

6. Appendix

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Updated list and definition of drinks permitted in schools in England

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Dietary Reference Values (DRV) for the nutrients specified in the nutrient-based standards

Scientific Advisory Committee on Nutrition (SACN) recommendations















Key to symbols

-  food or food groups that must be provided
-  food or food groups where the frequency or amount provided is restricted
-  food or food groups that are no longer allowed







Appendix 1

Final food-based standards

These are the final food-based standards which will also need to be met when the nutrient-based standards are adopted.

Food/food groups		Final food-based standards for school lunches from 2008 (primary) and 2009 (secondary)	Food-based standards for school food other than lunches from 2007
 Fruit and vegetables		Not less than two portions per day per pupil must be provided; at least one should be vegetables or salad and at least one should be fruit	Fruit and/or vegetables must be available in all school food outlets
 Oily fish		Oily fish such as mackerel or salmon must be provided at least once every three weeks	No standard
 Meat products		A meat product (manufactured or homemade) from each of the four groups below may be provided no more than once per fortnight across the school day, providing the meat product also meets the standards for minimum meat content and does not contain any prohibited offal*: Group 1: Burger, hamburger, chopped meat, corned meat; Group 2: Sausage, sausage meat, link, chipolata, luncheon meat; Group 3: Individual meat pie, meat pudding, Melton Mowbray pie, game pie, Scottish (or Scotch) pie, pasty or pastie, bridie, sausage roll; Group 4: Any other shaped or coated meat product	
 Starchy food cooked in fat or oil		Starchy food cooked in fat or oil should not be provided more than three times a week across the school day	
 Bread		Bread with no added fat or oil must be provided on a daily basis	No standard
 Deep-fried food – restricted		No more than two deep-fried food items, such as chips and batter-coated products, in a single week across the school day	
 Salt and condiments – restricted		No salt shall be available to add to food after the cooking process is complete. Salt shall not be provided at tables or service counters	
		Condiments, such as ketchup and mayonnaise, may only be available in sachets or in individual portions of not more than 10g or 1 teaspoonful	

* Meat Products (England) Regulations 2003 www.opsi.gov.uk/si/si2003/20032075.htm

Food/food groups	Final food-based standards for school lunches from 2008 (primary) and 2009 (secondary)	Food-based standards for school food other than lunches from 2007
 Snacks – restricted 	<p>● Snacks such as crisps must not be provided. Nuts,** seeds, vegetables and fruit with no added salt, sugar or fat are allowed. Dried fruit may contain up to 0.5% vegetable oil as a glazing agent</p> <p>● Savoury crackers and breadsticks can only be served with fruit, vegetables or dairy food as part of school lunch</p>	<p>Savoury crackers and breadsticks must not be provided</p>
 No Confectionery	<p>● Confectionery such as chocolate bars, chocolate-coated biscuits and sweets must not be provided</p>	
 Cakes and biscuits restricted	<p>● Cakes and biscuits are allowed at lunchtime but must not contain any confectionery</p>	<p>Cakes and biscuits must not be provided</p>
 Drinking water	<p>● Free, fresh drinking water should be provided at all times</p>	
 Healthier drinks	<p>● The only drinks permitted during the school day are plain water (still or sparkling); low fat milk, or lactose-reduced milk; fruit juice; vegetable juice; plain soya, rice, or oat drinks enriched with calcium; plain fermented milk (e.g. yoghurt) drinks; combination drinks; flavoured low fat milk. Please see the drinks table in Appendix 2 for guidance on composition, ingredients, additives and flavourings Tea, coffee and hot chocolate containing less than 5% added sugars or honey are also permitted. Note: The School Food Trust strongly encourages schools to provide drinks that are unsweetened, unfortified and additive free, and is currently developing a voluntary Code of Practice to support this</p>	

** Be aware of nut allergies. Always refer back to the school and catering policies regarding nuts. Many schools are finding that cases of allergies from peanuts (as well as milk and eggs) are on the increase. The Anaphylaxis Campaign states that even the most extreme form of allergy – anaphylaxis – is manageable in schools and cross contamination can be significantly lowered by washing hands with soap after eating and handling nuts. We recommend you visit the www.allergyinschools.co.uk website for accurate, reliable information on managing allergies in schools.

