

School Food News!

Welcome to 'School Food News!'

Thank you to all the schools who contacted us with queries relating to the last issue. It is good to know that this information is being received.



We had a good response for our **Design then dine!** competition. There are three winners, Aldborough Primary, Wells-next-the-sea Primary and Gooderstone School. Each school will receive £150 to implement their fantastic ideas.

DISTRIBUTION LIST:

Headteachers, Governors, Teachers involved with Food, School cooks/kitchen Staff
MSAs - Further copies may be download from E-courier.

Arden Grove Improve School Lunch Time.

Arden Grove First and Nursery School



Since becoming a Headteacher at Arden Grove First and Nursery School (January 2006), the school has worked in close conjunction with NCS, parents/carers and the children to improve and extend its hot dinner provision. Meals were always of high quality, but we wanted to ensure that all fruit/vegetables and meat were fresh and locally sourced. After some very productive meetings, we have now met our goal! Our meals are cooked on site and the bread that accompanies every meal is made on site using traditional ingredients.

The cooks and dining room play leaders talk with the children about the menus and where possible will make changes as long as they still meet the food standards.

To make a dining area that is welcoming, pleasant and child focussed we bought new bright tables and chairs using designated funds. There is no queuing, as children are served at tables using china crockery and metal cutlery.

Listening to and responding to parents/carers wishes, we now offer a more flexible approach to how often a child can have a hot dinner. Many continue to have them every day, whilst other children have a school lunch once or twice a week. All we ask is for one week's notice, in order for the cooks to order the fresh produce.

With all these improvements, the school has seen a steady rise in the number of children having school meals. On average 50 children daily have a hot meal, about a quarter of children on roll. We are very proud of the changes made and the excellent improved provision that we now have. Parents/carers were invited to come and sample hot dinners with their child. This was a phenomenal success and we had very positive feedback and comments. Many complimented us on the quality of the food, the dining facilities, as well as the behaviour of the children. We plan to make this a regular event.

With so many improvements, we are not sitting back. We intend to look at purchasing new cutlery and crockery. We will also continue to listen to the children and their parents /carers. We may have come a long way, but when you consider just how important the food we eat is, it should never be far from our thoughts where school improvement is concerned.

Daniel Thrower
Head Teacher

Ros Storey
Key Account Manager, NCS

Your guide to the revised school lunch standards.

The new revised standards have been published and here is a brief summary of the standards as they currently stand:

Standards that *have not* changed:



Fruit and vegetables – we must continue to offer two portions per day one of which should be fruit and one vegetable / salad



Red meat – this should continue to be on the menu twice per week in primary and three times in secondary



Fish – this should continue to be served weekly, with one portion every three weeks being oily.



Starchy food – this should be served daily, if the carbohydrate is cooked in oil eg roast potatoes a plain alternative must be available



Milk / dairy – a calcium providing dairy source must be served daily eg glass milk, yoghurt, cheesy sauce etc



Deep fried products – only to be served maximum of twice per week

Standards that *have* changed



Meat products – A meat product from each of the four (4) groups below may be provided no more than once per fortnight if they: i) meet the legal minimum meat content levels set out in the Meat Products (England) Regulations 200311. Products not specifically covered by these must meet the same meat content levels prescribed for burgers; ii) are not economy burgers; and iii) contain none of the prohibited list of 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, pastie, bridie, sausage rolls.

Group 4: Any other shaped or coated meat product.



Drinks – we have received clarification on which drinks are to be allowed, these include pure fruit juice, milk (semi skimmed or skimmed, unsweetened and unflavoured), sparkling and still water (unsweetened and unflavoured) or a mixture of the juice and water.

Drinks must not contain any added sugar, colourings, additives, stabilisers or preservatives with the exception of ascorbic, citric and malic acid, calcium carbonate, potassium tartrates and pectins. Drinks such as milkshakes are no longer permitted as these contain colourings however cocoa may still be added to make a chocolate drink providing the milk provides at least 50% volume of the drink and no more than 5% added sugar.



Salt and condiments – ketchup can now be served as either one sachet per child or 1tsp equivalent.



Snacks – no confectionery to be permitted. Plain crackers and breadsticks can be served at lunchtime only as long as they are served with fruit / vegetables or a dairy food and as part of a school lunch.

All school food now included in new mandatory food standards!

To ensure that pupils get a consistent message about food across the school day the School Food Trust (SFT) have now published the new standards that apply to all school food other than lunch i.e. breakfast clubs, break time provision, tuck shops, vending machines and after school clubs.

The standards for non lunch school food are briefly explained here. In all school food outlets:



Out go all sweetened items such as sweets, chocolates, chocolate covered bars, cereal bars, biscuits and cakes. Also not permitted are savoury salty snacks of any type.



