

School Food Trust resources and support for the School Food Regulations

Guide to the nutrient-based standards for school lunches

This is available on the Trust's website:

www.schoolfoodtrust.org.uk/nutrientbasedstandards



This guide provides detailed advice on interpreting and implementing the final food-based and nutrient-based standards for school lunches which are now mandatory for all local authority maintained primary, secondary, special and boarding schools and pupil referral units in England.

Section 4 of the guide features case studies of primary and secondary schools that have successfully introduced compliant menus ahead of the mandatory deadlines.

Section 5 of the guide (the technical notes) includes more detailed information about how to calculate the nutrient content of an average school lunch, and includes guidance for middle schools and special schools catering for both primary and secondary aged pupils.

Compliant menus and associated recipes

Compliant menus and associated recipes are available to download from the Trust's website: www.schoolfoodtrust.org.uk/compliantmenus

Menus and recipes are available from 2 primary schools featured as case studies in the guide to the nutrient-based standards.

In addition, 7 compliant secondary school menus and associated recipes are also available to download, including menus from Cityserve (Direct Services) Birmingham, Newham Catering Services and Manchester Fayre.

Case studies from secondary schools in the East Riding of Yorkshire and Birmingham are also available to download from the website. These case studies describe how compliant menus were developed or are being developed in 4 secondary schools in East Riding and 2 schools in Birmingham. Menus and recipes used in each school are also available: www.schoolfoodtrust.org.uk/nutrientstandards/casestudies

Nutrient-based standards posters

A set of three posters providing an easily digestible guide to the nutrient-based standards for cooks and caterers, parents and carers and children and young people, are now available to download from the Trust's website.



These posters include information about food sources and roles in the body for each of the 14 nutrients included in the nutrient-based standards, and are available to download from: www.schoolfoodtrust.org.uk/resources/nutrientstandardsposters

Nutritional Analysis Support Package (NASP)



To assist schools and caterers to identify an appropriate nutritional analysis support package for their needs and to access the practical support they require, the Trust commissioned an independent review of the different types of nutritional analysis support packages currently available.

The review includes details of 9 different models of nutritional support and 7 associated case studies. The review is available to download from the Trust's website: www.schoolfoodtrust.org.uk/nasp

Menu flexibility

The Trust is currently collecting examples of how different caterers develop menus that are compliant with the nutrient-based standards, but still accommodate menu flexibility e.g. by allowing substitution of similar recipes from within the same food group. This helps caterers to tailor centrally planned menus to accommodate different pupil profiles in individual schools within the same contract. We will publish examples of how this is managed by a range of caterers during the autumn term 2009. For more information about menu flexibility, or to share your methodology, please refer to: www.schoolfoodtrust.org.uk/menuflexibility

Calculating the nutrient content of school lunch recipes: A Caterer's Guide



The purpose of this guide is to enable caterers and support staff in the school catering environment to facilitate the calculation of the nutrient content of an average school lunch. Caterers will be able to use this guide to gather the essential information needed for nutrient analysis of recipes and menus:

www.schoolfoodtrust.org.uk/resources/caterersguide

Step-by-step guide to calculating the nutrient content of school lunch recipes

This guide provides a step-by-step approach to calculating the energy and nutrient content of school lunch recipes in a consistent and detailed manner. The guide addresses issues such as non-milk extrinsic sugars, fibre methodology, weight changes on cooking, and nutrient losses during cooking. A copy of the step-by-step guide is available to download at:

www.schoolfoodtrust.org.uk/nutrientstandards/other

Report on the development of secondary school lunch recipes with increased iron content

This report contains advice for caterers about how to increase the iron content of school lunch recipes. It also includes 16 iron-rich recipes that have been successfully trialed, cooked and taste-tested in secondary schools, and is available to download from the Trust's website:

www.schoolfoodtrust.org.uk/ironenrichedrecipes

Independent Software Review

An independent review of six nutrient analysis and menu planning software packages has been carried out to enable people responsible for menu analysis to find the most appropriate software for their needs. This is available to download from the Trust's website:

www.schoolfoodtrust.org.uk/softwarereview

Voluntary code of practice for drinks provided in schools

The voluntary code of practice encourages the provision of healthier drinks that are unsweetened and additive free wherever possible, and includes 7 principles.

A sign up facility for schools and manufacturers to support the voluntary code of practice is available on the Trust's website, along with further details and FAQs:

www.schoolfoodtrust.org.uk/vcop

Summary produced November 2009

Special Educational Needs Schools

The Trust has worked with three special schools in Norfolk to fast-track the implementation of the final food-based and nutrient-based standards for school lunches before the September 2009 deadline. Case studies describing the challenges faced and lessons learned during the pilot study have been incorporated into a practical guide for special schools. This has been developed through a joint collaboration with a range of partners, and is titled "Eat better, Do better: A practical guide to adopting a Whole School Approach to food in Special Schools".



The guide is accompanied by a CD resource including further practical guidance and was distributed to special schools and partners in June 2009. It can also be downloaded from the Trust's website along with six podcasts created during the pilots:

www.schoolfoodtrust.org.uk/specialschools

Conference calls on the nutrient-based standards:

The Trust held two conference calls during June and July 2009 to answer questions and share good practice around interpreting and implementing the nutrient-based standards.

Menu and recipe modification, monitoring of compliance, and lessons learned during the school food pilots were all discussed, and FAQs from the conference calls are now available on the Trust's website:

www.schoolfoodtrust.org.uk/faqs

Searchable recipe database

Following requests received during the conference call held in June 2009, there is now a search tool available on our website that enables schools and caterers to easily identify and select recipes available on our website for main meals, light bites, desserts and drinks that are high in iron, zinc and/or calcium, and are low in fat, saturated fat and/or sodium. Recipes on the Trust website can then be accessed directly via links from the search tool:

www.schoolfoodtrust.org.uk/recipes

Support services

If you have any queries about the implementation of the school food standards, please get in touch with our information line 0800 089 5001 or by e-mail info@sft.gsi.gov.uk