

SCHEDULE 1

Regulations 3(2) and 4(2)

Standards applicable to food and drink provided to primary school pupils

PART 1

Primary school meals and at other times

1. The requirements in this Part apply to the provision of food and drink for primary school pupils—

- (a) as part of a school meal,
- (b) on the premises of primary schools otherwise than as part of a school meal.

2. Specified meat and processed specified meat cannot be served other than as part of a school meal.

3. Breakfast cereals provided must contain—

- (a) a total sugars content which does not exceed 15 grams per 100 grams,
- (b) a total sodium content which does not exceed 440 milligrams per 100 grams,
- (c) a total salt content which does not exceed 1.1 grams per 100 grams,
- (d) a total fibre content of at least 3 grams per 100 grams.

4. Bread and bread rolls provided must contain a total fibre content of at least 3 grams of AOAC fibre per 100 grams⁽¹⁾.

5. Pastry and products containing pastry can be provided no more than twice a week.

6. Sweetened yoghurt, fromage frais or other milk based desserts can be provided only in individual portions which do not exceed 125 grams and each portion must contain—

- (a) a total sugars content which does not exceed 10 grams per 100 grams,
- (b) a total fat content which does not exceed 3 grams per 100 grams.

7. No confectionery can be provided.

8.—(1) Oils must contain a total saturated fat content which does not exceed 16 grams per 100 grams and—

- (a) a total monounsaturated fat content of at least 55 grams per 100 grams, or
- (b) a total polyunsaturated fat content of at least 30 grams per 100 grams.

(2) Fat spreads must contain—

- (a) a total saturated fat content which does not exceed 20 grams per 100 grams,
- (b) a combined total monounsaturated and polyunsaturated fat content of at least 30 grams per 100 grams.

9.—(1) No salt is to be provided to add to food after the cooking process is complete.

(2) Condiments other than salt can be provided to pupils only in individual portions of no more than 10 millilitres.

10. Only the following drinks can be provided—

- (a) plain water (still or sparkling),

⁽¹⁾ AOAC is the standard methodology used in product analysis food labelling for calculating fibre.

Status: This is the original version (as it was originally made).

- (b) plain milk and calcium enriched milk alternatives,
- (c) milk drinks with no added sugar,
- (d) drinking yoghurts with no added sugar.

11.—(1) Milk must contain a total fat content which does not exceed 1.8 grams per 100 millilitres.

(2) Calcium enriched milk alternatives must contain—

- (a) a total fat content which does not exceed 1.8 grams per 100 millilitres,
- (b) a total sugars content which does not exceed 0.5 grams per 100 millilitres.

(3) Milk drinks and drinking yoghurts must contain—

- (a) a total fat content which does not exceed 1.8 grams per 100 millilitres,
- (b) a total sugars content which does not exceed 5 grams per 100 millilitres.

PART 2

Primary school meals only

12. The requirements in this Part apply to the provision of food and drink as part of a school meal for primary school pupils.

13. At least two portions of vegetables and one portion of fruit must be offered as part of a school meal and—

- (a) a portion of fruit or vegetables is at least 40 grams (including fresh, frozen or tinned (drained weight)),
- (b) a portion of dried fruit is at least 15 grams.

14. Oily fish must be provided at least once every 3 weeks.

15. No more than a total of 175 grams of specified meat and processed specified meat can be provided in school lunches or in evening meals over the course of the school week, of which no more than 100 grams can be processed specified meat.

16.—(1) Food that has been deep fried in the cooking or manufacturing process is not to be provided in a primary school meal more than 3 times in a week.

(2) Chips must only be served as part of a school meal.

17. Only the following savoury snacks can be provided with the school meal—

- (a) plain savoury crackers,
- (b) plain oatcakes,
- (c) plain breadsticks.

18. Sweetened baked products and desserts are not to be provided with the school meal more than 3 times per week and when provided with the school meal must contain no more than 15 grams of total sugars per portion.

PART 3

Provision of food and drink other than as part of a primary school meal

19. The requirements in this Part apply to food and drink provided to primary school pupils on the premises of a primary school other than as part of a school meal.

20. Portions of fruit or vegetables must be made available in any place within the premises where food is provided and—

- (a) a portion of fruit or vegetables is at least 40 grams (including fresh, frozen or tinned (drained weight)),
- (b) a portion of dried fruit is at least 15 grams.

21.—(1) With the exception of savoury snacks, no food that has been fried in the cooking or manufacturing process is to be provided otherwise than as part of a school meal.

(2) The following savoury snacks can be provided—

- (a) plain savoury crackers,
- (b) plain oatcakes,
- (c) plain breadsticks.

(3) Pre-packaged savoury snacks other than those mentioned in paragraph (2) can be provided only in individual portions of no more than 25 grams and must contain—

- (a) a total fat content which does not exceed 22 grams per 100 grams,
- (b) a total saturated fat content which does not exceed 2 grams per 100 grams,
- (c) a total sodium content which does not exceed 600 milligrams per 100 grams,
- (d) a total salt content which does not exceed 1.5 grams per 100 grams,
- (e) a total sugars content which does not exceed 3 grams per 100 grams.

22. Each portion of sweetened baked products and desserts provided must contain—

- (a) a total sugars content which does not exceed 7 grams,
- (b) a total fat content which does not exceed 13 grams,
- (c) a total saturated fat content which does not exceed 4 grams.