

Greenshaw Learning Trust

Food Standards

GLT School Food Standards

GLT School Food Standards	1
Application	1
Approval and Review	1
1. GLT School Food standards for lunch	2
Nutrient-based standards for school lunches	3
2. GLT School Food Standards for foods other than lunch	3
Breakfast	3
Packed lunch	4
After school clubs	4
Theme days, Rewards and Celebrations	4
Mobile or Contract caterers serving food on school premises	5
4. Exemptions to the school food standards	5
5. Responsibilities on GLT Staff	5
6. Definitions	6
Appendix A - Nutrient-based standards by age, sex and type of school - Primary	7
Appendix B - Nutrient-based standards by age, sex and type of school - Secondary	8
Appendix C - Allergen Procedure	9

Application

These GLT School Food Standards apply to the Greenshaw Learning Trust as a whole and to all the schools in the Trust, in accordance with and pursuant to the GLT Food & Nutrition Policy.

Approval and Review

- These standards apply to all schools in the Greenshaw Learning Trust.
- These standards are the responsibility of the GLT Head of Catering.
- These standards will be kept under review by the GLT Head of Catering.
- These standards were approved on: May 2023.

1. GLT School Food standards for lunch

All GLT schools must ensure that the food they provide meets the following standards for school lunches:

- No less than two portions of fruit and vegetables/salad per day per pupil must be provided. At least one must be vegetables/salad and one must be fruit.
- Fish should be available at least once a week and oily fish, such as salmon or mackerel, must be provided at least once every three weeks.
- Rice and pasta must be available at least once a week.
- Pies, casseroles and stews must have at least half a portion of vegetables per serving.
- Bread, with no added fat or oil, should be provided on a daily basis.
- Schools must only provide permitted drinks.
- Fresh drinking water must be available free of charge at all times.
- Deep fried and high saturated fat foods such as chips and garlic bread must not be served more than twice a week.

All GLT schools must ensure that:

- Salt should not be available to add to food after cooking, and must not be provided at tables or service counters.
- Condiments should only be available in sachets or individual portions of no more than 10g or 1 teaspoonful.
- Snacks should only be seeds, fruit or vegetables without added fat, salt, sugar, or honey are to be provided.
- Savoury crackers and breadsticks can only be served with fruit, vegetables, or dairy food as part of a school meal.
- Meat products that are manufactured or homemade from each of the three food groups may not be provided more than once a week across the school day:
 - Group 1 – burger, hamburger, chopped meat, corned meat.
 - Group 2 – individual meat pie, meat pudding, Melton Mowbray pie, game pie, Scottish (Scotch) pie, pasty or pasties, sausage roll.
 - Group 3 – any other shaped or coated products e.g. nuggets, meatballs where the school is unable to determine the minimum percentage of meat content.
- Starchy food cooked in fat or oil must not be provided on more than 3 days a week, across the school day.
- Cakes and biscuits that are provided by the school at lunchtime must not contain any confectionery.
- Confectionery must not be provided at any time of the school day unless the school has a separate area for teachers and site staff members and sixth form students to purchase these items e.g. coffee shop, staff tuck shop.
- Cooking methods are carefully considered to ensure maximum vitamins are retained - ie; consider advantages of air frying (if available) or shallow frying, especially for foods that lose vitamins when cooked in water.
- The Allergen Procedure (Appendix C) is followed.

Nutrient-based standards for school lunches

The nutrient-based standards for school lunches aim to make the food offered at lunchtime healthier by decreasing the fat, saturated fat, non-milk extrinsic (NME) sugar and sodium content, and increasing vitamin and mineral content.

There are 14 nutrient-based standards for school lunches. These apply to an average school lunch within a one to four week menu cycle, and relate to the overall composition of food rather than on an individual basis.

To calculate the average school lunch, all food and drink should be entered into menu-planning and nutrient analysis software (Piranha software through Pelican Procurement), together with portion sizes and estimated numbers of each item. This will include recipes for the food which has been prepared from scratch and any specific product details for brought in items.

Bread does not need to be included in this analysis.

Where a school provides both primary and secondary education, a school lunch provided to a junior pupil must comply with the requirements for primary schools as outlined in the table in Appendix A; and a school lunch provided to a senior pupil must comply with the requirements for secondary schools as outlined in the table in Appendix B.

