



NEW SCHOOL FOOD RULES

As part of the government's 10 Year Health Plan for England, changes to the School Food Standards (SFS) are imminent. The Government consultation closed on 12 June 2026, with the updated standards expected in September 2026. While the final standards have not yet been confirmed, here is what schools can expect based on the proposed changes*

MENU-WIDE BANS

Foods and drinks proposed to be removed from school menus altogether:

- Deep fried foods
- Fruit juice and combination juice drinks
- Foods containing non-sugar sweeteners

BREAKFAST SPECIFIC BANS

Proposed items that would no longer be permitted as part of your breakfast offering:

- Process meats e.g. sausages, bacon, ham
- Fried bread & potato products
- Pastries & croissants
- Chocolate spread, honey & syrups

RESTRICTIONS

Foods that could still be served but with tighter limits on frequency or portion size:

- Process meats (for lunch) e.g. sausages, bacon, ham
- Vegetarian & plant-based meat alternatives
- Cheese as the main protein option
- Desserts and sweet baked goods
- Batter-coated products
- Condiments and spreads
- Sugar added during preparation
- Sugary yoghurts or snacks

MUST INCREASE/INTRODUCE

Foods and drinks that schools will be expected to provide or include more of:

- More vegetables
 - A portion of vegetables or salad with every main meal
- More fruit
 - Serve fruit with every dessert (or include within the dessert)
 - Provide fruit-only dessert days in primary schools
 - Make fruit available at breakfast
- More fibre
 - Using higher-fibre breads
 - Moving to at least 50% wholewheat/brown rice & pasta
 - Increasing fruit, vegetables and pulses
 - Encouraging wholegrains across menus
- More pulses
 - At least one portion of pulses (excluding baked beans) with or within menu options on one day each week
 - Pulses recognised as an acceptable protein alongside meat or poultry
- Breakfast standards
 - Lower-sugar cereals & porridge
 - High fibre bread
 - Fruit, vegetables & pulses
 - Baked beans
 - Eggs (not fried)
 - Milk & fortified plant drinks
- Fresh, free drinking water at all times throughout the day



*The information on this flyer was taken from gov.uk website.
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