

## Checklist for school food other than lunch

NAME OF SCHOOL/CATERER: <i>Breakfast Club Slanningley Primary</i>		YES/NO			
BREAKFAST (B) <input checked="" type="checkbox"/>					
TUCK SHOP/MID-MORNING BREAK PROVISION (M)					
AFTER SCHOOL CLUB (A)					
VENDING MACHINE (V)					
Food group	Food-based standards for school food other than lunch	Standard met (Y/N)			
		B	M	A	V
STARCHY FOOD	Starchy food cooked in fat or oil no more than two days each week ( <i>applies across the whole school day</i> )	N/A			
FRUIT AND VEGETABLES	Fruit and/or vegetables available in all school food outlets	✓	✓		
MEAT, FISH, EGGS, BEANS AND OTHER NON-DAIRY SOURCES OF PROTEIN	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>applies across the whole school day</i> )	N/A			
MILK AND DAIRY	Lower fat milk and lactose reduced milk must be available for drinking at least once a day during school hours	✓			
FOODS HIGH IN FAT, SUGAR AND SALT	No more than two portions of food that has been deep-fried, batter-coated, breadcrumb-coated, each week ( <i>applies across the whole school day</i> )	N/A			
	No more than two portions of food which include pastry each week ( <i>applies across the whole school day</i> )	N/A			
	No snacks, except nuts, seeds, vegetables and fruit with no added salt, sugar or fat ( <i>applies across the whole school day</i> )	N/A			
	No savoury crackers or breadsticks	N/A			
	No confectionery, chocolate and chocolate-coated products ( <i>applies to food served across the whole school day</i> )	N/A			
	No cakes, biscuits, pastries or desserts (except yoghurt or fruit-based desserts containing at least 50% fruit)	N/A			
	Salt must not be available to add to food after it has been cooked	N/A			
	Any condiments limited to sachets or portions of no more than 10 grams or one teaspoonful.	✓			
HEALTHIER DRINKS <i>applies across the whole school day</i>	Free, fresh drinking water at all times	✓			
	<p><b>The only drinks permitted are:</b></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 (e.g. yoghurt) drinks</li> <li>• Unsweetened combinations of fruit or vegetable juice with plain water (still or carbonated)</li> <li>• Combinations of fruit juice and lower fat milk or plain 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 150mls fruit juice. Fruit juice combination drinks must be at least 45% fruit juice</p>	✓			

*C White Breakfast Club*

**It is expected that schools will use these checklists in combination with the nutrition criteria of the Government Buying Standards for Food and Catering Services.**