Appendix 2

Updated list and definition of drinks permitted in schools in England
 Interpreting SI 2007 No. 2359 Education, England: The Education (Nutritional Standards and Requirements for School Food) (England) Regulations 2007

Plain drinks											
Drink category	Description	Volume	Preservatives	Antioxidants Added to prevent oxidation/ discolouration)	Stabilisers	Flavourings	Colourings	Others	Sugars or honey (Added for the purpose of sweetening)	Artificial sweeteners	Fortificants (Added minerals and vitamins for the purpose of fortification)
Water (still or carbonated)	Water (unsweetened unflavoured)	100% water	No	No	No	No	No	No	No	No	No
Low fat milk (or lactose reduced)	Milk with a fat content of not more than 1.8% ^{†††} (unsweetened unflavoured)	100% milk	No	No	No	No	No	No	No	No	No
Plain (unsweetened, unflavoured) soya, rice or oat drink	Plain (unsweetened, unflavoured) soya, rice or oat drink enriched with calcium	No regulation	No	No	No	No	No	No	No	No	Yes (Calcium)
Plain fermented milk drinks	Plain fermented milk e.g. yoghurt drink	100% yoghurt	No	No	No	No	No	No	No	No	No
Fruit juice or Vegetable juice	Fruit juice (unsweetened/ not fortified) ^{††} Fruit juice from concentrate (unsweetened/ not fortified) ^{††}	100% plain fermented milk drink	No	Yes as permitted in Schedule 7 SI 1995 No. 3187 The Miscellaneous Food Additives Regulations 1995 [†] detailed on page 6.5: All fruit juices: E300 ascorbic acid E330 citric acid; Pineapple juice: E296 malic acid Grape juice: E170 calcium carbonate and E336 potassium tartrates	Yes as permitted in Schedule 7 SI 1995 No. 3187 The Miscellaneous Food Additives Regulations 1995 [†] detailed on page 6.5: Passion Fruit juice Pineapple juice: E440 Pectins	No	No	Yes as permitted in Schedule 3 SI 1995 No. 3187 The Miscellaneous Food Additives Regulations 1995 [†] detailed on page 6.5: Pineapple Juice: E900 dimethyl- polysiloxane	No Note: As permitted in Schedule 3 paragraph 3 (a) 2003 SI No. 1564 The Fruit Juices and Fruit Nectars (England) Regulations 2003 ^{††} Sugar may be added for the purpose of regulating acidic taste, in an amount (expressed as dry matter) not exceeding 15g per litre of the juice in fruit juice, other than any prepared from grapes or pears.	No	No

Combination drinks											
Drink category	Description	Volume	Preservatives	Antioxidants Added to prevent oxidation/ discolouration)	Stabilisers	Flavourings	Colourings	Others	Sugars or honey (Added for the purpose of sweetening)	Artificial sweeteners	Fortificants (Added minerals and vitamins for the purpose of fortification)
Fruit or vegetable juice combined with water (still or carbonated)	Combination of fruit juice and water (still or carbonated)	≥50% fruit or vegetable juice	This type of combination drink is classified as a 'non-alcoholic flavoured drink' under EU law and is allowed to contain the additives and flavourings as specified by Council Directive 89/107/EEC and Council Directive 88/388/EEC.						No	Yes ^{††}	Yes
Fruit or vegetable juice and: milk (low fat or lactose reduced) or plain fermented milk drink e.g. yoghurt or plain soya, rice or oat drink	Combinations of fruit or vegetable juice and: milk (low fat or lactose reduced) or plain fermented milk drink e.g. yoghurt or plain soya, rice or oat-based drink with or without plain water (still or carbonated)	≥50% milk (low fat, or lactose reduced), plain fermented milk drink, or plain soya, rice or oat-based drink	This type of combination drink is classified as a 'non-alcoholic flavoured drink' under EU law and is allowed to contain the additives and flavourings as specified by Council Directive 89/107/EEC and Council Directive 88/388/EEC.						Yes <5% added sugar or honey to the milk component of the drink	Yes ^{††}	Yes
Cocoa and: milk (low fat or lactose reduced) or plain fermented milk drink e.g. yoghurt, or plain soya, rice or oat drink	Combinations of cocoa and: milk (low fat or lactose reduced) or plain fermented milk drink e.g. yoghurt or plain soya, rice or oat drink with or without plain water (still or carbonated)	≥50% milk (low fat or lactose reduced), plain fermented milk or plain soya, rice or oat drink	This type of combination drink is classified as a 'non-alcoholic flavoured drink' under EU law and is allowed to contain the additives and flavourings as specified by Council Directive 89/107/EEC and Council Directive 88/388/EEC.				No ^{†††} Yes ^{††}		Yes <5% added sugar or honey to the milk component of the drink	Yes ^{††}	Yes
Flavoured milk	Flavoured milk (low fat or lactose-reduced) containing not less than 90% milk by volume or plain soya, rice or oat drink	≥90% milk (low fat or lactose reduced) or plain soya, rice or oat drink	This type of combination drink is classified as a 'non-alcoholic flavoured drink' under EU law and is allowed to contain the additives and flavourings as specified by Council Directive 89/107/EEC and Council Directive 88/388/EEC.						Yes <5% added sugar or honey to the milk component of the drink	Yes ^{††}	Yes

