577	714
Total fat (grams)	Max	20.6	25.1	22.5	27.8
Saturated fat (grams)	Max	6.5	7.9	7.1	8.7
Total carbohydrate (grams)	Min	70.6	86.1	77	95.2
Non-milk extrinsic sugars (grams)	Max	15.5	18.9	16.9	20.9
Fibre (grams)	Min	4.2	5.2	4.6	5.7
Protein (grams)	Min	7.5	13.3	12.7	13.8
Iron (milligrams)	Min	3.0	4.4	4.4	3.4
Zinc (milligrams)	Min	2.5	2.8	2.7	2.8
Calcium (milligrams)	Min	193	300	240	300
Vitamin A (micrograms)	Min	175	245	210	245
Vitamin C (milligrams)	Min	10.5	14	14	14
Folate (micrograms)	Min	53	70	70	70
Sodium (milligrams)	Max	499	714	714	714

Nutritional analysis

Nutritional analysis applies to primary, secondary and special schools. There are separate nutritional standards in the Healthy Eating Regulations for primary and secondary pupils which reflect the differing nutritional needs of the age groups and for single sex secondary schools.

School meal providers must ensure that where the same menu is offered to both primary and secondary children that this meets the corresponding standards, i.e. a school lunch provided to a primary pupil must comply with the nutritional standards for primary schools; and a school lunch provided to a secondary pupil must comply with the nutritional standards for secondary schools. In practice this will mean portion sizes will need to vary for primary and secondary pupils.

Food and drinks provided as part of lunchtime provision must be nutritionally analysed using the appropriate methods (i.e. primary or secondary analysis) set out in the nutritional analysis guide. The *Nutritional Analysis Guide* provides details on how to nutritionally analyse school lunches to ensure compliance with the nutrient standards for an average school lunch.

Pupils who require a special diet should be provided with food that is healthy and nutritionally balanced, i.e. meets the food and nutritional standards in the Healthy Eating Regulations. Specialist foods provided as part of a medically prescribed diet would not need to be included within nutritional analysis calculations, i.e. foods prescribed by dieticians such as supplement feeds or full fat milk where a child is under weight due to their medical condition. Advice should be sought from specialists for pupils with complex dietary needs.

Calculating the average school lunch

The average school lunch for a school or a group of schools must be calculated in accordance with the following formula:

(A/B/C)

Where, ‘A’ is the total amount of energy and nutrient content provided in all school lunches served in the course of a school week (see table above); ‘B’ is the estimated number of school lunches served to pupils during that school week; and ‘C’ is the number of days in the school week.

More information about the individual nutrients, food sources of these nutrients and good practice is provided in the following section.

Energy

An average school lunch should provide 30 per cent of the total daily energy requirement. This is based on the assumption that three meals a day are consumed and that lunch provides approximately one third of the daily intake. This is a significant contribution, but it must also be well balanced.

An average school lunch must contain:

Nutrient	Primary		Secondary	
		Co-ed	Girls	Boys
Energy (kilo	530 (± 26.5)	646 (± 32.3)	577 (±28.9)	714 (±35.7)

calories)				

Energy is most commonly expressed in ‘calories’ but the actual unit is a kilocalorie. The modern metric units for energy are kilojoules (kJ). To convert kilojoules to kilocalories (calories) divide by 4.2.

Why is the energy nutritional standard important?

Energy is vital for pupils' growth and development. It is essential for normal daily activity.

Sources of energy

Energy from food comes from carbohydrate, fat and protein. At least 50 per cent of our energy should come from carbohydrate, with no more than 11 per cent of this coming from non-milk extrinsic (NME) sugars. A smaller amount of energy should come from fat (not more than 35 per cent of which there should be no more than 11 per cent coming from saturated fat). The rest of the energy comes from protein.

Why is consuming more energy than required not recommended?

Consuming more energy than you need may lead to weight gain and associated health problems like coronary heart disease and diabetes.

Fat

An average school lunch must contain not more than:

Nutrient	Min/max	Primary	Secondary		
			Co-ed	Girls	Boys
Total fat (grams)	Max	20.6	25.1	22.5	27.8

Why is the fat nutritional standard important?

- This standard is important as it limits the amount of fat in the diet.
- Fat is a concentrated source of energy.
- Fat has more than twice the calories weight for weight of carbohydrate.
- Fat provides essential fatty acids.

Sources of fat

These include: butter, lard, margarine, fat spreads, oils; dressings such as mayonnaise; chips and other deep-fried food; garlic bread; pastries, cakes, biscuits and creamy puddings; and meat or meat products such as pasties.

Why consuming more fat than required is not recommended?

High fat intake can lead to excess energy intake and weight gain.

Practical advice

- Food should be baked or grilled instead of fried.
- When making sandwiches, avoid using spread or mayonnaise if the filling is moist enough.
- When using fat spread, choose a reduced-fat variety and spread thinly.
- When choosing prepared products, check the label and choose those products lower in fat. The Government Front of Pack nutrition labelling scheme[22] states that more than 17.5g of fat per 100g is 'high' and 3g fat or less fat per 100g is 'low'.
- Ask suppliers about the fat content of food.

There are two types of fat – saturated fat and unsaturated fat.

Saturated fat

An average school lunch must contain not more than:

Nutrient	Min/max	Primary	Secondary		
			Co-ed	Girls	Boys
Saturated fat (grams)	Max	6.5	7.9	7.1	8.7

Why is the saturated fat nutritional standard important?

- This standard is important as it limits the amount of saturated fat in the diet.
- Too much saturated fat can cause weight gain and ill health in later life.
- A diet high in saturated fat can raise the levels of cholesterol in your blood which increases the risk of diseases such as coronary heart disease.

Sources of saturated fat

Foods that are high in saturated fat include: animal products such as fatty cuts of meat, butter and cheese, pastry, chocolate, biscuits and coconut cream.