An average school lunch must provide:

- The amount of energy specified in the tables in Appendix A and B. The standard for energy is based on an average value, rather than a minimum or maximum, as pupils are developing at different rates and have different levels of activity.
- No more than the maximum allowance of fat, saturated fat, non-milk extrinsic (NME) sugars and sodium should be provided, as too much can be harmful.
- At least the minimum amount stated for carbohydrate, protein, fibre, vitamin A, vitamin C, folate, calcium, iron and zinc as too little can be harmful.
- Where a school provides both primary and secondary education, a school lunch provided to a junior pupil must comply with the requirements for primary schools as outlined in Appendix A; and a school lunch provided to a senior pupil must comply with the requirements for secondary schools as outlined in Appendix B.

2. GLT School Food Standards for foods other than lunch

All GLT schools must ensure that the food they provide across the school day at times other than lunch, including breakfast clubs, tuck shops, mid-morning break, vending machines, and after school clubs, meets the following GLT Food standards:

Breakfast

Breakfast is an important meal that should provide 25% of a pupil's energy requirements and contribute significantly to their vitamin and mineral intake. Pupils should be encouraged to eat breakfast before they come to school and this should be promoted through the curriculum work.

An example breakfast menu could include:

- A selection of cereals such as Weetabix, Cornflakes and Shreddies;
- A range of fresh fruit such as kiwi, melon, plums, grapes, raisins, apples, pears and bananas;
- Toast; and
- Apple and orange fruit juice, milk.

Packed lunch

Children who do not have a cooked school meal should be encouraged to bring in a healthy packed lunch.

The school should encourage parents and carers to provide children with packed lunches that are in line with the Government's food-based standards for all school food other than lunches. This can be achieved by promoting healthy packed lunch options using the principles of the Eat Well Plate.

A healthy suggested packed lunch could consist of:

- A sandwich / pitta bread / wholemeal pasta;
- A piece of fruit or chopped up vegetables such as raw carrot, cucumber or pepper;
- A fruit yoghurt;
- A drink, preferably water or fruit juice; and
- One chocolate coated biscuit or one cereal bar or one small portion of cake (not two or three in one lunchbox).

All food items in the packed lunch should be nut free.

Schools should request that parents do not include:

- Fizzy drinks;
- Sweets of any kind; or
- Chocolate bars such as Freddos, Kit Kat, Chunky, Dairy Milk, Galaxy, Twix or Aero.

After school clubs

During after school clubs, particularly those that are sport and exercise based, children should be encouraged to bring a water bottle to keep themselves hydrated.

All food and drink provided by primary schools to pupils outside of school premises during a school day (up to 6pm), including school trips, must meet the Government standards for non-meal foods. The only exception is for food provided on a residential school trip where the provider of the accommodation also provides the food, although the school should discuss this with them.

Theme days, Rewards and Celebrations

The school should not encourage the regular eating of sweets or other foods high in sugar or fat, especially as a reward for good behaviour or academic or other achievements. Other methods of positive reinforcement should be used in school. Some suggestions could be to reward positive behaviour and hard work with a stamper chart and certificate system, stickers, verbal praise and positive reinforcement.

Theme days, parties or celebrations to mark religious or cultural occasions and fund raising events are exempt from the standards, but schools should consider healthier alternatives where possible.

Snacking (Food and Drink Brought into School)

Schools should understand that snacks can be an important part of the diet of young people and can contribute positively towards a balanced diet. Young people, parents and carers are encouraged to bring healthier options to schools as snacks, so that they are in line with the foods sold and provided in school and the standards for all school food other than lunches. Children in Reception and Key Stage 1 do not require snacks, as fruit is provided daily.

Schools should consider requesting that children in Key Stage 2 bring in fruit or chopped up vegetables as their snack or offering a smoothie/milkshake bar at break times as an alternative to unhealthy snacks.

Mobile or Contract caterers serving food on school premises

To operate on school premises, mobile caterers must demonstrate that staff have undergone appropriate food hygiene training; that their facilities meet appropriate food safety requirements; and that they provide lower fat alternatives to foods and dishes which comply with Government guidelines, unless there is a theme day or special occasion.

