

Appendix A – School Meals

FOOD AND HEALTH POLICY

It is important to provide a well balanced diet to children, many of whom may obtain a substantial amount of their daily nutritional requirement from a school meal. School meals should aim to encourage healthy eating and the choices available should be planned to support this. Future changes may be required in menu planning to meet the changes which, it is envisaged, the drive for good nutrition will create. The dietary needs of all children should be respected. Lambeth has a high percentage of low income families who may experience particular difficulties in providing a healthy and varied diet. While it is recognised that school meals alone cannot achieve ideal eating patterns among children, they can make a significant contribution to the overall health, development and educational achievement of children. The provision of school meals is an important aspect of the health promoting school and is to be consistent with the curriculum in respect of food and health. Schools will be encouraged to develop and implement a whole school food policy, which covers both the teaching in relation to healthy eating and the provision of food within the school environment.

The Concept

The promotion of healthy eating is a joint venture between CYPS, the Contractor, the school, the child and the parent or carer. It is based on the understanding that:-

- (a) The child understands the health benefits of a well balanced diet and is helped to make appropriate choices.
- (b) that the Contractor plans and serves meals that the child will enjoy in line with the Nutritional Standard; providing information and guidance to children.

and

- (c) that Lambeth Children and Young People's Service, in conjunction with the Contractor, will positively promote the concept to parents and carers wherever possible and will train midday meals staff to actively encourage and support children to make appropriate choices.

The Nutritional Standard

In September 2005 the Government received recommendations from the School Meals Review Panel (SMRP) on school lunches and on a number of wider issues concerning food in schools. In response to that report - Turning the Tables - the newly – established School Food Trust (SFT) was commissioned to advise Ministers on standards for food in school other than lunch.

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Nutritional standards for school lunches

The Government endorsed the recommendations of the SMRP on the nutritional standards that should apply to school lunches with some minor amendments.

This means that there are two sets of standards for school lunches:

- a. Food-based, which will define the types of food that children and young people should be offered in a school lunch and their frequency; (**annex a**) and
- b. Nutrient-based which will set out the proportion of nutrients that children and young people should receive from a school lunch (**annex b**).

Minimum National Nutritional Standards

Where the standards specified by Lambeth Council exceed the statutory standards the Council standard **MUST** apply.

The Regulations are based on the five food groups set out in the “Balance of Good Health”:

- Fruit and vegetables
- Starchy Foods
- Meat, fish and other non-dairy sources of protein
- Milk and dairy foods
- Foods containing fat and foods containing sugar

The Regulations refer only to the first four food groups, and set out the following requirements:

Nursery Schools

Food must be available from each of the first four food groups:

- Starchy foods such as bread, potatoes, rice and pasta.
- Fruit and vegetables.
- Milk and dairy foods.
- Meat, fish and other non-dairy sources of protein.

Additional recommendations

- Expects that drinking water should be available to all children every day, free

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of charge, and;

Primary Schools

One option must be available from each of the first four food groups and :-

- not less than two portions fruit and a vegetable must be available every day. Fruit based desserts must be available twice a week
- meals should not contain more than two deep-fried items in a single week. This includes products which are deep-fried in the manufacturing process.
- a source of protein and excludes dairy based protein, must be available every day. Red meat must be served at least twice a week and fish at least once a week, of that fish oily fish shall be available once every three weeks.

Cheese dishes may be included in the meat/fish protein group. **annex b**

The nutrient-based standards set out the proportion of nutrients that children and young people should receive from a school lunch, covering energy, protein, carbohydrate, non-milk extrinsic sugars, fat, saturated fat, fibre, sodium, vitamin A, vitamin C, folate/folic acid, calcium, iron and zinc. **annex a**

National Nutritional Standards apply to:

- All lunches provided for pupils during term time, whether they are free or lunches which pupils pay for. Pupils entitled to free lunch cannot spend their entitlement on other school food such as breakfast or break-time snacks.
- Hot and cold food, including packed lunches provided by the school for pupils on school trips.
- Expects that drinking water should be available to all pupils every day, free of charge.
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Additional recommendations

Although these are not in the Regulations, the Secretary of State:

- Strongly recommends that schools should offer some hot food, particularly in the Winter months. A school lunch does not have to be a hot meal. However, a hot meal can be a useful morale-booster during the colder months. Parents often prefer to buy a hot meal for their children and see it as offering added value;
- Strongly recommends that drinking milk is available as an option every day

Key points to bear in mind:

- Reflect the likes and dislikes of children.
- Work with the school. For example, with teachers to re-inforce healthy eating messages at lunch time and which are taught in the classroom.
- Actively encourage children to have a balanced diet.
- Aim to offer a selection of food which over the week reflects the proportions in the Balance of Good Health. Make changes gradually.