Practical advice

- Choose lower fat dairy products – skimmed or semi-skimmed milk, low fat yoghurt and reduced fat cheese.
- Choose lean cuts of red meat, trim the fat from meat cuts and remove the skin from chicken.
- When cooking, use an unsaturated vegetable oil such as rapeseed oil or olive oil.
- Avoid adding butter to food (e.g. vegetables) after cooking.
- When choosing prepared products, ensure the label is checked and products lower in saturated fat are chosen. The Government Front of Pack

22 Guide to creating a front of pack (FoP) nutrition label for pre-packed products sold through retail outlets: http://wales.gov.uk/topics/health/improvement/index/front-of-pack/?lang=en

nutrition labelling scheme [23] states that more than 5g of saturated fat per 100g is 'high' and 1.5g or less saturated fat per 100g is 'low'.
- Ask suppliers about the saturated fat content of food.

Carbohydrate

An average school lunch must contain not less than:

Nutrient	Min/max	Primary	Secondary		
			Co-ed	Girls	Boys
Total carbohydrate (grams)	Min	70.6	86.1	77	95.2

Why is the carbohydrate nutritional standard important?

There are two types of carbohydrate – starches and sugars. Starchy carbohydrates should provide the main source of energy in the diet and should form the main component of a meal. Starchy carbohydrates such as wholegrains can help reduce blood cholesterol and keep our heart healthy as well as helping our digestive system.

Sources of starchy carbohydrates

Bread of all types, rice, pasta, noodles, potatoes, yam, oats, cassava, couscous, breakfast cereals and wheat grains like bulgar wheat. Lentils, red kidney beans and black eye beans are a good source of dietary fibre.

These food items can be incorporated into dishes, e.g. spaghetti bolognaise, lasagne, curry with rice, cottage pie, shepherd's pie, baked potato with beans, pasta bake and risotto.

Practical advice

- Wholegrain varieties of bread and cereals should be used where appropriate as they are good sources of fibre.

Non-milk extrinsic (NME) sugars

An average school lunch must contain not more than:

Nutrient	Min/max	Primary	Secondary		
			Co-ed	Girls	Boys
Non-milk extrinsic sugars (grams)	Max	15.5	18.9	16.9	20.9

23 Guide to creating a front of pack (FoP) nutrition label for pre-packed products sold through retail outlets: http://wales.gov.uk/topics/health/improvement/index/front-of-pack/?lang=en

Why is the NME sugars nutritional standard important?

- Food and drink high in NME sugars often provide calories but few other essential nutrients.
- A diet high in NME sugars contributes to tooth decay.
- This standard is important as it limits the amount of NME sugars in the diet.

Sources of NME sugars

- Table sugar; jam; honey; sweetened drinks; cakes; pastries; ice cream; sweets; biscuits; confectionery and chocolate.
- NMES also includes the sugar released from fruit when it is blended or juiced.
- Some other common terms used to label sugar are glucose; fructose; beet sugar; cane sugar; dextrose; and syrup.

Practical advice

- Use less sugar in your recipes.
- Serve fruit-based or dairy-based desserts instead of cakes and biscuits which often contain lots of added sugar.
- In primary schools fruit juice should only be provided alongside a meal and not as a snack.
- When choosing prepared products, check the label and choose those products lower in sugar. The Government Front of Pack nutrition labelling scheme[24] states that more than 22.5g of sugar per 100g is 'high' and 5g or less sugar per 100g is 'low'.
- Ask suppliers about the sugar content of food.

Fibre

An average school lunch must contain not less than:

Nutrient	Min/max	Primary	Secondary		
			Co-ed	Girls	Boys
Fibre (grams)	Min	4.2	5.2	4.6	5.7

Why is the fibre nutritional standard important?

Fibre is essential for a healthy digestive system. It assists bowel function and prevents problems such as constipation.

24 Guide to creating a front of pack (FoP) nutrition label for pre-packed products sold through retail outlets: http://wales.gov.uk/topics/health/improvement/index/front-of-pack/?lang=en

Sources of fibre

- Brown rice, oats, wholegrain cereals, muesli, potatoes with skins, wholemeal pasta, wholemeal bread, lentils, chickpeas, red kidney beans, fruit and vegetables.
- These food items can be incorporated into dishes, e.g. vegetable and lentil bake, chilli con carne served with brown rice, jacket potato with beans and fruit salad.

Practical advice

- Choose wholegrain, wholemeal or brown varieties where possible.
- Where possible leave the skins on potatoes and do not peel fruit or vegetables.
- Add pulses and vegetables to stews and pies to add fibre.

Protein

An average school lunch must contain not less than:

Nutrient	Min/max	Primary	Secondary		
			Co-ed	Girls	Boys
Protein (grams)	Min	7.5	13.3	12.7	13.8

Why is the protein nutritional standard important?

Protein is important for the growth and repair of body tissues like muscles. Pupils are growing fast so protein is particularly important for them.

Sources of protein

Meat, fish, milk, cheese, eggs, yoghurt, nuts* and seeds, red kidney beans, chickpeas, lentils and meat alternatives (e.g. tofu, soya products, mycoprotein foods such as Quorn).

These food items can be incorporated into dishes, e.g. chicken and vegetable jambalaya, chickpea and cauliflower curry, salmon sandwiches, nut roast*, chicken casserole, omelette with ham and cheese.

***N.B. Be aware of nut allergies.**

Practical advice

- Including plant protein as well as animal protein on your menu will ensure that pupils are eating protein from a variety of sources.
- Vegetarian pupils **should** have adequate protein intakes if they eat cereals, beans and lentils, soya products, eggs, milk and dairy products.

- **Do not** rely on cheese as the only vegetarian protein alternative, a wide variety of non-animal protein rich foods must be available for all pupils. Vegan diet excludes all meat, fish and animal products, including eggs, dairy and honey.
- For vegan or lactose intolerant pupils, ensure soya, oat or rice* drinks are provided as an alternative to milk.

*Rice milk is not recommended for pupils under five years old.

Iron

An average school lunch must contain not less than:

Nutrient	Min/max	Primary	Secondary		
			Co-ed	Girls	Boys
Iron (milligrams)	Min	3.0	4.4	4.4	3.4

Why is the iron nutritional standard important?

- Iron plays a major part in how the body uses oxygen. It is needed for the production of red blood cells which carry oxygen around the body, and iron-containing substances utilise oxygen within the cells.
- Iron also plays an important role in maintaining a healthy immune system.
- It is especially important for teenage girls – nearly half of all 11 to 18-year-old girls are deficient in iron[25].
- Iron deficiency can cause anaemia which may result in loss of stamina, tiredness and headaches.
- Iron deficiency has also been shown to lower resistance to infection.