[†] 1995 SI No. 3187 The Miscellaneous Food Additives Regulations 1995: 'as amended in relation to England by SI 1997/1413, SI 1999/1136, SI 2000/3323, SI 2001/60, SI 2001/2294, SI 2001/3442, SI 2001/3775, SI 2002/379, SI 2003/1008, SI 2003/1563, SI 2003/1564, SI 2003/1596, SI 2003/2243, SI 2003/3120, SI 2003/3295, SI 2004/2601 and SI 2005/1099

^{††} 2003 SI No. 1564 The Fruit Juices and Fruit Nectars (England) Regulations 2003 www.opsi.gov.uk/SI/si2003/20031564.htm

^{†††} The Statutory Instrument 1995 No. 3124 the Colours in Food Regulations 1995 Schedule 2

^{††††} SI 2008 No.1317 Food, England The Drinking Milk (England) Regulations 2008: www.opsi.gov.uk/si/si2008/ukSI_20081317_en_1

Appendix 3

Dietary Reference Values (DRVs) for the nutrients specified in the nutrient-based standards

Nutrient	DRV	4–6 years		7–10 years		11–14 years		15–18 years	
		M	F	M	F	M	F	M	F
Energy (kcal)	EAR	1715	1545	1970	1740	2220	1845	2755	2110
Carbohydrate (g)	Not less than 50% of food energy from carbohydrates								
Non-milk extrinsic (NME) sugars (g)	Not more than 11% food energy from NMEs								
Fat (g)	Not more than 35% food energy from fat								
Saturated fat (g)	Not more than 11% food energy from saturated fat								
Protein (g)	RNI	19.7	19.7	28.3	28.3	42.1	41.2	55.2	45.0
Fibre (g)*	CRV	13.7	12.4	15.8	14.0	17.8	14.8	180**	16.9
Vitamin A (µg)	RNI	400	400	500	500	600	600	700	600
Vitamin C (mg)	RNI	30	30	30	30	35	35	40	40
Folate (µg)	RNI	100	100	150	150	200	200	200	200
Calcium (mg)	RNI	450	450	550	550	1000	800	1000	800
Iron (mg)	RNI	6.1	6.1	8.7	8.7	11.3	14.8	11.3	14.8
Zinc (mg)	RNI	6.5	6.5	7.0	7.0	9.0	9.0	9.5	7.0

* Calculated Reference Value (CRV) has been calculated pragmatically as 8g per 1000 kcal (CWT, 2005).

** This has been capped at a maximum of 18g in line with recommendations for adults (SMRP, 2005)

Scientific Advisory Committee on Nutrition (SACN) recommendations

Nutrient	4–6 years	7–10 years	11 years and over
Salt (g)	3.0	5.0	6.0
Sodium (g)	1.2	2.0	2.4
Sodium (mg)	1200	2000	2400

To convert sodium to salt, multiply by 2.5.

To convert salt to sodium, divide by 2.5.

N.B. the nutrient-based standard for sodium was calculated using a more precise method based on the atomic weights of sodium and chloride, the components of salt.