#### **Healthy Eating in Schools:**

## Secondary School Food Requirements

#### Lunch

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

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



#### **School Day**

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

- Additional salt
- Confectionery
- Savoury snacks

Where food is provided after breakfast & before 6pm:

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

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



#### **Healthy Eating in Schools:**

### Secondary School Drink Requirements

Only the following drinks are allowed to be provided

#### before 6pm:

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

- Fruit or vegetable juice combined with milk, yoghurt, soya, rice or oat drinks (at least 50% milk, yoghurt, soya, rice or oat drink)
- Fruit or vegetable blends
- Flavoured milk, yoghurt, soya, rice or oat drinks
- Tea 
  ⊕ coffee
- Hot chocolate (250ml or less)

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





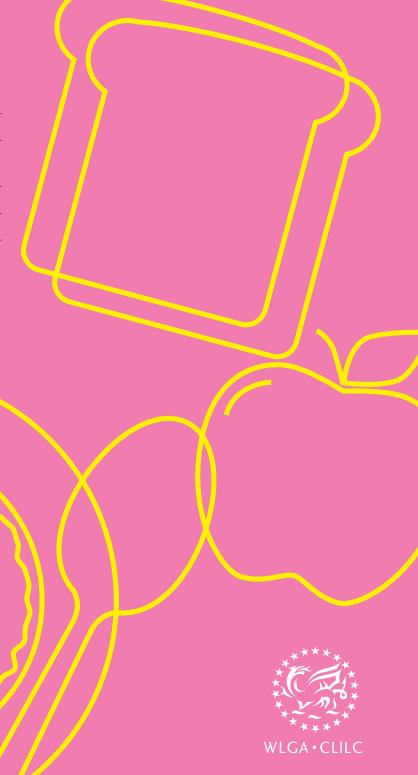
# Healthy Eating in Schools: Breakfast Requirements

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

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

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

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



## Healthy Eating in Schools: After School Clubs

After school clubs are regular Suggested school clubs held on the school Food & Drink premises after the last school Fruit & vegetables must be provided if session & before 6pm. Food & other food is available drink provided at these Porridge, cornflakes, whole wheat biscuit clubs must meet the food & drink Cream crackers, oatcakes, water biscuits requirements for Cheese, cream cheese, cottage cheese the school day. Baked beans, mixed beans, hummus Sandwiches, baguettes, wraps Toast, bagels, English muffins Quiche, omelette, frittata Jacket potatoes Meat cuts, fish Yoghurt Water Milk For full details about the food & drink requirements & information about the nutritional standards for lunch refer to the Healthy Eating in Maintained Schools: Statutory Guidance for Local Authorities & Governing Bodies.