Sources of iron

Red meat, offal (especially liver and kidney), canned fish, eggs, dark green leafy vegetables, peas, whole grains (e.g. brown rice), nuts* and seeds, red kidney beans, black-eye beans, lentils, chickpeas, dried apricots and raisins.

* **Be aware of nut allergies.**

Practical advice

- Iron from animal sources is more easily absorbed by the body than iron from plant sources, but plant sources are important because they provide most of the iron in the diet.
- Consuming food high in vitamin C at the same time as food containing iron enhances iron absorption.

25 National Diet and Nutrition Survey: Headline Results from Years 1, 2 and 3 (combined) of the Rolling Programme 2008/09 – 2010/11 https://www.gov.uk/government/publications/national-diet-and-nutrition-survey-headline-results-from-years-1-2-and-3-combined-of-the-rolling-programme-200809-201011

- Vegetarian dishes should regularly include a variety of lentils and peas, eggs, dark green leafy vegetables and whole grains.
- Incorporate foods high in iron into dishes, e.g. lamb casserole, hummus, spaghetti bolognaise, shepherd's pie, mixed bean wrap and dried fruit compote.
- Breakfast cereals are often fortified with iron, and all wheat flour, other than wholemeal is fortified with iron by law (The Bread and Flour Regulations 1998)[26].

Zinc

An average school lunch must contain not less than:

Nutrient	Min/max	Primary	Secondary		
			Co-ed	Girls	Boys
Zinc (milligrams)	Min	2.5	2.8	2.7	2.8

Why is the zinc nutritional standard important?

Zinc is used by the body and has a number of important functions, including growth and tissue repair, wound healing and the immune system.

Sources of zinc

Red meat, offal (especially liver and kidney), eggs, fish, milk and other dairy products, cereals, soya products, red kidney beans, lentils, chickpeas and nuts*.

* **Be aware of nut allergies.**

Practical advice

- Vegetarian dishes should regularly include whole grain cereals, kidney beans, milk and eggs.
- Incorporate foods high in zinc into dishes, e.g. cottage pie, roast pork or beef, lentil bake, brown rice, vegetarian bolognaise using soya mince and pumpkin seeds in crumble toppings.

Calcium

An average school lunch must contain not less than:

Nutrient	Min/max	Primary	Secondary		
			Co-ed	Girls	Boys
Calcium (milligrams)	Min	193	300	240	300

26 The Bread and Flour Regulations 1998: http://www.legislation.gov.uk/uksi/1998/141/contents/made

Why is the calcium nutritional standard important?

- Calcium is essential for strong bones and teeth, especially during childhood and adolescence when the skeleton is growing.
- It is also important for muscle and nerve function as well as blood clotting.
- Children who do not have enough calcium may have stunted growth and rickets, as well as being at risk of developing osteoporosis or brittle bones in later life.

Sources of calcium

- Dairy products such as milk, cheese and yoghurt; canned fish with bones (e.g. salmon and pilchards); broccoli and cabbage; dried fruits; tofu; red kidney beans, chickpeas and soya beans.
- White bread is fortified with calcium.

Practical advice

- For people who are not able to drink cow's milk, schools should provide an alternative such as soya, oat or rice* drinks enriched with calcium.
- Use lower fat dairy products; they contain as much calcium as their full-fat equivalents.
- Incorporate foods high in calcium into dishes, e.g. cheese and potato pie, salmon quiche, rice pudding and custard made with milk.

* Rice milk is not recommended for pupils under five years old.

Vitamin A

An average school lunch must contain not less than:

Nutrient	Min/max	Primary	Secondary		
			Co-ed	Girls	Boys
Vitamin A (micrograms)	Min	175	245	210	245

Why is the vitamin A nutritional standard important?

Vitamin A is important for growth and tissue repair, good eyesight and the immune system.

Sources of vitamin A

- Oily fish, eggs, liver, cheese and milk.
- Yellow, orange and red coloured fruits and vegetables such as: carrots, peppers, apricots, oranges, papaya, mango, butternut squash, sweet potato and tomatoes.
- Dark green leafy vegetables.

Practical advice

- Incorporate foods high in vitamin A into dishes, e.g. salmon fish cakes, baked sweet potato wedges, red pepper and tomato omelette, carrot and coriander soup and fruit salad

Vitamin C

An average school lunch must contain not less than:

Nutrient	Min/max	Primary	Secondary		
			Co-ed	Girls	Boys
Vitamin C (milligrams)	Min	10.5	14	14	14

Why is the vitamin C nutritional standard important?

- Vitamin C is needed for wound healing and the structure of blood vessels and skin.
- Vitamin C is an antioxidant which helps to protect the body from infections and disease.
- Vitamin C enhances iron absorption.

Sources of vitamin C

- Fruits – especially citrus fruits (oranges, lemons, limes, grapefruit), berries and kiwi fruits.
- Vegetables (including frozen) – especially broccoli, green and red peppers, potatoes and sweet potatoes.

Practical advice

- Make raw fruit and vegetables available each day as they contain the most vitamin C.
- Prepare and cook food containing vitamin C as close to lunchtime as possible; vitamin C is a water soluble vitamin and may be lost during preparation and cooking.
- Steam vegetables to minimise vitamin losses or cook them in a minimum volume of water.
- Incorporate foods high in vitamin C into dishes, e.g. jacket potato with salad, fruit salad, mixed vegetable hotpot, casserole and stew.

Folate

An average school lunch must contain not less than;

Nutrient	Min/max	Primary	Secondary		
			Co-ed	Girls	Boys
Folate (micrograms)	Min	53	70	70	70

Why is the folate nutritional standard important?

- Folate is essential for blood cells, the nervous system and helps prevent anaemia.
- All young women of child bearing age should have sufficient folate to reduce the risk of neural tube defects such as spina bifida in any resulting pregnancy

Sources of folate

- Liver, yeast extract, orange juice, green leafy vegetables (e.g. spinach), green beans, beetroot, chickpeas, black-eye beans, broccoli, peas and brown rice.
- Breakfast cereals are often fortified with folic acid.

