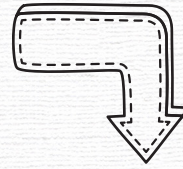


# A reminder about the government mandatory School Food Standards



- A portion of food from this group every day
- A portion of meat or poultry on three or more days each week
- Oily fish once or more every three weeks
- For vegetarians, a portion of non-dairy protein on three or more days each week
- A manufactured meat or poultry product, no more than once each week in primary schools and twice each week in secondary schools (applies across the whole school day)



- One or more portions of food from this group every day
- Three or more different starchy foods each week
- One or more wholegrain varieties of starchy food each week
- Starchy food cooked in fat or oil no more than two days each week (applies across the whole school day)
- Bread - with no added fat or oil - must be available every day

- One or more portions of vegetables or salad as an accompaniment every day
- One or more portions of fruit every day
- A dessert containing at least 50% fruit, two or more times each week
- At least three different fruits and three different vegetables each week



- A portion of food from this group every day

- Free, fresh drinking water must be available all times



## Foods High in Fat, Sugar and Salt

- No more than two portions of food that have been deep-fried, batter-coated, or breadcrumb-coated, each week (applies across the whole school day)
- No more than two portions of food which include pastry each week (applies across the whole school day)
- No confectionery, chocolate or chocolate coated products (applies across the whole school day)
- Desserts, cakes, and biscuits are allowed at lunchtime. They must not contain any confectionery
- Salt must not be available to add to food after it has been cooked (applies across the whole school day)