



Healthy Norfolk Schools
St. Andrew's House,
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To all Norfolk Special Schools

Dear colleagues

RE: Transforming School Meals' letter and Audit.

Please find attached a paper copy of a letter that we sent to you electronically via the e courier two weeks ago.

If you could please read the information and return the 'Menu for Health: Food in Schools Audit' to us **by the end of term** it would be much appreciated.

I am acutely aware that as a Special School you have specific needs regarding school meals for example modified consistency diets. I would be grateful if you would let me know of any achievements or disappointments with regards to providing modified meals. I hope to be able to share good practice amongst all Norfolk Special Schools to ensure we provide appropriate meals for the children.

I would also appreciate it if you could let me know if you feel you would benefit from any training or support for your catering staff.

You can send it to us by post to the address above or electronically from the e-courier version to.

louiseflynn@norfolk.nhs.gov.uk.

Please do not hesitate to contact us on the above details if you have any queries.

Yours sincerely

Louise Flynn

Transforming School Food Project Administrator
Healthy Norfolk Schools Team



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Dear colleague,

We have now seen the report outlining the government's final decisions on the nutritional standards that will apply to all food provided in schools. You can read their decisions in full on

www.teachernet.gov.uk/wholeschool/healthyliving

This letter is to summarise the standards and the timescale involved.

The Government has endorsed, with a few amendments, the recommendations of the School Meals Review Panel report, 'Transforming School Meals' and the School Food Trust report, 'Transforming School Food'. This means that there will be 2 sets of standards, which will come into force at the same time and will apply to school lunches:

- a. Food based standards, covering the types of food which can be on the menu and how often they can be served.
- b. Nutrient standards, this gives the proportion of different nutrients that a school lunch should provide.

Timetable for the implementation of the new standards

September 2006- Interim food based standards have been developed which retain or boost the existing 2001 standards. School lunch menus should meet these food-based standards from September 2006. I have enclosed a copy of these interim standards.

The government has decided that new standards should apply to **all** food provided in schools, i.e. breakfast clubs, tuck shops and vending machines, and that these should be introduced in schools from September 2006. A copy of these standards is also enclosed.

September 2007- These standards for all food provided in school, other than school meals, will become mandatory.

September 2008- The 2006 interim standards will be replaced by the new nutrient- based standards and food-based standards, which will become mandatory in **primary schools**.

September 2009- The 2006 interim standards will be replaced by the new nutrient- based standards and food based standards, which will become mandatory in **secondary and special schools**.

The School Food Trust

This independent organisation has been set up to oversee the implementation of these changes nationally. On their website www.schoolfoodtrust.org.uk you will find a guide to introducing the new interim standards including sample menus.

As part of this work Children's Services across England are required to audit current food provision in their schools in order to provide baseline data.

"The ultimate responsibility for ensuring that the standards are being met lies either with the Local Authority or, if the budget for school meals has been delegated, with the School Governing Body. But 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.

Ofsted will be monitoring the way schools approach healthier eating as part of their regular inspections of schools." (School Food Trust Eat Better Do Better June 2006)

Children's Services monitoring will be co-ordinated through the Healthy Schools' Team.

What should schools do now?

1. Audit your current food provision

Included with this letter you will find a simple audit for all schools to fill in developed by The School Food Project team for Norfolk. Please help us to create an accurate baseline by filling this in regardless of who provides your meals. When you have completed the audit, please return to Louise Flynn, Transforming School Food Administrator. (Her contact details are on the audit form.) **Please return the completed audit by the end of term.**

2. Identify areas of concern and support needed

The audit is also an opportunity for schools to voice any concerns they may have and to request help or advice from the team. It is also an opportunity to highlight very good practice.

The responses to the audit will be collated and used to ensure that future **free training events and guidance packs** will reflect schools' needs.

We look forward to working with you to support the implementation of these standards over the next two years.