3. Food Procurement

GLT schools work in partnership with Pelican Procurement who manage the supplier food chain on behalf of the schools. Included in the terms and conditions of the agreement GLT holds with Pelican Foods is a list of prohibited ingredients, which includes food colourings and tartrazine (sunset yellow FCF (E110) /quinoline yellow (E104) / carmoisine (E122) / allura red (E129) /tartrazine (E102) / ponceau 4R (E124).

4. Exemptions to the school food standards

The GLT School Food Standards do not apply to food provided:

- At parties or celebrations to mark religious or cultural occasions.
- At occasional fund-raising events.
- As rewards for achievement, good behaviour or effort.
- For use in teaching of food preparation and cookery skills, provided that any food prepared is not served to pupils as part of a school lunch.
- On an occasional basis by parents or pupils.
- When an establishment is open only to serve adults e.g. teachers and sixth form students.

5. Responsibilities on GLT Staff

The Headteacher will ensure that these GLT School Food Standards are met in their schools, and in doing so will consult with and take advice from the GLT Head of Catering.

The GLT Head of Catering will ensure that these GLT School Food Standards are met in GLT schools, and that any medical, religious and other dietary needs of pupils are met, through ensuring that:

- Appropriate staff are fully informed (and fully understand) about individual children's dietary requirements, and how these are being met, so they can ensure appropriate food is provided.

- Consideration is given to how meals and snacks will be provided (e.g. whether appropriate meals will be identified or adapted from the existing menu, or whether suitable foods will be prepared or supplied separately).
- All staff are aware of actions to take in the event of an emergency (e.g. allergic reaction), including names, dose and administration of prescribed medication, and the staff trained to administer it.
- This information is easily available for all staff. This is achieved by displaying details and photos of children with special dietary requirements in the kitchen in primary schools, and through notifications from the online cashless system used in secondary schools.
- Food provided clearly shows allergen information.
- Catering staff follow standard recipes that ensure the required nutritional values of the dish.
- Schools have a process in place to update ingredients and allergen information when products are changed or reformulated.
- Cross-contamination is avoided with good hygiene (effective cleaning practices) as well as separation and labelling of ingredients.
- The Allergen Procedure in Appendix C is followed.

6. Definitions

- “Confectionery” refers to chewing gum, processed bars, non-chocolate confectionery, chocolate in any form (excluding hot chocolate), any product containing or wholly or partially coated with chocolate and any chocolate-flavoured substance (excluding cocoa powder used in cakes, biscuits and puddings or in an approved drink).
- “Healthier drinks” refers to fruit or vegetable juice (max 330 mls), plain water (still or carbonated), lower fat milk or lactose reduced milk, plain soya, rice or oat drinks enriched with calcium, yoghurt drinks, unsweetened combinations of fruit or vegetable juice with plain water, tea, coffee, and hot chocolate.
- “Oily fish” includes anchovies, herring, kipper, mackerel, pilchards, salmon, sardines, trout, tuna (except canned tuna) and whitebait.
- “Starchy food” consists of all types of bread, pasta, noodles, rice, potatoes, sweet potatoes, yams, millet, and cornmeal.
- “Fruit and vegetables” refers to fresh, frozen, dried, canned in water or juice, or fruit based desserts.
- “Combination drinks” refers to combinations of fruit juice and lower fat milk or plain yoghurt, plain soya, rice or oat drinks enriched with calcium; cocoa and lower fat milk; flavoured lower fat milk.

Appendix A - Nutrient-based standards by age, sex and type of school - Primary

Nutrient-based standards by age, sex and type of school - Primary			
Energy or nutrient and amount of measurement	Minimum or maximum value	Reception and KS1	KS2
Energy in kilojoules (kilocalories)	± 5%	2215 (530)	2328 (557)
Fat (grams)	Max	20.6	21.6
Saturated fat (grams)	Max	6.5	6.8
Non-milk extrinsic sugars (grams)	Max	15.5	16.3
Sodium (milligrams)	Max	499	595
Carbohydrate (grams)	Min	70.6	74.2
Fibre (grams)	Min	4.2	4.5
Protein (grams)	Min	7.5	8.5
Iron (milligrams)	Min	3.0	3.0
Zinc (milligrams)	Min	2.5	2.5
Calcium (grams)	Min	193	193
Vitamin A (micrograms)	Min	175	175
Vitamin C (grams)	Min	10.5	10.5
Folate (micrograms)	Min	53	53