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- Offer a variety of foods.

Menus are planned using foods in 'The Balance of Good Health' which are, Fruit and Vegetables, Bread, other cereals and potatoes, Meat, fish and alternatives, Foods containing fat and sugar and Milk and Dairy foods

Secondary Schools

Two options must be available from the first four food groups and:-

- a fruit and a vegetable must be available every day
- where a food from the starch group is cooked in fat or oil, an alternative starchy food not cooked in this way must also be available
- red meat must be served at least three times a week and fish at least twice a week.
-

National Nutritional Standards apply to:

- All lunches provided for students during term time, whether they are free or lunches which students pay for. Students entitled to free lunch cannot spend their entitlement on other school food such as breakfast or break-time snacks.
- Hot and cold food, including packed lunches provided by the school for students on school trips.
- Expects that drinking water should be available to all pupils every day, free of charge

Although these are not in the Regulations, the Secretary of State:

- Strongly recommends that schools should offer some hot food, particularly in the Winter months. A school lunch does not have to be a hot meal. However, a hot meal can be a useful morale-booster during the colder months. Parents often prefer to buy a hot meal for their children and see it as offering added value;
- Strongly recommends that drinking milk is available as an option every day.

Key points to bear in mind:

- Reflect the likes and dislikes of students.
- Work with the school. For example, with food technology teachers to reinforce healthy eating messages at lunchtime and in the classroom.
- Encourage all students to have a balanced diet.
- Aim to offer a selection of food, which over the week reflects the proportions in the Balance of Good Health. Make changes gradually.
- Offer a variety of foods.

Special Schools

Special schools will be able to comply with either primary or secondary school standards. This is because of the difficulty of applying either the primary or secondary standards to all age maintained special schools, and also because

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some small secondary special schools may have difficulty in offering the choice required under the secondary regulations. The SFT is currently considering standards for special schools, which will ultimately form part of the Lambeth Food and Health policy in addition to the standards set out at 3.11 of the specification.

Children’s Centres

Children’s Centres are not included within the Government Nutritional Standards for school meals. However it is recognised that the eating patterns established during the first few years influence health during childhood and adulthood. Encouraging good nutrition during the early years of life is therefore essential.

By reference to “Nutrition Matters for the Early Years” a varied and balanced diet to meet the needs of children under 5 is in general although not exclusively, to be provided. annex c Nutrition for the Early years can be accessed via the following link:

<http://www.healthpromotionagency.org.uk/Resources/nutrition/pdfs/nutmatters2006.pdf>

Monitoring Nutritional Standards

The ultimate responsibility for ensuring that national nutritional standards are met rest with the Local Authority, if they have delegated the budget for school meals, with the school governing body.

The Nutritional Standard for School Meals summary provides figures for the recommended nutrient content of an average school meal provided for children over a one week period. As the guidelines are to be used for planning food supplied, steps should be taken in all stages of food production, transport, storage and service to minimise the loss of nutrients. Positive action should also be taken to promote healthier options and combinations of foods through careful marketing.

In principle the aim of the nutritional standards is to provide a diet which contains more complex carbohydrates, less fat and specifically less saturated fat, reduced sugar and salt and with increased quantities of natural fibre. Menus should demonstrate an emphasis on freshly cooked dishes with the daily use of fresh fruit and vegetables.

The child should derive not less than 30% of the Recommended Daily Allowance of energy from a school meal.

Menus are to be analysed, evidenced and monitored on an on-going basis to ensure that they meet the Governments Nutrient Based Standards.