In come more fruit and vegetables. Fresh drinking water must be freely available.

Only healthier drinks should be sold e.g. fruit or vegetable juice, water, and skimmed or semi-skimmed milk. For details of these and other drinks allowed, visit the SFT website.

Examples of cold foods suggested are plain breakfast cereals, yoghurts, different types of filled or non-filled bread-based items, pasta salads or non-salted seeds or nuts.

Hot food includes toasted bread items, pizza slices, eggs, beans, jacket potatoes, noodles or soup.

Restricted food items

Lunchtime restrictions apply across all school food outlets. So for example sausages can only be offered once per fortnight whether at breakfast clubs, tuck shops or lunchtime.

What to do now

- ❖ Read the more detailed guidance from the School Food Trust and then review what your school is providing at the moment.
- ❖ If there are different providers for the different food outlets you will need to talk to each other and ensure that together you are complying.
- ❖ If you need to make major changes it is worthwhile working with your consumers (i.e. the pupils) and find out their ideas and suggestions.



Training

We are offering a twilight training course to help schools (please see **Training Uncovered**), and will be happy to give individual advice if you would like to contact us on 01603 307242 or email louise.flynn@norfolk.nhs.uk.

For more detailed guidance and ideas visit the SFT website www.schoolfoodtrust.org.uk or contact the Norfolk School Food team 01603 307242.

NB All these new food standards are mandatory from September 2007



Food Glorious Food – A Food Festival for Primary School Children



We are busy making plans for this first ever Norfolk children's food festival, where we hope to enthuse, inspire and educate children about all aspects of food. This is taking place at the **John Innes Centre** on **Thursday September 27th** and will be full of different activities for the children to get involved with. They can find out about the journey of food through their body, take part in cookery demonstrations and even meet some cows! This is just to give you a flavour of the day, look out for the flier, and invite, in your schools and we look forward to seeing you in September. For more details contact Louise Flynn louise.flyn@norfolk.nhs.uk or Sue Astbury.



Fruit Based Puddings



Fruit Based Puddings – the season of soft fruits is upon us, the English apple and pear season is coming, and there's always tinned and frozen fruit to use.

Even if the revised standards only require the use of fruit-based puddings twice a week, there's no reason why you can't be more ambitious in your menu plans. The fresh fruit option might, for practical reasons, be quite limited and then children are more likely to choose the sponge pudding or the instant whip. So by adding different fruits to these puddings you will be widening their choice, sometimes without them even realising!

Tinned peaches or pineapple can be quite cheap, and make excellent sponge puddings, or crumbles. Instead of custard, you could make a natural yoghurt sauce, sweetened with the fruit juice from the can.

When the weather turns cooler, warming, satisfying puddings can be made by stirring ripe mashed bananas into the sponge mix with some vanilla essence, or try adding apple puree and sultanas with a dash of cinnamon to chocolate sponge. A compote of dried fruits cooked with apples and spices like nutmeg or cinnamon are delicious added to either custard rice pudding or semolina, as well as making good swirls on the plate!

If your menus meet the standards for the two fruit puddings a week, these ideas can add flavour and variety without needing to meet the portion standards. Celebrate National Apple Day on 21st October, by putting more local apples on your menus.

Happy Cooking!

Why not send us your fruit based pudding ideas?

Your Training Uncovered!

<u>Title</u>	<u>Date</u>	<u>Venue</u>	<u>Time</u>	<u>ref</u>
Will your break time food, after school or breakfast club meet the new Food standards	02/07/07	Nch PDC	4.30-6.00	ENHA9/A
	04/07/07	West PDC	4.30-6.00	ENHA9/B
Food in the curriculum.	28/06/07	Aylsham High School	9.30-3.30	ENHB2/A
Lunch Box Training	08/10/07	Nch PDC	4.30-6.00	TBC
	09/10/07	West PDC	4.30-6.00	TBC
Food Glorious Food A food festival for primary School children	27/09/07	John Innes Centre	TBC	TBC

(Look out for information and booking details via schools post end June 2007).

Special schools – look out for a flyer in July advertising a training event for cooks and MSAs!

Please book online at www.cpd.norfolk.gov.uk/sdms or send/fax a booking form to Louise Flynn at the address on the front page.

Contact the team via: Louise Flynn

Phone: 01603 307242 **Fax:** 01603 307188 or **email** louise.flynn@norfolk.nhs.uk

Post: Healthnry Norfolk Schools, St Andrews House, Northside, St Andrews Business Park, Thorpe St Andrew, Norwich, Norfolk, NR7 0HT.