



Checklist for school food: other than lunch

Food-based standards for school food other than lunch

Name of school or caterer:

It is expected that schools will use this checklists in combination with the nutrition criteria of the Government Buying Standards for Food and Catering Services.

Starchy Food

Please indicate if the standard has been met (Yes or No)

	Breakfast	Tuck shop/mid-morning break	After school club	Vending machine
Starchy food cooked in fat or oil no more than 2 days each week (applies across the whole school day)				

Fruit and vegetables

Please indicate if the standard has been met (Yes or No)

	Breakfast	Tuck shop/mid-morning break	After school club	Vending machine
Fruit and/or vegetables available in all school food outlets				

Meat, fish, eggs. Beans and other non-dairy sources of protein

Please indicate if the standard has been met (Yes or No)

	Breakfast	Tuck shop/mid-	After school club	Vending machine

		morning break		
A meat or poultry product (manufactured or homemade and meeting the legal requirements) no more than once each week in primary schools and twice each week in secondary schools (applies across the whole school day)				

Milk and dairy

Please indicate if the standard has been met (Yes or No)

	Breakfast	Tuck shop/mid-morning break	After school club	Vending machine
Lower fat milk and lactose reduced milk must be available for drinking at least once a day during school hours				

Foods high in fat, sugar and salt

Please indicate if the standard has been met (Yes or No)

	Breakfast	Tuck shop/mid-morning break	After school club	Vending machine
No more than 2 portions of food that has been deep-fried, batter-coated, breadcrumb-coated, each week (applies across the whole school day)				
No more than 2 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)				
No savoury crackers or breadsticks				

No confectionery, chocolate and chocolate-coated products (applies to across the whole school day)				
No cakes, biscuits, pastries or desserts (except yoghurt or fruit-based desserts containing at least 50% fruit)				
Salt must not be available to add to food after it has been cooked (applies across the whole school day)				
Any condiments limited to sachets or portions of no more than 10 grams or one teaspoonful. (applies across the whole school day)				

Healthy drinks (applies across the whole school day)

Please indicate if the standard has been met (Yes or No)

	Breakfast	Tuck shop/mid-morning break	After school club	Vending machine
Free, fresh drinking water at all times				
<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. yoghurt) drinks • combinations of fruit juice or vegetable juice with plain water (still or carbonated, with no added sugars or honey) • combinations of fruit juice and lower fat milk or plain yoghurt, plain soya, rice or oat drinks enriched with calcium; cocoa and lower fat milk; flavoured lower fat milk, all with less than 5% added sugars or honey • tea, coffee, hot chocolate <p>Combination drinks are limited to a portion size of 330mls. They may contain added vitamins</p>				

or minerals, and no more than 150mls fruit or vegetable juice. Fruit or vegetable juice combination drinks must be at least 45% fruit or vegetable juice				
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