Practical advice

- Prepare and cook food containing folate as close to lunchtime as possible as folate may be lost during the cooking process.
- Steam or cook vegetables in a minimum volume of water to minimise vitamin losses.
- Incorporate foods high in folate into dishes, e.g. pea and ham soup and spinach and potato curry.

Sodium

An average school lunch must contain not more than:

Nutrient	Min/max	Primary	Secondary		
			Co-ed	Girls	Boys
Sodium (milligrams)	Max	499	714	714	714

Sodium is a component of salt. To convert sodium into grams (g) of salt you need to multiply the sodium value by 2.5.

Why is the sodium nutritional standard important?

- This standard is important as it limits the amount of sodium in the diet.
- Most salt consumed is contained within processed food.
- Too much salt can cause high blood pressure, which may lead to conditions such as stroke and heart disease.

Sources of sodium

Ready made soups and sauces, gravy, processed food, some breakfast cereals, salty snacks (e.g. crisps and salted nuts*), bacon, ham, sausages, pizza, cheese and condiments.

*** N.B. Be aware of nut allergies.**

Practical advice

- Remove or reduce the amount of salt added during cooking and instead flavour with appropriate and acceptable herbs and spices.
- Cook meals from raw ingredients rather than using manufactured products high in salt.
- When choosing prepared products, check the label and choose those products lower in salt. The Government Front of Pack nutrition labelling scheme[27] states that more than 1.5g of salt (0.6g sodium) per 100g is 'high' and 0.3g or less of salt (0.1g sodium) per 100g is 'low'.

Regulation 7 and Schedule 5 – Drinks in maintained schools

The table below details the permitted drinks in each maintained setting across the entire school day, under the Healthy Eating in Schools Regulations.

Single drinks	Mandatory requirement/s for product	Nursery schools (NS)	Primary schools (PS)	Secondary schools (SS)
Plain water (still or carbonated)	No added substances.	**Yes**	**Yes**	**Yes**
Plain milk (whole milk, semi-skimmed or skimmed milk);	No added substances. Milk provided in **NS** must be whole milk or semi-skimmed milk. Milk provided in **PS** and **SS** must be semi-skimmed or skimmed milk.	**Yes**	**Yes**	**Yes**
Fruit juice[28] **or vegetable juice** (still or carbonated)	No added substances, except sugar, which may be added to fruit juice (other than any prepared from grapes or pears) for the purpose of regulating acidic taste in an amount (expressed as dry matter), not exceeding 15 grams per litre of juice[29].	**Yes** – at breakfast/ lunch only	**Yes** – at breakfast/ lunch only	**Yes**
Plain soya, plain rice or plain oat drinks	No added substances except; may contain added calcium.	**Yes**	**Yes**	**Yes**

27 Guide to creating a front of pack (FoP) nutrition label for pre-packed products sold through retail outlets: http://wales.gov.uk/topics/health/improvement/index/front-of-pack/?lang=en

28 As defined in The Fruit Juices and Nectars (Wales) Regulations 2003 SI No. 3041 (W.286).

29 As permitted by paragraph 3(a) of Schedule 3 to S.I. 2003/3041 (W.286) (as amended by S.I. 2011/700 (W.107)).

	NB: Rice milk is not recommended for children under five years old.			
Combination Drinks[30]				
Fruit juice or vegetable juice combined with water (still or carbonated)	Must contain a minimum of 50 per cent fruit juice or vegetable juice. No added substances except; may contain colours, flavourings and other additives such as preservatives, antioxidants and stabilisers[31].	**Yes** – at breakfast/ lunch only	**Yes** – at breakfast/ lunch only	**Yes**
Fruit juice or vegetable juice combined with plain milk or plain yoghurt	Milk must be semi-skimmed or skimmed. Milk or yoghurt must be at least 50 per cent by volume. No added substances, except; may contain colours, flavourings and other additives such as preservatives, antioxidants and stabilisers[32]; may have less than five per cent added sugar or honey added; and/or may contain vitamins and minerals.	**No**	**No**	**Yes**
Fruit juice or vegetable juice combined with plain soya, plain rice or plain oat drinks	Must contain a minimum of 50 per cent soya, rice or oat drink by volume. No added substances, except; may contain colours, flavourings and other additives such as preservatives,	**No**	**No**	**Yes**

[30] These drinks are legally permitted to contain sweeteners, colours, flavourings and other miscellaneous additives such as preservatives, antioxidants and stabilisers as specified under EU law (Council Directive 89/107 EEC and Council Directive 88/388/EEC). They are also permitted to contain added vitamins and minerals.

[31] In accordance with the relevant European Union Regulations defined in Regulation 2 of the Healthy Eating in School (Nutritional Standards and Requirements) (W) Regulations 2013.

[32] In accordance with the relevant European Union Regulations defined in Regulation 2 of the Healthy Eating in School (Nutritional Standards and Requirements) (W) Regulations 2013.

	antioxidants and stabilisers[33]; may have less than five per cent added sugar or honey added; and/or may contain vitamins and minerals.			
Flavoured milk, yoghurt or soya, rice or oat drinks	Milk must be semi-skimmed or skimmed. Milk or yoghurt or soya, rice or oat drink must be at least 90 per cent by volume. No added substances, except; may contain colours, flavourings and other additives such as preservatives, antioxidants and stabilisers[34]; may have less than five per cent added sugar or honey added; and/or may contain vitamins and minerals.	**No**	**No**	**Yes**
Blended drinks[35]				
A drink made singly or in combination with a blend or puree of fruit, vegetables, fruit juice or vegetable juice	No added substances, except; a blended drink may contain colours, flavourings and other additives such as preservatives, antioxidants and stabilisers[36].	**Yes** – at lunch only	**Yes** – at lunch only	**Yes**
Traditional hot drinks				
Tea and coffee	No added substances, except; may contain semi-skimmed or	**No**	**No**	**Yes**

[33] In accordance with the relevant European Union Regulations defined in Regulation 2 of the Healthy Eating in School (Nutritional Standards and Requirements) (W) Regulations 2013.

[34] In accordance with the relevant European Union Regulations defined in Regulation 2 of the Healthy Eating in School (Nutritional Standards and Requirements) (W) Regulations 2013.