Appendix B - Nutrient-based standards by age, sex and type of school - Secondary

Nutrient-based standards by age, sex and type of school - Secondary			
Energy or nutrient and amount of measurement	Minimum or maximum value	KS3 and KS4	KS5
Energy in kilojoules (kilocalories)	± 5%	2549 (610)	2700 (646)
Fat (grams)	Max	23.7	25.1
Saturated fat (grams)	Max	7.5	7.9
Non-milk Extrinsic sugars (grams)	Max	17.9	18.9
Sodium (milligrams)	Max	714	714
Carbohydrate (grams)	Min	81.3	86.1
Fibre (grams)	Min	4.9	5.2
Protein (grams)	Min	12.5	13.3
Iron (milligrams)	Min	5.2	5.2
Zinc (milligrams)	Min	3.2	3.3
Calcium (grams)	Min	350	350
Vitamin A (micrograms)	Min	210	245
Vitamin C (grams)	Min	12.3	14.0
Folate (micrograms)	Min	70	70

Appendix C - Allergen Procedure

The Catering Teams at all Greenshaw Learning Trust schools are aware of the need to maintain Food Safety at all times and this is particularly important when it involves Allergen Management.

GLT has produced this procedure to illustrate the stringent procedures that we have in place to maintain the safety of all our customers.

- All of our Catering Teams hold up-to-date Allergen Training.
- We use only reputable approved suppliers to supply our Food and other Goods.
- We check all of our deliveries at the point of receipt to maintain vigilance over ingredients.
- We will reject any item that does not meet our standards and record the non conformances.
- We store all ingredients in a safe way. Goods are stored in the original packaging where it is safe to do so. If goods are removed from their original packaging they are fully labelled to indicate which allergens are present using an approved sticker system. We thoroughly clean each container before use.
- Where possible in our schools we endeavour to have separate areas for the preparation of items where there is a need to do so.
- We employ an approved cleaning & sanitising procedure both before and after any items are prepared to minimise any cross contamination.
- Where possible we have dedicated utensils and dishes. In any case we have enough service items to ensure that the chance of cross contamination is minimised.
- All Staff are briefed prior to the start of food service and allergens are recorded using an Allergen Matrix which gives an 'At a glance' guide to allergens that are present in any given dish (where they are not already prepacked & labelled).

FAQs

- **How will the Catering Teams know of my Child's allergy requirements?**
In all cases a parent or responsible person must inform the school of an individual's requirements.
In a Primary School the School Admissions team will provide a document for each child with a photo describing the individual allergen requirements. This will be displayed in the kitchen close to the serving area so that our team members can see it. It will not be on display to the rest of the school. As an additional safeguard we are encouraging the use of coloured lanyards for use in dining areas where each colour corresponds to a particular dietary need, whether it be an allergen requirement or another specific requirement.
In a Secondary School where a cashless system is in operation and the school has been informed of a dietary requirement, they will inform the catering team and the Catering Manager or the Cook in Charge will place a note on the individual's profile. This will trigger a warning at the till point prior to purchase. If a pupil insists on a purchase we will inform a Duty Staff member to address the issue with that pupil.
- **Will my child be singled out for special attention?**
No, we are very aware of the need for pupil dignity and will handle each individual case in line with the Greenshaw Learning Trust values of kindness and compassion.
- **Are staff medically trained and aware of actions in case of emergency?**

Yes, there are trained staff on duty at all breaks and lunchtimes.

- **Can you guarantee that you can eliminate all risk associated with my child's allergy(ies)**
No, whilst our procedures are robust the nature of our kitchens are such that we cannot guarantee to eliminate all the risk 100% of the time.

Please be aware that should your child's allergy not be one of the 14 prescribed allergens as defined under the Food Information Regulations 2014, it is possible that the allergen may not be described on any ingredients list or product specification. Therefore the allergen may be present in any dish produced by our catering teams.