

## 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 type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Three or more different starchy foods each week	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	One or more wholegrain varieties of starchy food each week	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Starchy food cooked in fat or oil no more than two days each week, <i>across the school day</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Bread with no added fat or oil must be available every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Fruit and vegetables	One or more portions of vegetable or salad as an accompaniment every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	One or more portions of fruit every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	A dessert containing at least 50% fruit, two or more times each week	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	At least three different fruits and three different vegetables each week	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Meat, fish, eggs, beans and other non-dairy sources of protein	A portion of food from this group every day	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	A portion of meat or poultry on three or more days each week	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Oily fish once or more every three weeks	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	For vegetarians, a portion of non-dairy protein on three or more days each week	<input type="checkbox"/>	<input type="checkbox"/>	<input 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 type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Milk and dairy	A portion of food from this group every day	<input type="checkbox"/>	<input type="checkbox"/>	<input 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 type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Food group	Are the following food-based standards for school lunches met?	Standard met (Yes/No)		
		Week 1	Week 2	Week 3
<b>Foods high in fat, sugar and salt</b>	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 type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	No more than two portions of food which include pastry, each week, <i>across the school day</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat <i>across the school day</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Savoury crackers or breadsticks can be served at lunch with fruit or vegetables or dairy food	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	No confectionery, chocolate and chocolate-coated products, <i>across the school day</i>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Desserts, cakes and biscuits are allowed at lunchtime. They must not contain any confectionery	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Salt must not be available to add to food after it has been cooked	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Condiments must be limited to sachets or portions of no more than 10 grams or one teaspoonful	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<b>Healthier drinks</b>	<p>Free, fresh drinking water at all times</p> <p>The only drinks permitted are:</p> <ul style="list-style-type: none"> <li>▪ plain water (still or carbonated)</li> <li>▪ lower fat milk or lactose-reduced milk</li> <li>▪ fruit or vegetable juice (max 150mls)</li> <li>▪ plain soya, rice or oat drinks enriched with calcium; plain fermented milk (such as yoghurt) drinks</li> <li>▪ no added sugar combinations of fruit or vegetable juice with plain water (still or carbonated)</li> <li>▪ 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</li> <li>▪ tea, coffee, hot chocolate.</li> </ul> <p>Combination drinks are limited to a portion size of 330mls. They may contain added vitamins or minerals, but no more than 5% added sugars or honey or 150ml of fruit or vegetable juice. Fruit or vegetable juice combination drinks must be at least 45% fruit or vegetable juice</p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>