

# Nutritional Guidelines



FEEDING THE FUTURE

# Introduction

The Food Standards Agency and the National Governors Association have produced guidance on food policy in schools. The new nutritional standards for school food are being phased into state schools by September 2009. Whilst this currently only applies to state schools, we recognise our responsibilities to keep within these guidelines and as such we have created our own operating procedures and policies to follow in line with what we believe to be 'best practice'.

The ultimate goal is to help children enjoy balanced meals containing good sources of protein and starch, accompanied by lots of vegetables, salad and fruit.

These standards mean that the less healthy food choices, high in fat, salt and sugar are replaced by more nutritious options. They should have a positive impact on children's health and help encourage them to eat more nutritious food.

The following guidelines apply to all Holroyd Howe Independent's business and work in conjunction with any specific principles that may apply from school to school.

**we want the children that we serve**

**to eat well in our dining rooms**

**and perform well in their classrooms**

# At a Glance

These healthier products should be on your menus...

<b>Fruit and vegetables</b>	Not less than two servings of fresh vegetables per day per child must be provided. Fresh fruit should be available at each service.
<b>Oily fish</b>	Oily fish such as mackerel or salmon must be provided at least once every three weeks.
<b>Bread</b>	A type of bread with no added fat or oil must be provided every day.
<b>Drinking water</b>	Free, fresh drinking water must be provided.

These foods are restricted...

<b>Confectionery and snacks</b>	These must be limited and healthier options made available.
<b>Deep fried food</b>	No more than two deep fried foods should feature in a single week.
<b>Salt and condiments</b>	Salt must not be provided at lunch tables or at service counters. Condiments should only be available in sachets or individual portions of not more than 10g or 1 teaspoonful.

# Fruit and Vegetables

Fruit and vegetables are a good source of essential nutrients and have lots of important health benefits and can displace food that are high in fat or sugar.

National surveys show that children's intake of fruit and vegetables are currently less than half the recommended minimum daily amount of five portions a day.

All vegetables should be fresh and seasonal with only a few exceptions. At least two vegetable dishes are to be available at each service. These should be steamed wherever possible to retain vitamins and minerals. Use pulses and beans, although whilst baked beans are popular, it is important not to serve them daily.

A selection of fresh fruit should be available at every mealtime. Fruit based desserts such as fruit crumble, apple pie, fruit sponge, apple cobbler and fresh fruit jellies, yoghurts and custards should be made available at least twice per week. Include fresh fruit as well as raw vegetables in salad bars.

## Suggested portion sizes

	Primary Schools	Secondary Schools
Cooked vegetables	1-2 tablespoons	2-3 tablespoons
Salad vegetables	½ dessert bowl	1 dessert bowl
Fresh fruit	½ - 1 fruit	1 fruit
Fruit salad, fruit tinned in juice	1-2 tablespoons	2-3 tablespoons
Fruit juice	150ml	200ml
Dried fruit	½ - 1 tablespoon	1 tablespoon

# Meat, Fish, Other Non Dairy Proteins

These ensure adequate protein supplies and encourage children to eat more fish containing omega-3 fatty acids which help maintain a healthy heart.

A food from this group must be provided on a daily basis. Fish must be provided at least once per week in primary schools and twice per week in secondary schools. Of that fish, oily fish must be provided at least once every three weeks. Offer small taster portions to introduce pupils to fish dishes they may not have tried before. Research shows small tasters are a good way of helping children to accept 'new' or 'unfamiliar' food.

Ensure that red meat is provided at least twice a week in primary schools and three times a week in secondary schools.

## What This Food Group Includes

fresh • frozen • canned meat • poultry • fish • ham • bacon • eggs • dried pulses • beans • soya products • lentils • kidney beans • chick peas • lima beans

## Red Meat

Beef • lamb • pork • pork products such as ham and bacon

Offer a variety of red meats, with an emphasis on dishes made from raw ingredients rather than using bought-in and pre-prepared products. Use lean cuts, trim meat carefully, bake rather than fry and skim fat from casseroles and stews.

## Fish

Cod • haddock • plaice • coley • halibut • hake

The definition of an oily fish is one containing omega-3 fatty acids. This includes fresh, canned or frozen salmon, sardines, pilchards, mackerel, herring and fresh or frozen tuna. **NB** Tuna only counts as an oily fish when it is fresh or frozen because the omega-3 fatty acids are removed during the canning process. Tinned tuna or white fish with added omega-3 fatty acids do not meet the requirement.

Also, remember to select fish from sustainable sources.

# Starchy Food

Starchy foods help reduce the amount of fat children eat. Eating non fatty starchy foods is a key part of a healthy diet and will help to control calorie intake as fat is a very concentrated source of calories.

## What This Food Group Includes

bread • pasta • rice • couscous • noodles • potatoes • yams • millet • cornmeal • other cereals.

Starchy food cooked in fat or oil must not be provided more than three times in a single week. On any day that a starchy food cooked in fat or oil is provided, a starchy food not cooked in fat or oil must also be provided.

Try to promote wholegrain varieties of pasta, rice and bread.