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

Fruit and vegetables – these include fruit and vegetables in all forms (whether fresh, frozen, canned, dried or in the form of juice).	Not less than two portions per day per child, at least one of which should be salad or vegetables and at least one should be fresh fruit, fruit tinned in juice or fruit salad (fresh or tinned in juice).
Oily fish	Oily fish shall be available at least once every three Weeks
Manufactured meat Products.	Manufactured meat products may be served occasionally as part of school lunches, provided that they: i) meet the legal minimum meat content levels set out in the Meat products (England) Regulations 2003. Products not specifically covered by these legal minima must meet the same minimum meat content levels prescribed for burgers; ii) are not “economy burgers” as described in the Meat Products (England) Regulations 2003; and iii) contain none of the following list of offal, except that mammalian large or small intestine may be used as a sausage skin (including chipolatas, frankfurters, salami, links, and similar products): Brains, lungs, rectum stomach, feet, oesophagus, spinal core, testicles, large intestine, small intestine, spleen, udder.
Bread	Bread should be available on a daily basis.
Deep fried foods	Meals should not contain more than two deep-fried items in a single week. This includes products which are deep fried in the manufacturing process.
Milk and dairy foods – includes milk, cheese, yoghurt (including frozen and drinking yoghurt), fromage frais and custard	A food from this group should be available n a daily basis.
Drinks	The only drinks available should be: 1. plain water (still or fizzy) 2. milk (skimmed or semi skimmed)

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	<ol style="list-style-type: none">3. pure fruit juices4. yoghurt or milk drinks (with less than 5% added sugar)5. drinks made from combinations of those in bullet points 1 – 4 of this list (e.g. smoothies)6. low calorie hot chocolate7. tea and coffee <p>NB – Artificial sweeteners could be used only in yoghurt and milk drinks; or combinations containing yoghurt or milk</p>
Water	There should be easy access at all times to free, fresh Drinking water.
Salt and condiments	Table salt should not be made available. if made available, condiments should be available only in sachets.
Confectionery and savoury snacks	<p>Confectionery, chocolate and chocolate-coated products (excluding cocoa powder used in chocolate cakes, or low calorie hot drinking chocolate) shall not be available throughout the lunch time.</p> <p>The only savoury snacks available should be nuts and seeds with no added salt or sugar.</p>

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Summary of the Nutritional Standard for Lambeth School Meals

Energy	30% of the Estimated Average Requirement
Fat	Not more than 35% of food energy
Saturated Fatty Acids	Not more than 11% of food energy
Carbohydrate	Not less than 50% of food energy
Non-Starch Polysaccharides Value (Fibre)	Not less than 30% of the Calculated Reference Value
Non-Milk extrinsic sugars	Not more than 11% of food energy
Protein Intake	Not less than 30% of the Reference Nutrient Intake
Iron	Not less than 40% of the Reference Nutrient Intake
Calcium	Not less than 40% of the Reference Nutrient Intake
Added Sugars than 25g	Not more than 10% of total energy ie. no more per meal
Vitamin A (retinol equivalent)	Not less than 40% of the Reference Nutrient Intake
Folate/folic Intake	Not less than 40% of the Reference Nutrient Intake
Vitamin C	Not less than 40% of the Reference Nutrient Intake
Vitamin D	Encourage the use of foods containing Vitamin D
Sodium	Not more than 30% of the SACN2 recommendation

EAR = Estimated Average Requirement – the average amount of energy or nutrients needed by a group of people. Half the population will have needs greater than this, and half will be below this amount.

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RNI = Reference Nutrient Intake – the amount of a nutrient which is enough to meet the dietary requirement of about 97% of a group of people.

SACN = Scientific Advisory Committee on Nutrition. For details of figures for the dietary references values and derived amounts for nutrients for children and young people see Crawley (2005), with the exception that the derived reference value for fibre for boys aged 15-18 years should be capped at 18g.

