SCHOOL FOOD RECOMMENDATIONS & GUIDANCE

The John Of Gaunt Academy
May 2015
Recommendations to be reviewed 2018

OVERALL AIM OF THE RECOMMENDATIONS & GUIDANCE:

To give guidelines only. To help promote the health and well being of our pupils, staff and visitors by helping them make healthy food choices

NATIONAL GUIDANCE – HOT MEALS

Our hot main meal has adopted advice and information from the Childrens Food Trust. Updated January 2015.
Summary of key points include

- Three or more different starchy foods each week including a whole grain variety.
- Starchy food cooked in fat or oil on no more than two days a week
- No more than two portions of deep fried, batter or breadcrumb coated food each week
- One or more portions of vegetable or salad as an accompaniment every day
- A variety of fresh fruit available every day
- A portion of meat or poultry on three or more days of each work
- Oily fish once or more every three weeks
- Salt must not be available to add to food after it has been cooked

NATIONAL GUIDANCE - PACKED LUNCHES

Packed lunches should include:

- At least one portion of fruit and one portion of vegetables every day.
- Meat, fish or other source of non-dairy protein (e.g. lentils, kidney beans, chickpeas, houmous, peanut butter and falafel) every day.
- Oily fish, such as salmon, at least once every three weeks.
- A starchy food such as any type of bread, pasta, rice, couscous, noodles, potatoes or other type of cereals every day.
- Dairy food such as milk, cheese, yoghurt, fromage frais or custard every day.
- Only water, still or sparkling, fruit juice, semi-skimmed or skimmed milk, yoghurt or milk drinks and smoothies. Packed lunches should not include:
- Snacks such as crisps. (Instead, include nuts, seeds, vegetables and fruit - with no added salt, sugar or fat - savoury crackers or breadsticks served with fruit, vegetables or dairy food.
- Confectionery such as chocolate bars, chocolate-coated biscuits and sweets. (Cakes and biscuits are allowed but encourage your child to eat these only as part of a balanced meal.)
- Meat products such as sausage rolls, individual pies, corned meat and sausages . (Chipolatas should be included only occasionally.

WATER:

The school will encourage pupils to drink at frequent intervals throughout the day. Pupils will be allowed bottles on desks (unless health & safety rules forbid it). Pupils have access to fresh water fountains at lesson changeover.

OTHER DRINKS

Drinks sold in the canteen are school compliant

The only drinks available should be:

- plain water (still or sparkling);
- milk (semi-skimmed is the preferred choice in schools);
- unsweetened fruit or vegetable juices;
- yogurt or milk drinks (with less than 5% added sugar);
- drinks made from combinations of the above (eg smoothies);
- tea, coffee and low calorie hot chocolate*

We recommend that fizzy or energy drinks are **not** brought into school