



Achievement for all

Nutritional Standards Policy

Adopted/Reviewed: April 2022

Date of Next Review: April 2023

Signed:
(Head Teacher)

Date:

Signed:

Date:

(Chair of Governors)

Sherburn High School

Nutritional Standards Policy

Introduction

It is well established that a healthy eating pattern can promote good health and help prevent many of the diseases common in Britain today.

Experts now agree that such a pattern should be encouraged early in life for three vital reasons; for healthy growth and development, to influence preferences and attitude towards diet and exercise, and to reduce lifestyle-associated diseases that originate in childhood.

By setting minimum nutritional standards for lunches for students in school, the Government hopes to secure, maintain and improve young people's health. As an establishment with "Healthy School's Status" we fully endorse this policy.

What is a Healthy Diet?

There are no healthy or unhealthy foods, only healthy or unhealthy diets. A healthy diet broadly means:

- A balanced diet with variety and enough energy for growth and development
- Plenty of fibre-rich starchy foods
- Plenty of fruit and vegetables
- Not eating too many fatty foods
- A moderate amount of dairy produce
- Moderate amounts of meat, fish or alternatives
- Not having sugary foods and drinks too often

National Nutritional Standards for School Lunches

Menus for school lunches must comply with the Government's New School Food Plan Finalized in December 2014. This plan incorporates all of the previous government standards and guidelines. (Appendix 1).

In addition, all schools must work towards complying with the Nutrient-based standards which come in force from September 2008 (Appendix 2).

From September 2007, regulations governing school food other than lunches (for example tuck shops, vending etc.) came into force and these are outlined in Appendix 3.

What are the Compulsory Standards?

The standards require that at least TWO items from each of the following food groups must be available every day and throughout the lunch service.

- Starchy foods - at least one of these foods should not be cooked in oil or fat
- Vegetables *and* fruit (not less than 2 portions per day)
- Milk and dairy foods
- Meat, fish and alternative sources of protein - red meat at least THREE times a week, fish TWICE a week (oily fish once every 3 weeks)
- Vegetarian options should be dairy free at least 3 times per week. (Quorn, Tofu etc. should be used)

In addition

- Drinking water should be made available to all students free of charge
- Salt should not be available
- No confectionery available throughout lunchtime
- Bread (without spread) throughout lunch
- Reformed / Processed food no more than 2 per week

The balanced meal is offered at an attractive price - the value of a free school meal includes a standard two course lunch and water. The only drinks available will be plain or fizzy water, pure fruit juices, yogurts and semi skimmed milk drinks (with less than 5% added sugar or honey).

Monitoring Nutritional Standards

The catering facility is now managed within the school. Government Food Plans are still followed, as are the nutrient based standards.

The software we use to achieve this is the Hport.meal (HANDS) software. This gives us a clear indication over a three-week cycle that we meet the current criteria required and also that the new Allergen legislation is met.

Natasha's Law

From 1 October 2021, the way food businesses provide allergen labeling information on Prepacked for Direct Sale (PPDS) food will change. PPDS food is food which is packaged at the same place it is offered to customers and is in the packaging before it is ordered or selected.

Under the new rules, food businesses must clearly display two essential pieces of information on all PPDS food. This includes 1) the name of the food and 2) a full ingredients list, with allergenic ingredients emphasized (for example in bold, italics or a different colour).

This can include salads and sandwiches that customers select themselves and pre-wrapped foods kept behind a counter, as well as some products packaged and sold at mobile or temporary outlets.

Signed _____ Chair of Governors

School Lunch – Food Based Standards

Appendix 1

Fruit and vegetables	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.
Meat, Fish, Eggs, Beans and other non-dairy sources of protein	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 meat or poultry product (manufactured or homemade, and meeting the legal requirements) no more than twice each week in secondary schools (applies across the whole school day)
Starchy Foods	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 foods 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
Milk and Dairy	A portion of food from this group every day Lower fat milk must be available for drinking at least once a day during school hours
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 snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat (applies across the whole school day) Savory crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food No confectionary, chocolate or chocolate coated products

	<p>(applies across the whole school day)</p> <p>Desserts, cakes and biscuits are allowed at lunchtime. They must not contain any confectionary</p> <p>Salt must not be available to add to food after it has been cooked</p> <p>Any condiments must be limited to sachets or portions of no more than 10 grams or one teaspoonful.</p>
<p>Healthier Drinks <i>applies across the whole school day</i></p>	<p>Free, fresh drinking water at all times</p> <p>The only drinks permitted are</p> <ul style="list-style-type: none"> • Plain water (still or carbonated) • Lower fat milk or lactose reduced milk • Fruit or vegetable juice (max 150mls) • Plain Soya, rice or oat drinks enriched with calcium; plain fermented milk (e.g. yogurts) drinks • Unsweetened combinations of fruit or vegetable juice with plain water (still or carbonated) • Combinations of fruit juice and lower fat milk or plain yogurts, plain Soya, rice or oat drinks enriched with calcium, cocoa and lower fat milk; flavored lower fat milk • Tea, coffee, hot chocolate <p>Combination drinks are limited to a portion size of 330mls. They may contain added vitamins or minerals, but no more than 5% added sugars or honey. Fruit juice should be no more than 150mls in size. Fruit juice combination drinks must be at least 45% fruit juice.</p>

Appendix 2

NUTRIENT-BASED STANDARDS FOR SCHOOL LUNCHES FROM SEPTEMBER 2008 (PRIMARY SCHOOLS) OR SEPTEMBER 2009 (SECONDARY AND SPECIAL SCHOOLS)

This table summarizes the proportion of nutrients that children and young people should receive from a school lunch. The figures are for the required nutrient content of an average lunch over five consecutive school days.

Energy	30% of the estimated average requirement (EAR)
Protein	Not less than 30% of reference nutrient intake (RNI)
Total carbohydrate	Not less than 50% of food energy
Non-milk extrinsic sugars	Not more than 11% of food energy
Fat	Not more than 35% of food energy
Saturated fat	Not more than 11% of food energy
Fibre	Not less than 30% of the calculated reference value <i>Note: calculated as Non-Starch Polysaccharides</i>
Sodium	Not more than 30% of the SACN2 recommendation
Vitamin A	Not less than 40% of the RNI
Vitamin C	Not less than 40% of the RNI
Folate/folic acid	Not less than 40% of the RNI
Calcium	Not less than 40% of the RNI
Iron	Not less than 40% of the RNI
Zinc	Not less than 40% of the RNI