## Examples of Starchy Food Cooked in Fat or Oil

sauté and roast potatoes • fried rice • chapattis made with fat

Use clean oil that is high in unsaturated fats such as sunflower, rape, soya, olive or a mixed vegetable oil.

## Examples of Starchy Food Not Cooked in Fat or Oil

boiled plain rice • pasta • noodles • couscous • sweet potatoes • mashed potato • jacket potatoes

## Bread

A selection of plain breads to include wholemeal, should be available as an accompaniment to a main meal on a daily basis.

Wherever possible, bread should be freshly baked on site. All types of bread are acceptable as long as they have no added fat or oil.

Keep the use of salt to a minimum at all times.

# Drinking Water and Healthier Drinks

## Drinking Water

Water promotes hydration and has no calories.

Easy access to free chilled drinking water must be available to children at all meal times. Signpost water stations in the dining room.

## Healthier Drinks

Drinks that provide other nutrients such as milk, yoghurt or dairy equivalent drinks that address calcium requirements and fruit or vegetable juices that provide vitamin C and other important nutrients such as carotenoids.

Try to make milk available as an option every day.

### Examples of Healthier Drinks

water (still or carbonated) • pure fruit juice • vegetable juice • milk (semi-skimmed or skimmed) • yoghurt based drinks • smoothies

### Good Practice

Provide drinks that are unsweetened, unfortified and additive free.

Where possible, we encourage schools to provide drinks which do not contain preservatives, flavourings, colourings and sweeteners.

# Milk and Dairy Food

Milk and dairy foods help maintain good intakes of calcium, protein and riboflavin.

Dairy food must be available at mealtimes every day.

Try not to serve cheese more than once a week as the only vegetarian option.

Limit the serving of full fat fresh cream with desserts and puddings and replace with crème fraiche, low fat yoghurts or fresh fruit coulis and syrups as an alternative.

## What This Group Includes

Milk • cheese • yoghurt • fromage frais • custard

Not butter and cream.

# Confectionery and Snacks

Confectionery products are all high in sugar and some are also high in fat and do not make a valuable contribution to a child's nutrient intake. Confectionery products contribute to tooth decay.

Where possible, limit the amount of confectionery and crisps available to children and replace with the following (homemade where possible):

- Popcorn bags
- Dried fruit bags
- Traybakes such as fruity flapjacks, low fat brownies
- Cakes such as carrot cake, banana loaf, malt loaf, beetroot cake
- Fruit muffins
- Apple and other fruit shortbreads
- Cookies and biscuits (offered in moderation)

# Deep Fried Food

These need to be cut down in order to reduce the amount of fat that children eat. This will help to control calorie intake as fat is a very concentrated source of calories.

Deep fried foods should not be served more than twice per week.

## What Counts As Deep Fried Food?

Any food that is deep fried or flash fried either in the kitchen or in the manufacturing process. This includes:

pre-prepared coated, battered and breaded products such as chicken nuggets • battered fish • fish fingers • samosas • potato shapes • spring rolls • battered onion rings • doughnuts • chips (including oven chips) • potato waffles

## Good Practice

Prepare as much food as possible from fresh and avoid deep frying.

When frying, always use clean oil at the right temperature.

Use oil that is high in unsaturated fats like sunflower oil, rape, soya or a mixed vegetable oil.

Ensure that excess fat is well drained off products prior to serving.

# Salt and Condiments

Most condiments are highly salted and children often consume more salt than they need. This is also the case with many bought in food products as they act as a preservative. High salt intake increases the risk of high blood pressure, which can lead to heart disease.

Salt must not be available on the counters or on the tables. Children do not need extra salt in the dining room because the food that is served to them will already contain enough salt.

Condiments may only be provided in sachets or in individual portions of not more than 10 grams or one teaspoonful.

## What Do Condiments Include?

tomato ketchup • brown sauce • salad cream • mayonnaise • French dressing • mustard • pickles • relishes

## Good Practice

Only serve condiments on request.

Reduce the amount of salt used in cooking.

Add herbs and spices to dishes to enhance flavour and cut down on the need for extra salt and condiments.

# Packed Lunches and Match Teas

These foods represent a significant feature at all our schools.

Where match teas are served for sporting events, it is important to consider the children's requirement to eat the right type of food associated with each occasion. For example pastas, rice and jacket potatoes with fillings being high in carbohydrates, would be ideal for winter months and matches such as football, rugby and athletics.

Fresh fruit and fruit juices providing vitamin C are ideal for packed lunches or picnics.

To move away from the traditional sandwich, crisps/chocolate, juice and fruit offer, we suggest replacing some of these items with the following:

- Homemade cookies and cup cakes
- Homemade muffins to include savoury muffins such as cheese and chive
- Homemade yoghurt, custard and fruit dessert pots
- Mini bags of popcorn, dried fruit, twiglets, rice cakes and corn chips
- Tray bakes such as flapjacks, brownies etc
- Savoury tartlets or mini quiches
- Salad meals in the summer to replace sandwiches
- Vegetable crudité and snack dipping pots
- Smoothies and milkshakes