

Checklist to evaluate food provision against food-based standards for lunches, from January 2015

Food group	Are the following food-based standards for school lunches met?	Standard met (Yes/No)		
		Week 1	Week 2	Week 3
Starchy food	One or more portions of food from this group every day	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Three or more different starchy foods each week	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	One or more wholegrain varieties of starchy food each week	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Starchy food cooked in fat or oil no more than two days each week, <i>across the school day</i>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Bread with no added fat or oil must be available every day	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Fruit and vegetables	One or more portions of vegetable or salad as an accompaniment every day	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	One or more portions of fruit every day	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	A dessert containing at least 50% fruit, two or more times each week	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	At least three different fruits and three different vegetables each week	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Meat, fish, eggs, beans and other non-dairy sources of protein	A portion of food from this group every day	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	A portion of meat or poultry on three or more days each week	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Oily fish once or more every three weeks	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
	For vegetarians, a portion of non-dairy protein on three or more days each week	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	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, <i>across the school day</i>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Milk and dairy	A portion of food from this group every day	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Lower fat milk and lactose reduced milk must be available for drinking at least once a day <i>during school hours</i>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

Food group	Are the following food-based standards for school lunches met?	Standard met (Yes/No)		
		Week 1	Week 2	Week 3
Foods high in fat, sugar and salt	No more than two portions of food that have been deep-fried, batter-coated, breadcrumb-coated, each week, <i>across the school day</i>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	No more than two portions of food which include pastry, each week, <i>across the school day</i>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat <i>across the school day</i>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	No confectionery, chocolate and chocolate-coated products, <i>across the school day</i>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Desserts, cakes and biscuits are allowed at lunchtime. They must not contain any confectionery	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Salt must not be available to add to food after it has been cooked	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
	Condiments must be limited to sachets or portions of no more than 10 grams or one teaspoonful	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Healthier drinks	<p>Free, fresh drinking water at all times</p> <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 (such as yoghurt) drinks ▪ combinations of fruit 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 low-fat 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 or minerals, and no more than 150ml of fruit or vegetable juice. Fruit or vegetable juice combination drinks must be at least 45% fruit or vegetable juice.</p>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>