1

Nutrient values except for sodium, are based on: Department of Health (1991) Dietary Reference Values for Food Energy and Nutrients for the United Kingdom. London: HMSO

2

Scientific Advisory Committee on Nutrition (2003) Salt and Health. London: The Stationery Office

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RECOMMENDED STANDARDS FOR EARLY YEARS

Food group: Bread, other cereals and potatoes

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What's included	Recommended servings
<p>This group includes:</p> <ul style="list-style-type: none">• all types of bread, eg wholemeal, wheaten, granary, multigrain, white, brown, soda bread, potato bread, rolls, baps, chapattis;• crispbreads, savoury crackers, crumpets, pancakes;• breakfast cereals without added sugar, honey or chocolate, eg Weetabix, Ready Brek, porridge oats, Corn Flakes, Rice Krispies;• boiled, mashed or baked potatoes (chips should be limited to once a week);• pasta, noodles and rice.	<p>Offer a minimum of one portion per child with each meal. Examples of one portion are:</p> <ul style="list-style-type: none">• 1 slice of bread;• 1 small potato;• 8 oven chips;• 3 tbsp cooked pasta or 2 heaped tbsp cooked rice;• 2 tbsp breakfast cereal. <p>Portion sizes should be increased according to appetite.</p>
Key nutrients	
<p>The main nutrients provided are:</p> <ul style="list-style-type: none">• energy (calories);• B vitamins (needed for growth and activity);• fibre (needed for healthy bowels). <p>Some breakfast cereals are fortified with iron (needed for healthy blood).</p>	
Notes	
<p>These foods should also be offered as snacks.</p>	

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Food group: Fruit and vegetables

What's included	Recommended servings
<p>This group includes:</p> <ul style="list-style-type: none">• all types of fresh, frozen and canned vegetables, eg broccoli*, Brussels sprouts*, cabbage*, carrots, cauliflower*, mushrooms, parsnips, frozen peas*, peppers*, swede, sweetcorn, turnip;• all types of salad vegetables, eg lettuce, cucumber, tomato*;• all types of fresh fruit, eg apples, bananas, grapes, kiwi fruit*, oranges*;• all types of tinned fruit in juice, eg peaches, pears, pineapple, prunes;• stewed fruit;• dried fruit. <p>* All these are good sources of vitamin C.</p>	<p>Five child-sized portions should be offered each day.</p> <p>Examples of one child-sized portion are:</p> <ul style="list-style-type: none">• 1/2 apple, 1/2 pear, 1/2 banana or 1/2 orange;• 1 tbsp fruit salad, tinned or stewed fruit;• 1/2 cup of strawberries or grapes;• 1 tbsp cooked vegetables;• 1 tbsp chopped or raw salad vegetables.
Key nutrients	
<p>The main nutrients provided are:</p> <ul style="list-style-type: none">• vitamins, especially vitamin C (needed for general good health and to help absorb iron);• fibre;• iron (from dark green vegetables).	
Notes	
<ul style="list-style-type: none">• Fruits and vegetables make good snacks and are ideal as finger foods. Dried fruit, such as raisins or dates, can be included in main meals but is not recommended as a snack because it is a concentrated source of sugar, which may cause tooth decay.• Frozen vegetables are high in vitamins.• Vegetables can be added to soups, casseroles and stews.• Do not overcook fruit and vegetables, as this will reduce the vitamin content.	

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Food group: Milk and milk products

What's included	Recommended servings
<p>This group includes:</p> <ul style="list-style-type: none">• milk;• cheese;• yogurt.	<p>Each day allow 350-600ml (1/2-1 pint) of milk from one year of age onwards</p> <p>OR</p> <p>2-3 servings of foods from this group should be provided, for example:</p> <ul style="list-style-type: none">• 25g (1oz) of hard cheese;• 125g carton of yogurt - avoid "diet" varieties;• a bowl of milk pudding. <p>Each of these provides equivalent amounts of calcium.</p>
Key nutrients	
<p>The main nutrients provided are:</p> <ul style="list-style-type: none">• calcium (needed to build strong bones and for nerve and muscle function);• protein (for growth);• fat (for calories);• vitamin A (needed for growth, a healthy respiratory and digestive tract and maintenance of skin);• vitamin D (needed to help absorb calcium and to build strong bones).	
Notes	
<ul style="list-style-type: none">• If a child is eating a varied diet, semi-skimmed milk may be given from two years. Skimmed milk should not be given to children under five years.• Milk can be used in drinks, on breakfast cereals, in milk puddings or sauces.• Cheese can be added to jacket potatoes, spaghetti or toast. Grated cheese, cottage cheese, cheese portions or spreads can be used as sandwich fillers or on toast.• The length of time the child is cared for will determine how much of the recommendation is met.	