

**FAO:**

In-house catering schools

Schools where meals are provided by an in-house catering school

Schools interested in the nutritional standards for school food and implication for catering provision.

## **February 2009 update for In-house catering schools**

### **1. Food based and nutrient based standards for all school food.**

As you are aware these came into force in primary schools in September 2008 and will become mandatory in high schools, special schools and PRU's from September 2009.

### **2. Help available to ensure compliance:**

#### **Locally**

Schools can purchase their own nutritional software and 'buy in' dietetic expertise- See the information below for national help from the School Food Trust.

If you decide to employ a dietitian or nutritionist as support the School Food Trust recommends that you use a qualified and registered professional. On the British Dietetics Association website [www.bda.uk](http://www.bda.uk) you can find about the difference between the work of a dietitian and a nutritionist and also find a registered dietitian. For a registered nutritionist visit the Nutrition Society website [www.nutrition-society.org.uk/membership/register](http://www.nutrition-society.org.uk/membership/register)

- **City College, Norwich has developed a school support programme, this includes:**
  - A complete menu nutrient analysis service
  - Access to dedicated support from a qualified dietician including recipe advice
  - A 'Raising Standards' professional development programme for School Chefs/Cooks

**To find out more about this support and how to get involved,  
please contact Simon Johnson-Cook at City College  
[SJOHNSON@ccn.ac.uk](mailto:SJOHNSON@ccn.ac.uk)**

**Funding-** There is a new Standards Fund **School Lunch grant**, for schools, specifically to help keep down the price of the school meal. This grant which runs from 2008 to 2011 can be used to purchase any support package to help you ensure compliance. This grant will have been put into the school budget in December 2008. This School Food Trust has a section with FAQ on how this grant can be used. Follow this link.

[www.schoolfoodtrust.org.uk/content.asp?ContentId=596](http://www.schoolfoodtrust.org.uk/content.asp?ContentId=596)

### **Nationally**

The School Food Trust has recently published '**An independent review: Nutritional analysis support packages for school lunches - A guide to current models**' this guidance will help you decide which is the best approach for your school. This should have been sent to you, however if you have not received it you can download it from the SFT website.

[www.schoolfoodtrust.org.uk](http://www.schoolfoodtrust.org.uk)

Also on their website you will find examples of compliant menus and further advice on how to meet these standards.

## **3. How best can we help you?**

We are happy to answer queries or to visit you at school on an individual basis.

A date for your diary: **In house catering twilight** – 7<sup>th</sup> May, 4.30-6.30, Norwich PDC.

For more information please contact [louise.flynn@norfolk.nhs.uk](mailto:louise.flynn@norfolk.nhs.uk)

## **4. Further information or support:**

### **Please contact:**

Sue Astbury – 01603 221803 – [sue.astbury@norfolk.nhs.uk](mailto:sue.astbury@norfolk.nhs.uk)

Or

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