Yours sincerely,

Sue Astbury
Project Co-ordinator
Healthy Norfolk Schools Team

Anna Suckling
Senior Community
Paediatric Dietician
Transforming School food
Project Team

Transforming School Food –Final Decisions – May 2006

Summary of Interim food standards for school lunches in England Mandatory in Primary, Secondary and Special Schools by September 2006

Food Standards

<p><i>Fruit and vegetables:</i> (these include fruit and vegetables in all forms – whether fresh, frozen, canned, dried or in the form of juice)</p>	<ul style="list-style-type: none"> > Not less than two portions per day per child, at least one of which should be salad or vegetables and at least one should be fresh fruit, fruit tinned in juice or fruit salad (fresh or tinned in juice). > A fruit based dessert shall be available at least twice per week in primary schools.
<p><i>Meat, fish and other non-dairy sources of protein:</i> (these include meat [including ham and bacon] and fish – whether fresh, frozen, canned or dried; eggs, nuts, pulses and beans – other than green beans)</p>	<ul style="list-style-type: none"> > A food from this group should be available on a daily basis. > Red meat shall be available twice per week in primary schools and three times per week in secondary schools. > Fish shall be available once per week in primary schools and twice per week in secondary schools. Of that fish, oily fish shall be available at least once every three weeks. > For the purposes of lunches for registered pupils at primary schools, sources of protein in this group can include dairy sources of protein.
<p><i>Manufactured meat products:</i></p>	<p>Manufactured meat products may be served occasionally as part of school lunches, provided that they:</p> <ul style="list-style-type: none"> i) meet the legal minimum meat content levels set out in the Meat Products (England) Regulations 2003. Products not specifically covered by these legal minima must meet the same minimum meat content levels prescribed for burgers; ii) are not 'economy burgers' as described in the Meat Products (England) Regulations 2003; and iii) contain none of the following list of offal - ie brains, lungs, rectum, stomach, feet, oesophagus, spinal cord, testicles, large intestine, small intestine, spleen, udder, except that mammalian large or small intestine may be used as a sausage skin (including chipolatas, frankfurters, salami, links and similar products).

<p><i>Starchy foods:</i> <i>(also see additional requirement on deep frying below):</i> (these include bread (e.g. chapattis), pasta, noodles, rice, potatoes, sweet potatoes, yams, millet and cornmeal)</p>	<ul style="list-style-type: none"> > A food from this group should be available on a daily basis. > Fat or oil shall not be used in the cooking process of starchy foods on more than three days in any week. > On every day that a fat or oil is used in the cooking process of starchy foods, a starchy food for which fat or oil is not used in the cooking process should also be available. > In addition, bread should be available on a daily basis.
<p><i>Deep-fried foods:</i></p>	<ul style="list-style-type: none"> > Meals should not contain more than two deep-fried items in a single week. This includes products which are deep-fried in the manufacturing process.
<p><i>Milk and dairy foods:</i> (includes milk, cheese, yoghurt - including frozen and drinking yoghurt - fromage frais and custard)</p>	<ul style="list-style-type: none"> > A food from this group should be available on a daily basis.
<p><i>Drinks:</i></p>	<p>The only drinks available should be:</p> <ul style="list-style-type: none"> • plain water (still or fizzy) • milk (skimmed or semi-skimmed) • pure fruit juices • yoghurt or milk drinks (with less than 5% added sugar) • drinks made from combinations of those in bullet points 1-4 of this list (e.g. smoothies) • low calorie hot chocolate • tea and • coffee <p>NB: Artificial sweeteners could be used only in yoghurt and milk drinks, or combinations containing yoghurt or milk.</p>
<p><i>Water:</i></p>	<ul style="list-style-type: none"> > There should be easy access at all times to free, fresh drinking water.
<p><i>Salt/highly salted condiments:</i></p>	<ul style="list-style-type: none"> > Table salt should not be made available. If made available, condiments should be available only in sachets.
<p><i>Confectionery and savoury snacks:</i></p>	<ul style="list-style-type: none"> > Confectionery, chocolate and chocolate-coated products (excluding cocoa powder used in chocolate cakes, or low calorie hot drinking chocolate) shall not be available throughout the lunch time. > The only savoury snacks available should be nuts and seeds with no added salt or sugar.