[35] These drinks are legally permitted to contain sweeteners, colours, flavourings and other miscellaneous additives such as preservatives, antioxidants and stabilisers as specified under EU law (Council Directive 89/107 EEC and Council Directive 88/388/EEC). They are also permitted to contain added vitamins and minerals.

[36] In accordance with the relevant European Union Regulations defined in Regulation 2 of the Healthy Eating in School (Nutritional Standards and Requirements) (W) Regulations 2013.

	skimmed milk.			
Hot chocolate	Must be made with plain water, or plain milk (semi-skimmed or skimmed) or plain soya, plain rice or plain oat drink. Drink must not exceed 250ml in volume. No added substances, except; may contain vitamins and minerals; and may have less than five per cent added sugars or honey added.	**No**	**No**	**Yes**

N.B. All drinks must satisfy the mandatory requirements to be permitted.

The essential need is to provide fresh, readily available drinking water in **all** maintained schools. In addition to water, **nursery**[37] and **primary**[38] **schools** may wish to take advantage of the free and subsidised milk schemes.

In secondary schools, drinks provided through vending and/or counter services must also comply with the standards set out in the table above.

Combination drinks

To ensure a consistent approach towards healthy eating avoid serving imitation fizzy pop drinks e.g. fruity cola and lemonade type drinks. Whilst these types of drinks may meet the drinks criteria in terms of the fruit juice content they may also confuse pupils about the types of drinks that are healthy.

Drinks standards at a glance

The drinks standards apply to drinks served across the entire school day, and **not** just at lunch times.

37 Nursery Milk Scheme http://www.nurserymilk.co.uk/index.html
38 Milk for Primary School children http://wales.gov.uk/topics/educationandskills/schoolshome/foodanddrink/milkforprimaryschoolchildren/?lang=en

Nursery schools

Drinks that are permitted in nursery schools * At meal times only, not at break times ** Rice milk is not recommended for pupils under five years old	Drinks that are not permitted in nursery schools
✓ **Plain water** – still or carbonated. ✓ **Plain milk** – whole or semi-skimmed. ✓ **Fruit juice*** – still or carbonated. ✓ **Vegetable juice*** – still or carbonated. ✓ **Plain soya, plain rice** or plain oat drinks.** ✓ **Fruit juice combined with water*** – still or carbonated. ✓ **Vegetable juice combined with plain water*** – still or carbonated. ✓ **Blended drinks*** – a drink made singly or in combination with a blend or puree of fruit, vegetables, fruit juice or vegetable juice.	✘ **Squash** of any kind, including sugar free squash. ✘ **Flavoured waters** including sugar free flavoured water. ✘ **Sports or energy drinks.** ✘ **Fizzy soft drinks including diet or sugar free fizzy drinks,** e.g. cola, lemonade. ✘ **Fruit juice or vegetable juice combined with plain milk or plain yoghurt** (e.g. dairy smoothies). ✘ **Fruit juice or vegetable juice combined with plain soya, plain rice or plain oat drinks.** ✘ **Tea or coffee.** ✘ **Hot chocolate.**

Primary schools

Drinks that are permitted in primary schools * At meal times only, not at break times ** Rice milk is not recommended for pupils under five years old	Drinks that are not permitted in primary schools
✓ **Plain water** – still or carbonated. ✓ **Plain milk** – semi skimmed or skimmed. ✓ **Fruit juice*** – still or carbonated. ✓ **Vegetable juice*** – still or carbonated. ✓ **Plain soya, plain rice** or plain oat drinks.** ✓ **Fruit juice combined with water*** – still or carbonated. ✓ **Vegetable juice combined with water*** – still or carbonated. ✓ **Blended drinks*** – a drink made singly or in combination with a blend or puree of fruit, vegetables, fruit juice or vegetable juice.	✘ **Squash** of any kind, including sugar free squash. ✘ **Flavoured waters** including sugar free flavoured water. ✘ **Sports or energy drinks.** ✘ **Fizzy soft drinks including diet or sugar free fizzy drinks,** e.g. cola, lemonade. ✘ **Fruit juice or vegetable juice combined with plain milk or plain yoghurt** (e.g. dairy smoothies). ✘ **Fruit juice or vegetable juice combined with plain soya, plain rice or plain oat drinks.** ✘ **Flavoured milk, yoghurt or soya, rice or oat drinks.** ✘ **Tea or coffee.** ✘ **Hot chocolate.**

Secondary schools

Drinks that <u>are permitted</u> in secondary schools	Drinks that are <u>not permitted</u> in secondary schools
✓ **Plain water** – still or carbonated. ✓ **Plain milk** – semi skimmed or skimmed. ✓ **Fruit juice** – still or carbonated. ✓ **Vegetable juice** – still or carbonated. ✓ **Plain soya, plain rice or plain oat drinks.** ✓ **Fruit juice combined with plain water** – still or carbonated. ✓ **Vegetable juice combined with plain water** – still or carbonated. ✓ **Fruit juice or vegetable juice combined with plain milk or plain yoghurt** (e.g. dairy smoothies). ✓ **Fruit juice or vegetable juice combined with plain soya, plain rice or plain oat drinks.** ✓ **Flavoured milk, yoghurt or soya, rice or oat drinks.** ✓ **Blended drinks** – a drink made singly or in combination with a blend or puree of fruit, vegetables, fruit juice or vegetable juice. ✓ **Tea and coffee.** ✓ **Hot chocolate.**	✘ **Squash** of any kind, including sugar free squash. ✘ **Flavoured waters** including sugar free flavoured water. ✘ **Sports or energy drinks.** ✘ **Fizzy soft drinks including diet or sugar free fizzy drinks,** e.g. cola, lemonade.

More detailed guidance on the drinks standards is provided below.

Plain water (still or carbonated)

What this drink standard includes

Plain water, still or carbonated which **does not** contain artificial or natural sweeteners, sugars, honey, colouring or flavouring.

Why is this drink standard important?

- To limit the consumption of sugary drinks by pupils and increase the consumption of water.
- Water quenches thirst and does not damage teeth.

- Pupils in all maintained schools **must** have easy access at all times to free, fresh drinking water; especially during breakfast sessions and lunchtimes.

