

## School Food Trust resources and support for the School Food Regulations

### Secondary school guide to the nutrient-based standards for school lunches

This is now available on the School Food Trust website:

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



The guide provides detailed advice on interpreting and implementing the final food-based and nutrient-based standards for school lunches which become mandatory for primary schools in September 2008 and for secondary schools in September 2009.

Section 4 of the guide features case studies of primary schools and secondary schools that have successfully introduced menus compliant with both the food-based and nutrient-based standards ahead of the mandatory deadlines. The lessons learned from these pilots are included within the guide.

Section 5 of the guide (the technical notes) has also been updated to include more detailed information on how to calculate the average school lunch in secondary schools, and guidance for middle schools.

#### Who will get a copy of the guide and when?

Printed copies of the guide and updates were distributed in September 2008 to:

- ❑ All local authorities, catering providers, School Food Ambassadors, dietitians and nutritionists working with secondary schools (the secondary school supplement and updated technical notes and the Caterer's Guide).
- ❑ All secondary schools, addressed to head teachers (the full guide).
- ❑ All primary schools (updated version of the technical notes section and the Caterer's Guide).

#### Compliant menus and associated recipes

Compliant menus and associated recipes from two primary and three secondary school pilots featured as case studies in the guide to the nutrient-based standards are available to download from the Trust's website:

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

### Nutrient Analysis Support Package (NASP)

The School Food Trust is working with consultants to produce a support package to help schools, caterers and local authorities to identify and obtain practical support for determining whether their menu is compliant with the nutrient-based standards. This will include information about available resources and case studies describing current practice around the country. A guidance document will be available by the end of October 2008.

### Calculating the nutrient content of school lunch recipes: A Caterer's Guide

To complement the step-by-step guide, the Trust has also produced 'Calculating the nutrient content of school lunch recipes: A Caterer's Guide':

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



The purpose of this guide is to enable caterers and support staff in the school catering environment to facilitate the calculation of the nutrient content of an average school lunch. Every caterer in every school will be able to use this guide to gather the essential information needed. The Caterer's Guide will be distributed to every school in September 2008.

### Voluntary code of practice for drinks provided in schools

The voluntary code of practice for drinks in schools has been finalised, and is now available from the Trust's website.

The code of practice encourages the provision of healthier drinks that are unsweetened and additive free wherever possible, and includes 7 principles.

A sign up facility for schools and manufacturers to support the code of practice is available on the Trust's website, along with further details and FAQs about the code:

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

Updated FAQs on the nutrient-based standards are available on our website:

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

### New website information

Information and tips to encourage pupils to eat fruit, vegetables and salad and help school caterers to meet the food-based standard for fruit and vegetables have been added to the Trust's website:

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

If you have used innovative recipes or presentation ideas to encourage children to eat fruit and vegetables, we want to hear about it! Send tried and tested ideas to [info@sft.gsi.gov.uk](mailto:info@sft.gsi.gov.uk) – we will display new ideas on our website, and acknowledge your school.

Information for manufacturers and suppliers has been added to the website, to encourage manufacturers to provide products and information to caterers to help them meet the standards:

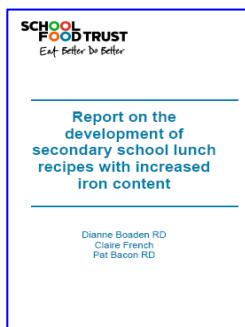
[www.schoolfoodtrust.org.uk/manufacturersandsuppliers](http://www.schoolfoodtrust.org.uk/manufacturersandsuppliers)

### Step-by-step guide to calculating the nutrient content of school lunch recipes

This guide provides a step-by-step approach for calculating the energy and nutrients in a school lunch menu in a consistent and detailed manner. The guide addresses issues such as non-milk extrinsic sugars, fibre methodology, weight changes on cooking, and nutrient retention. A copy of the step-by-step guide is available to download at:

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

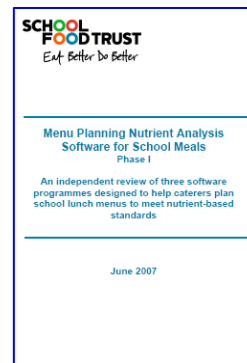
### Report on the development of secondary school lunch recipes with increased iron content



This report contains advice for caterers about how to increase the iron content of school lunch recipes. It also includes 16 iron-rich recipes that have been successfully trialed, cooked and taste-tested in secondary schools. It is available to download from the Trust's website: [www.schoolfoodtrust.org.uk/ironenrichedrecipes](http://www.schoolfoodtrust.org.uk/ironenrichedrecipes)

**Invitation to test iron-rich recipes:** A further set of recipes has been developed but not tested. If you would like to cook test and taste test these recipes please contact us by E-mail: [info@sft.gsi.gov.uk](mailto:info@sft.gsi.gov.uk).

### Independent Software Review



An independent review of six nutrient analysis and menu planning software packages has been carried out to enable people responsible for menu analysis to find the most appropriate software for their needs. Schools can consider buying the software between them to minimise the cost, and can use their School Lunch Grant funding to pay for the software and/or expertise (e.g. dietitian/registered nutritionist) to operate it.

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

### Scaling up the school food pilots

The School Food Trust is working with further secondary schools from around the country who are working to introduce menus compliant with both the food-based and nutrient-based standards ahead of the mandatory deadlines. Case studies from these pilots will be published on the website over the coming months.

### Special Educational Needs Schools

The School Food Trust hosted a meeting in July 2008 to discuss the issues around implementation of the nutrient-based standards in Special Educational Needs schools. A report from this meeting is now available on the new Special Schools section of the Trust's website:

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

The Trust is also working with three special schools to explore these issues in more depth. Case studies from these three pilot schools will be available in December 2008.

### School Food Checklist tool

The online School Food Checklist tool provides schools with an accurate and easy way to find out if their food provision complies with the food-based standards across the school day:

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

### Support services

If you have any queries please get in touch with our information line 0800 089 5001 or by e-mail [info@sft.gsi.gov.uk](mailto:info@sft.gsi.gov.uk)