











At a glance -The NEW requirements fore school lunches under the interim standards.

These healthier products should be on your menus

	More Fruit and Vegetables	Not less than two servings per day per child; at least one should be vegetables or salad and at least one should be fruit.
	More Oily Fish	Oily fish such as mackerel or salmon should be served at least once every three weeks.
	Bread	Bread should be available at lunch every day.
	Drinking Water	Free, fresh drinking water should be available at all times.
	Healthier Drinks	The only drinks served should be water. Pure fruit juices, milk, yoghurt and milk drinks with less than 5% added sugar, smoothies, low calorie hot chocolate, coffee and tea. (NB Artificial sweeteners could be used only in yoghurt and milk drinks, or combinations based on yoghurt or milk.) This means sweetened fizzy drinks which have little nutritional value are no longer allowed.

These foods are now restricted or no Longer allowed

	NO Confectionery	Confectionery such as chocolate bars, chocolate-coated biscuits and sweets should not be available for lunch.
	NO Savory Snacks	Savory snacks such as crisps should not be available for lunch. Only nuts and seeds with no added salt, sugar or fat are allowed.
	NO Salt Condiments - Restricted	Salt should not be available at lunch. Condiments, such as ketchup and mayonnaise, should only be available in sachets.
	Deep-Fried Foods - Restricted	Meals should not contain more than two deep-fried foods, such as chips and batter-coated products, in a single week.
	Manufactured Meat Products - Restricted	These products, such as chicken nuggets, burgers and sausage rolls, may only be served occasionally, and only Providing they meet standards for minimum meat content and do not contain any prohibited offal.

This table summarizes the NEW requirements. See the full package of standards at: www.teachernet.gov.uk/iwlioleschool/healthyliving

How we have Interpreted each standard

The information in each side panel sets out the standard as announced by the Government'.

The interim food-based standards for lunch combine the existing school lunch standards (2001) with a set of new, additional requirements. These cover both foods which have limited nutritional value and are restricted or banned, and foods that children need to eat more of as part of a healthy diet.

The next section explains each standard in detail and how they are likely to be covered within The legislation.

What is new? This explains what additional requirements have been introduced under that food group, for example whether a certain type of food is no longer allowed or must be served more often.

The serving suggestions and good practice ideas will help you to implement the changes in the kitchen and dining hall.

Notes from the 2001 standards there are only a few of these. They remind you of some of the existing requirements you still need to meet under that food group.