Practical advice

- Signpost water stations in the dining room and throughout the school.
- Provide younger children with a cup or glass of water or let them carry water bottles. Where water bottles are used schools should adhere to the cleaning advice provided within the Welsh Government's Think Water[39] guidance.
- Make sure the supervisors direct children to available water sources at lunchtime.
- If water can be chilled then it is more appealing but this is not a requirement.
- Provide jugs of freshly poured tap water together with cups/glasses on tables and at the serving counter.
- Consider installing a point of use water cooler which uses mains drinking water. Where water coolers are used schools should adhere to the cleaning advice provided within the Welsh Government's Think Water guidance.
- Modern water fountains could be an additional water point in the dining room.

For further information on drinking water in schools please refer to 'Section 5 – Drinking water in schools' (see page 8).

Plain milk (whole, semi-skimmed and skimmed)

What this drink standard includes

- Plain whole, semi-skimmed and skimmed milk.
- Milk provided in nursery schools must be whole milk or semi-skimmed milk.
- Milk provided in primary and secondary schools must be semi-skimmed or skimmed milk.

What this drink standard does not include

Plain milk that contains any added sweeteners, artificial or natural sugars, honey, colouring or flavouring.

Why this drink standard needs to be in place

- To remove drinks from school which have no nutritional value and can cause tooth decay.
- Milk, lower in fat, is a good source of protein.

39 Think Water: Guidance on water in schools: http://wales.gov.uk/topics/health/improvement/index/water/?lang=en

- Milk contains vitamins and minerals, particularly calcium, which is needed to build healthy bones and teeth.

Practical advice

- **Nursery**[40] and **Primary**[41] **schools** should take advantage of the free and subsidised milk scheme.
- Where possible choose lower fat milk as it contains the same amount of calcium, protein and riboflavin as full fat equivalents.

Other drinks

What this drink standard includes

- Plain drinks such as water (still or carbonated), fruit juice, vegetable juice and milk (whole, semi-skimmed or skimmed) and combinations of fruit and vegetable juice mixed with water.
- Plain soya, rice or oat drinks which may contain added calcium and yoghurt and combinations of fruit and vegetable juice mixed with water can also be served. For further clarification please see the table of permitted drinks (see page 43).
- Hot drinks such as tea, coffee and hot chocolate. Sugar **must not** be available for pupils to add to these.
- **Nursery and primary school children** are only permitted fruit/vegetable juice and fruit/vegetable juice and water combination drinks alongside breakfast or lunch and not at any other time during the school day. In Primary schools, drinks at break times must be limited to water and milk only.

Why this standard needs to be in place

- To remove drinks from school which have no nutritional value and can cause tooth decay.
- To specifically encourage children to drink water, or drinks that provide other nutrients such as milk, yoghurt or dairy equivalent drinks (which address calcium requirements) and fruit or vegetable juices (which provide vitamin C and other important nutrients).

  NB: Combination fruit and vegetable drinks **do not** count towards the fruit/vegetable food based standards, i.e. this type of drink cannot be used to provide the daily portion of fruit/vegetables.

40 Nursery Milk Scheme http://www.nurserymilk.co.uk/index.html
41 Milk for primary school children http://wales.gov.uk/topics/educationandskills/schoolshome/foodanddrink/milkforprimaryschoolchildren/?lang=en

Does this standard apply across the school day?

Yes. Only permitted drinks appropriate to the setting in the table of permitted drinks (see page 43) can be provided during the school day.

Practical advice

- Schools to offer a variety of fruit juices, for example apple, orange, pineapple or mixed juices.
- In secondary schools, provide smoothies made from plain yoghurt and/or plain milk combined with fruit or fruit juice using a variety of fruits to introduce children to new flavours.
- Chill drinks where possible.

Vending

Drinks served in vending machines throughout the school day must follow the above drinks standards under the Healthy Eating Regulations. Further, where vending is used to provide drinks at lunchtime, the drinks available must be nutritionally analysed along with the rest of the provision.

Other food provided outside school breakfast and/or lunch

Pupils have access to food at a number of different times during the day, accessed from a range of outlets within school. Positive messages on nutrition must be promoted and reflected in the provision of food and drink across the whole school day. To ensure a consistent and coherent approach to promoting healthy eating, all food outlets must comply with the standards within the Healthy Eating Regulations (see Regulation 8 and Schedule 6), which will enhance and complement the school meal service.

This schedule applies to all food (outside breakfast and/or lunch) provided by, or under arrangements made by, the local authority or school governing body. This applies to food provided on school premises before 6pm regardless of provider.

Other food provision includes items served at:

- tuck shops
- counter services
- mid morning/afternoon break
- vending
- on-site coffee shops, e.g. sixth form café, etc.
- after school clubs – these are defined as regular clubs held after the official school day has finished and take place on school premises.

Regulation 8 and Schedule 6 – Other food provided in maintained schools

Standards for food available outside breakfast and/or lunchtime provision under the Healthy Eating in Schools Regulations

Product	Nursery schools	Primary schools	Secondary schools
Fruit and vegetables Product must be available in any place on school premises where food is provided.	✓	✓	✓
Salt	✗	✗	✗
Condiments The portion of any condiment must not exceed 10ml.	✗	✓	✓
Confectionery	✗	✗	✗
Savoury snacks	✗	✗	✗
Cakes and biscuits Product must not contain any confectionery.	✗	✗	✓ Must be included within the nutritional analysis.
Potato/potato products Products must comply with all restrictions for this food standard*.	✗	✓	✓
Deep-fried or flash-fried food (excludes potatoes) Products must comply with all restrictions for this food standard*.	✗	✓	✓

Meat products Products must comply with all restrictions for this food standard*.	✘	✓	✓

* For further information on the food standards for each product please see the detailed guidance provided on page 20. For further information on nutritional analysis please see page 31.

Practical advice

- In **nursery schools**, pupils require regular snacks as they have high energy requirements but small appetites. These should consist of fruit and vegetables, bread products such as sliced bread, English muffins and breadsticks and dairy products such as cheese and yoghurt.
- In **primary schools** break time snack provision **should** consist of fruit and vegetables only.
- In **secondary schools** cakes and biscuits can only be provided if they do not contain confectionery and **must** be included as part of the lunch provision within the nutritional analysis.
- Confectionery **must** not be provided in any school setting.
- Savoury snacks as defined by the regulations **must** not be provided in any school setting.

