

SCHOOL FOOD STANDARDS: KEY CHANGES

Deep Frying

No deep frying allowed, and chips must be baked.

Desserts

Max once per week (Primary) or twice per week (Secondary) and must include fruit.

Wholewheat Pasta

Pasta dish min once per week containing 50% or more wholewheat pasta.

Fruit & Veg

All dishes must contain at least one portion of fruit or vegetables.

Sugar & Fat

No pastries or eggs cooked in oil. Cereal sugar content is restricted.

Condiments

Reduced salt and sugar limited to 10g per portion. Chocolate spread is banned.

Processed Meat

Restrictions on processed sausages, chicken nuggets and ham.

Fibre

High fibre bread (min 4g of fibre per 100g) made with a min of 0% wholemeal flour.

Cheese

Limitations on using cheese as a main ingredient in main meals.

Drinks

Water and permitted plant drinks. Restrictions on fruit juice.

REFERENCES*

[The School Food People: School Food Standards Update Webinar](#)

An update on the recently announced School Foods Standards.

[School Food Standards: Practical Guide](#)

Which types of food should be served at school and how often.

*The information on this flyer was taken from these references. For full information on guidelines and guidance visit the gov.uk website.

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