

# School Food News

**Welcome** to your new look School Food News! We hope you find this format inviting and informative.

Our aim is to keep you updated on the latest news, top tips and items that we hope will be of interest. We would love to have feedback from you on our newsletter and welcome ideas for things you would like us to include.

We'd like to hear your success stories too. Thanks to Arden Grove Infant School for letting us come to their lunch time and take some photographs

**Please distribute to: Head Teacher, Governors, Teachers involved with food, MSA's and Catering staff**

**Issue 5**  
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# School Food Trust updates

## Enhanced School Food Checklist

This simple online menu checking service now covers **all food** provided in schools, not just lunches. If you're not sure that your breakfast club or tuck shop provision meets the standards register your school on [www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk)

## Nutrient standards now published

From September 2008 lunches in primary schools will need to meet new nutrient-based, and food-based standards which are replacing the existing standards. The non-lunch standards for all other food provided in schools will remain unchanged.

All schools should have received a guidance booklet on implementing and monitoring these standards from the School Food Trust. Although schools do not have to comply with these until the autumn term 2008 you can start working towards them now. Make sure you read the guidance carefully. You can also contact the **School Food Trust** on [www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk) for further clarification.

From September 2009 these new standards will apply to special and secondary schools.

We recommend that these schools start preparing for this date now. Remember that it is the governors' responsibility to ensure that the food provided in their school meets these standards. Schools with catering providers could talk to their operational manager about how they are going to ensure that their lunch menus will comply. Later in this newsletter you can find out how NCS as the main catering providers are monitoring their own menus. We are currently working on how best to support those schools that are doing their own in-house catering.

## Increasing school meals uptake

You have been working hard to make sure that you are providing healthy delicious meals and now we want more pupils to enjoy them. In response to requests we are holding a twilight training event for primary schools (**see Your training uncovered**). This will include ideas from some Norfolk schools that have already successfully increased their numbers. For secondary schools we are currently working with a few school councils to develop an approach more suitable for older children. In the meantime, you may like to get involved with the **Million Meals Campaign**, which has the same aim, on the School Food Trust website.



# Nutri-fit Norfolk

## What is this?

This is a fun weekend programme for overweight and obese 14-18yr old young people, male or female.

## What does it involve?

Participants attend for two hours on a Saturday morning and take part in interactive learning covering:

- nutrition and food for health
- why we eat
- meal planning
- setting personal goals to improve self esteem and confidence

This session is followed by a physical activity session - including sports such as football, rugby, hockey, Pilates, swimming and others. For more information contact Football in the Community on **01603 761122** or email [fitc@ncfc-canaries.co.uk](mailto:fitc@ncfc-canaries.co.uk)



## How Norfolk County Services are ensuring their menus meet the national nutritional standards

The Government has become aware of the consequences on the nation's health of a poor diet in childhood. This has placed school catering well and truly in the spotlight, forcing them to ensure that not only are the meals they provide delicious but that they also meet the new stringent standards. This requires constant and accurate monitoring within all catering establishments that provide school lunches.

Ultimately it is the governing body of schools with delegated budgets to ensure that the food served on their premises meets all the standards. However, it is important for everyone involved in school lunches, including parents, carers and pupils, to be able to see that the standards are being followed.

Norfolk County Services, who operate the majority of school catering in Norfolk, has invested in a software programme called 'Saffron' to analyse its menus. This has

been devised to check that the three-week menu cycle meets the new rules. The system requires the recipes for each day, including their ingredients, to be entered into the programme, to enable it to analyse the menu. It then lists out the amount of each nutrient, energy, carbohydrate, non-milk extrinsic (NME) sugars, fat, saturated fat, protein, dietary fibre, sodium, vitamin A, vitamin C, folate, calcium, iron and zinc. All of these have to meet tolerances as dictated by the School Food Trust.

Saffron Nutrition already analyses menus based on the latest Government standards; these can be changed or amended if required in the future.

The menus currently being served in schools meet the guidelines and obviously will continue to in the future. If you would like copies of our menu analysis, please email me at [chris.cope@ncsgrp.co.uk](mailto:chris.cope@ncsgrp.co.uk) and I will forward you a copy. Further information on this can be found on the School Food Trust web site, [www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk) where you will find an independent review of various nutrient analysis programmes.

Chris Cope  
Operations Manager - Education

Norfolk County Services



## Useful website series

Another site to add to your growing list.

## Let's Get Cooking [www.letsgetcooking.org.uk](http://www.letsgetcooking.org.uk)

Over the next five years a network of 5,000 cooking clubs will be set up across England, for children, their families and the wider community. Schools that want to set up a cooking club will receive funding, training and extensive resources. This programme is being introduced gradually across the country and schools in Norfolk should soon be invited to apply. There are going to be limited places but you can find out more details and register your interest online now.

## What should everyone learn to cook

You have probably heard that all 11-14 year olds will have the opportunity to learn to cook in schools. Furthermore, the public is being asked for ideas and recipes that should form part of the curriculum. If you make a mean lamb hotpot or a tasty vegetable curry that you think is a 'must' then email the recipe to [getcooking.consultation@dcsf.gsi.gov.uk](mailto:getcooking.consultation@dcsf.gsi.gov.uk)



# FAQ Why should children drink water?

Drinking adequate amounts of water regularly throughout the day can protect health and contribute to well-being. It has none of the health problems associated with drinks containing sugar, additives, sweeteners, acids or caffeine. Drinking water improves learning and concentration, as when we are thirsty, our mental performance deteriorates and it becomes more difficult to concentrate.

Offering children water rather than fruit squash and fizzy drinks, which contain high levels of sugar, reduces the risk of tooth decay and the likelihood of developing a 'sweet tooth'. One glass of fruit juice per day is fine however, as it counts towards the daily five portions of fruit and vegetables intake. A glass at lunchtime is ideal as it will help absorption of iron from foods eaten.

Milk is a good alternative to water but should be limited to up to a pint per day. It is fine for children over five to drink skimmed milk but those between two and five should only be offered semi-skimmed or full cream milk.



## Your training uncovered

### Developing a Food Policy in primary schools – working with school councils

- Tuesday 15/04/08- Norwich PDC – 4.30-6.00
- Wednesday 23/04/08- West PDC – 4.30-6.00

### Understanding the everyday needs of catering for and feeding children in special schools

- Wednesday 16/4/08 City College Norwich 4.30-7.00

### Increasing school meals uptake in primary schools–

- Tuesday 13/05/08 – West PDC – 4.30-6.00
- Tuesday 20/05/08 – Norwich PDC – 4.30-6.00

### A date for your diaries

Due to the enormous success of 'Food Glorious Food', a festival for primary aged children held last September, a similar event for secondary schools and sixth form colleges will be held on Wednesday October 15th in the Food Hall at the Royal Norfolk Showground. Look out for your official invitations at the beginning of the summer term.

During the course of the day, there will be activities to enthuse, inspire and educate young people about food so do put the date in your diary now.



## Contact details:

For more information or to send us any feedback please contact

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