Suggestions of foods to serve outside of breakfast and/or lunch time provision

The following food suggestions **only** apply to:

- **nursery school** snack provision
- **primary school** after school clubs
- **secondary school** break times (mid morning/afternoon), vending, after school clubs, sixth form cafes
- bread-based products for example wholemeal toast, English muffins, crumpets, flavoured breads and bagels
- toast with various toppings, e.g. baked beans, cheese, tomatoes, mushrooms, eggs (not fried)
- small sandwiches/wraps/baguettes with a variety of non-mayonnaise based fillings including salad
- protein items such as hummus, tuna, chicken, ham
- dairy products such as yoghurts, cheese and milk*
- fruit
- vegetable crudities
- salads.

* Milk served in nursery schools must not be skimmed milk and rice milk is not recommended for pupils under five years old.

Vending

Food selected for selling in vending machines must follow the standards for food provision served outside of breakfast and/or lunch time under the Healthy Eating in Schools Regulations. Further, where vending is used to provide food at lunchtime, the food available must be nutritionally analysed along with the rest of the lunch provision.

Annex 1: Portion sizes

The following table details **suggested** portion sizes for a variety of foods which may be useful for the nutritional analysis required for primary and secondary schools.

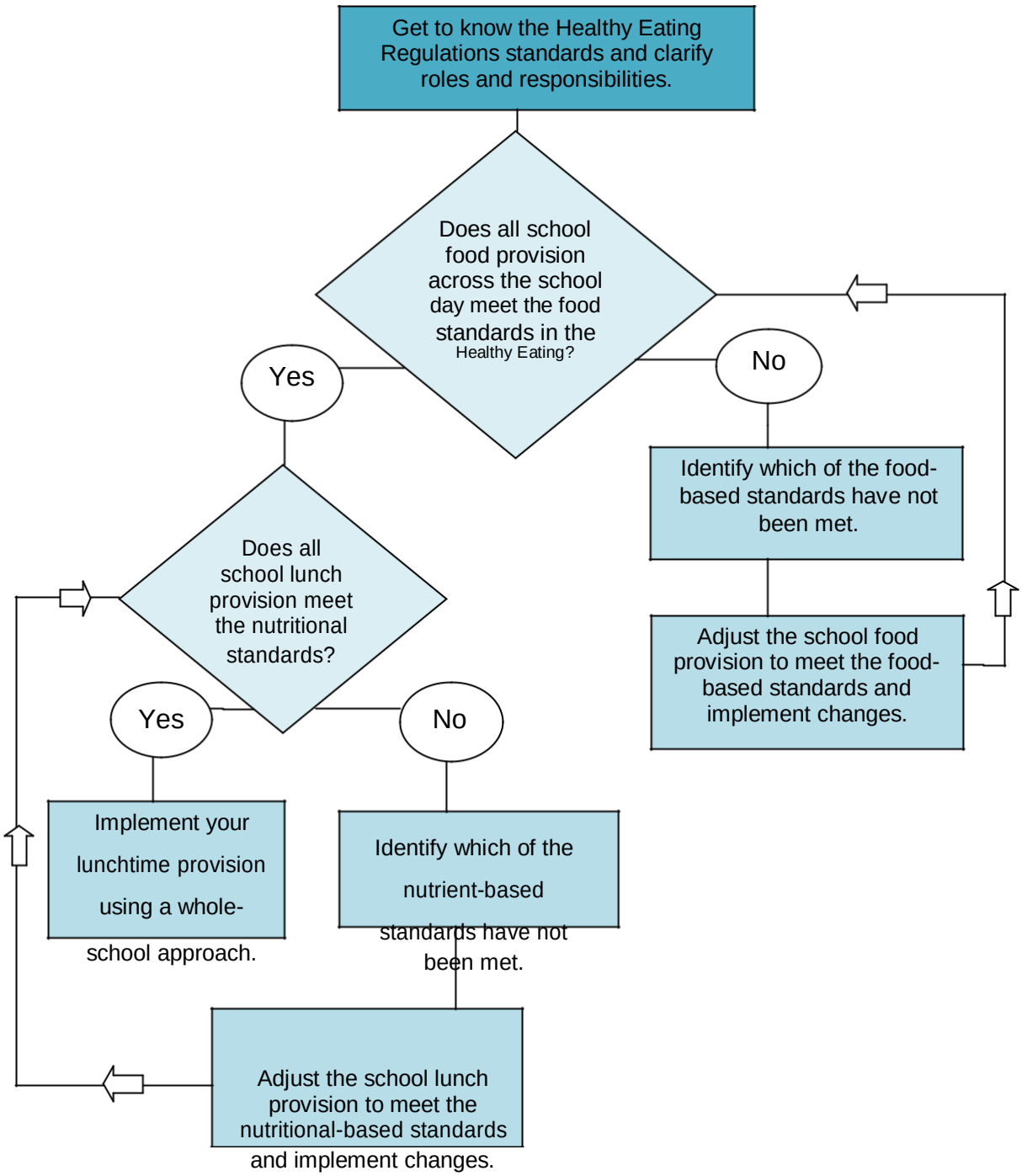
Food	Primary	Secondary
Bread, other cereals and potatoes		
Rice (dry weight).	35g–56g	72g
Pasta (dry weight).	35g–56g	72g
Mashed potatoes, boiled potatoes, potato croquettes.	84g–98g	190g
Jacket potatoes.	112g–170g	250g
Chips, roast, other potatoes cooked in fat.	70g–84g	150g
Bread (slice, rolls, French stick) when served as part of a meal instead of rice/pasta/potatoes.	56g–70g	100g
Pizza.	84g–98g	160g
Vegetables		
Cooked vegetables.	1–2 tablespoons 56g–70g	2–3 tablespoons 80g
Raw vegetables.	2 heaped tablespoons 42g–56g	3 heaped tablespoons 80g
Mixed salad.	½ dessert bowl 42g–56g	1 dessert bowl 80g
Baked beans in tomato sauce.	70g – 84g	140g
Coleslaw (at least 60 per cent vegetables).	70g	70g
Pulses (Dried raw weight), e.g. red lentils; green lentils; kidney beans; chick peas.	20g–30g	25–35g
Vegetable-based soup.	170g–220g	300g
Tomatoes tinned in juice.	65g–130g	130g
Fruit served unaccompanied		
Pieces of fruit (medium size), e.g. apples, pears, bananas, peaches, oranges.	Half to one fruit 50g–100g	One fruit 80g–100g
Pieces of fruit (small size), e.g. Satsuma's, nectarines, plums, apricots, kiwis.	One to two fruits 50g–100g	Two fruits 80g–100g