Guidance on food standards from the School Food Trust
www.schoolfoodtrust.org.uk
for
Breakfast Clubs, Tuck Shops and Vending Machines

From September 2007 new legislation will be in place to ensure that most of the new food based standards for lunch will apply to other food provided in schools.

The Government expects schools to introduce these standards from **September 2006** in anticipation of this deadline.

Alongside the food-based standards, these non –lunch standards mean that:

- No confectionery should be sold in schools
- No bagged savoury snacks other than nuts and seeds (without added salt or sugar) should be sold in schools
- A variety of fruit and vegetables should be available in all school food outlets. This could include fresh, dried, frozen, canned and juiced varieties
- Children and young people must have easy access at all times to free, fresh, preferably chilled, water in schools so that children do not have to visit the toilet block to get water
- No sweetened soft drinks should be sold. The only other drinks available should be water (still or sparkling), skimmed or semi-skimmed milk, pure fruit juices, yoghurt and milk drinks (with less than 5% added sugar) or drinks made from a combination of these such as smoothies, tea or coffee

The Trust have also made initial recommendations as to the type of food items that could be available, they are:

- For breakfast - whole grain cereals, toast, rolls, bagels, fruit, baked beans and boiled or scrambled eggs
- From vending machines and tuck shops - nuts & seeds, rolls & wraps, salads, crackers & cheese, pasta salads, fromage frais, yogurts, fruit and vegetables.
- At mid morning break - fruit, baguettes, sandwiches and pizza slices

We expect further guidance on the range of foods that can be available. You will find further help in the Food In Schools Toolkit www.foodinschools.org

Menu for Health: Food in Schools Audit

<i>Name of School:</i>	
<i>Name of Person completing Audit:</i>	
<i>Date of Audit:</i>	

Food Provision	Yes	No	Optional extra information
School Lunches:			
Are your school lunches cooked on the premises?			
Is NCS your school meal provider? If not, please state who is, or if you are 'in-house'.			
Do some of the pupils have specific dietary needs so that the meals have to be mashed or pureed?			
Breakfast Club:			
Do you have a breakfast club?			
Does the school run it? If not, who does run it?			
Does it run daily? If not, how often?			
Break Time Snacks:			
KS1 only: Are you part of the School Fruit and Vegetable scheme?			
Do you have a Tuck shop?			
If you have a Tuck shop, does it just sell fruit and vegetables?			
Vending Machine:			
Do you have a vending machine?			

After School Provision:			
Is food provided in an after school club?			

Water Provision:			
Is drinking water freely available and encouraged?			
<p>If so, could you please tick how water is accessed?</p> <ul style="list-style-type: none"> • Water bottles on desks and filled at home: • Water bottles filled from taps in toilets: • 'Point of use' water dispensers in communal spaces: • Water coolers in communal areas: • Water fountain in communal area: 			
Whole School Food Policy:			
Do you have a policy covering all of the above?			
<p>Do you have any other food provision in your school that you would like us to know about?</p> <p>Please include future plans or changes you would like to make.</p>			
Do you have a specific problem regarding food in schools you would like us to know about?			
Is there any specific support that you would like the Menu for Health Team to provide for your school?			

Would you like to tell us about **Good Practice** in your school relating to food?
Please fill in detail here or email Louise Flynn at:
louise.flynn@norfolk.nhs.uk

Thank you for completing this
audit – please return to:

louise.flynn@norfolk.nhs.uk

or post to address shown.

***Sue Astbury – Health Promotion Worker
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