Pieces of fruit (very small size), e.g. grapes, cherries, strawberries.	50g–100g	80–100g
Fruit salad, fruit tinned in juice and stewed fruit (at least 80 per cent of weight should come from fruit).	65g–130g	130g
Dried fruit, e.g. raisins, sultanas, apricots.	10g–20g	20g
Fruit juice[42].	125ml	150ml
Fruit-based desserts		
Fruit within a dessert or served with an accompaniment. * Measured as raw ingredients	40g minimum	60g minimum
Milk and milk products		
Drinking milk	200ml	300ml
Custard	84g–98g	120g
Milk puddings	98g–112g	120g
Yoghurt	85g–125g	125–150g
Cheese	28g–42g	50g
Meat, fish and alternatives		
All dishes containing meat with no restrictions on their provision (e.g. roasts, stew, casserole, curry, sweet and sour) will have a minimum raw meat content as stated.	42g–56g (weight of meat in composite dish can be reduced proportionately if adding in other protein-based foods, e.g. beans/cheese/milk/TVP)	80g (weight of meat in composite dish can be reduced proportionately if adding in other protein-based foods, e.g. beans/cheese/milk/TVP)
Burgers: beef, lamb, pork, bacon, vegetarian.	42g–56g	80g
Sausages: beef, lamb, pork, vegetarian.	70g–112g	120g
Shaped chicken and turkey products.	56g–70g	120g
Individual meat pies, meat puddings, sausage rolls, pasties.	80g	110g
White fish portions.	56g–70g	80g
Oily fish.	42g–56g	70g
Fish in composite dishes.	42g–56g (weight of fish in composite dish can be reduced proportionately if adding in another protein item, e.g. beans, cheese,	80g (weight of fish in composite dish can be reduced proportionately if adding in another protein item, e.g. beans, cheese, milk)

42 As defined by The Fruit Juices and Nectars (Wales) Regulations 2003 http://www.assemblywales.org/bus-home/bus-business-fourth-assembly-laid-docs/sub-ld9538-e.pdf

	milk)	
Fish cakes and other fish shapes.	56g	112g
Fish fingers.	60g–90g (2–3 fish fingers)	90g–120g (3–4 fish fingers)
Egg served in a salad, baked potato or sandwich.	1 egg	1–2 eggs
Foods containing fat and sugar		
Fruit pies, sponge puddings and crumbles.	90g–130g	145g
Cakes, muffins, sponges fairy cakes, scones, non-fruit sponge puddings, doughnuts, cookies.	40g–50g	65g
Ice cream.	60g	85g

Annex 2: Implementing the standards – step-by-step guide



Annex 3: References and resources

Welsh Government

Free breakfast in primary schools (FBIPS) – Statutory guidance to local authorities and governing bodies
http://www.learning.wales.gov.uk/resources/free-breakfast-in-primary-schools/?lang=en

Charging for food and drink provided in maintained schools (flexible charging)
http://wales.gov.uk/topics/educationandskills/schoolshome/foodanddrink/charging-for-food-and-drink-provided-in-maintained-schools/?lang=en

Free school meals case studies report (2013)
http://wales.gov.uk/topics/educationandskills/schoolshome/foodanddrink/freeschoolmeals/free-school-meals-case-studies-report/?lang=en

School Milk Scheme
http://wales.gov.uk/topics/educationandskills/schoolshome/foodanddrink/milkforprimaryschoolchildren/?lang=en

Nursery Milk Scheme
www.nurserymilk.co.uk/index.html

Appetite for Life Action Plan, 2007
http://www.physicalactivityandnutritionwales.org.uk/Documents/740/Appetite%20for%20life%20actionplan%20(E).pdf

Appetite for Life Action Research Project 2008-2010
http://wales.gov.uk/statistics-and-research/appetite-life-action-research-project/?lang=en

Welsh Network of Healthy School Schemes
http://wales.gov.uk/topics/health/improvement/schools/schemes/?lang=en

Guide to creating a front of pack (FoP) nutrition label for pre-packed products sold through retail outlets
http://wales.gov.uk/topics/health/improvement/index/front-of-pack/?lang=en

In Perspective: Food and Fitness (2006)
http://wales.gov.uk/topics/health/improvement/index/perspective/?lang=en

Developing a Whole School Food and Fitness Policy (2007)
http://wales.gov.uk/topics/health/improvement/index/school/?lang=en

Fruit Tuck Shops in Primary Schools
http://wales.gov.uk/topics/health/improvement/index/tuckshops/?lang=en

Think Water: Guidance on water in schools
http://wales.gov.uk/topics/health/improvement/index/water/?lang=en

Think healthy vending: Guidance on vending machines in schools
http://wales.gov.uk/topics/health/improvement/index/vending/?lang=en

Easy ways to make lunchboxes healthier
http://change4lifewales.org.uk/recipes/lunchboxes/lunchboxes/?lang=en

Food in School Assessment Tool: A tool for monitoring and evaluating a whole school approach to food and nutrition
http://wales.gov.uk/subsites/hcw/publications/2211022/food-assessment-e.pdf

Delivering Growth: An Action Plan for the Food and Drinks Industry 2014-2020
http://wales.gov.uk/topics/environmentcountryside/foodandfisheries/action-plan-for-the-food-and-drinks-industry-2014-2020/?lang=en

Other relevant websites

Food Standards Agency Wales
www.food.gov.uk

Estyn - Supplementary guidance: healthy living, September 2013
http://www.estyn.gov.uk/english/inspection/supplementary-guidance/

School Food Plan
www.schoolfoodplan.com/

Children's Food Trust
www.childrensfoodtrust.org.uk

The Eco-Schools Programme
http://www.keepwalestidy.org/